



What to know this winter

from



healthwatch

Stockport



In this booklet you will find:

Practical advice to keep yourself well this winter, how to access health and care services in Stockport.

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Getting Vaccinated this winter

Flu and Covid-19 are both airborne viruses and can be prevented by covering your mouth when you cough and sneeze, frequent hand washing and considering wearing a face covering in busy places.

Covid-19 Vaccine

First and Second vaccination doses - 1st and 2nd doses are available for anyone aged 5 years old and over, who turned 5 on or before 31 August 2022.

Who is eligible for a first booster vaccine? - anyone aged 16 years old and over, plus at-risk children aged 12 to 15 years old.

Who is eligible for a seasonal booster?

- Over 50s
- Under 50 and pregnant
- Have a long term health condition
- Front line health and social care workers



How to book? - You can book online using the National Booking Service: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/ or you can call 119 to book over the phone.

Where can you get your vaccine? - At your GP surgery and vaccinations are also available at your local pharmacy. Use the National Booking Service to find your nearest one.

You can also access Covid-19 vaccinations at your local vaccination hubs via booking online or there are limited walk-in appointments available.

Trinity Methodist Church
351 Bramhall Lane
Stockport
SK3 8TP

Opening times: Monday to Friday 9-6 (for booster vaccination), Sunday 9-1 (first, second and third vaccinations) a limited number of walk-in slots are available on Sundays only.

One Stockport Hub
Mersey Square
Stockport
SK1 1RA

Opening times: For over 12s only. Monday & Tuesday 9-5, Saturday 9:30-3:30

Other clinics can be found on the council website by searching 'COVID-19 Vaccination Clinics in Stockport' or visit:



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Getting Vaccinated this winter

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Flu Vaccine

Flu is a lot worse than a common cold. The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. It is important to be vaccinated every year especially if you are at increased risk.

The causes of flu

Flu is caused by the influenza virus that infects the windpipe and lungs. When an infected person coughs or sneezes, they spread the flu virus in tiny droplets of saliva over a wide area. These droplets can then be breathed in by other people or they can be picked up by touching surfaces where the droplets have landed.

You are eligible for a free flu vaccine if you are:

Over 50, pregnant, have a long-term health condition (such as a heart condition, serious breathing difficulties or diabetes), have a weakened immune system, if you are the main carer for someone, you are a frontline health or social care worker, and all children in primary school and up to year 9 in secondary school.

Where are they available?

If you are eligible for the free vaccine, then you should be invited to book an appointment via a text or letter. You can receive your vaccine at your GP surgery or local pharmacy.

If you are not eligible for a free vaccine but would like to be protected from flu this winter, they are available to purchase from your local high street pharmacy. (Well pharmacy £15, Lloyds and Boots £16.99)

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In need of healthcare this winter?

GP Enhanced Access Offer

This service is designed to make appointments available for patients outside of normal opening hours. Any patients registered at a GP practice in Stockport can access appointments at the following locations:

CHEADLE AND BRAMHALL	Gatley Medical Centre: Sat-Sun 8am-12pm	The Village Surgery: Sat-Sun 9am-1pm
MARPLE AND WERNETH	Marple Cottage Surgery: Sat-Sun 8am-12pm	Bredbury Medical Centre: Sat-Sun 9am-1pm
TAME VALLEY AND HEATON'S	Brinnington Health Centre: Sat-Sun 9am-1pm	Heaton Moor Medical Group: Sat-Sun 8am-12pm
STEPPING HILL AND VICTORIA	Beech House Medical Practice: Sat-Sun 8am-12pm	Stockport Medical Group: Sat-Sun 9am-1pm

You can book these appointments as you usually would by contacting your practice. You may be offered an appointment at your registered practice or at another practice nearby.

Awaiting treatment?

If you are awaiting treatment, you can seek advice and support via the whileyouwait.org.uk website. This includes resources about how to stay well and what to do if your condition deteriorates. You can also find the approximate waiting times for hospitals.

Stockport have a local service that is more tailored to its residents. Visit: www.stockport.nhs.uk/page_3468

Useful contacts

NHS 111 - Phone or access online for urgent medical assistance that is not an emergency.

Greater Manchester Urgent Dental Helpline - 0333 332 3800

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Keeping yourself well

Ensure you have any medicines you need

- Seek advice from your local pharmacy on what medications would be useful to have in over the holiday period.
- Due to bank holidays remember to collect any repeat prescriptions from your pharmacy as early as possible before Christmas. Remember to order your prescription 7 days before it runs out.

Look after your physical and mental health:

This winter, it is important to prioritise your physical and mental health. Looking after your mind can have a huge effect on your physical health. At Healthwatch Stockport, this is how we keep our minds and bodies active:

We go out walking 2-3 times a week and enjoy taking in the different scenery.

Pat, Volunteer

I play gaelic football at the weekends with my mates.

Liam, Communications officer

I enjoy singing and dancing to my favourite songs in the kitchen with friends.

Francesca, Engagement officer

I socialise with family and friends and I also go to the gym as well as running after my grandson in the park !

Shirley, Information & research officer

Hearty winter soup recipe

Cook your favourite vegetables (we like carrots and leeks) with a diced onion in a teaspoon of oil until they are soft. Add some potatoes, that have been boiled. Add vegetable stock and a pinch of salt and pepper. Blend for a smooth consistency or leave as a broth. Serve with bread and butter.

Both delicious and healthy!

Healthy living resources:

Visit www.healthystockport.co.uk to learn more about things happening in your locality to keep your mind and body healthy.



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What is available in Stockport?

Winter can be a difficult time, especially given the Cost of Living Crisis that is affecting so many of us. Here at Healthwatch Stockport, we want to make sure that you have all the information and advice that you need this winter.

Food support

If you need an emergency food parcel, there are several food banks across Stockport. The locations can be found here: www.stockport.foodbank.org.uk

This service is by referral only. To access a food bank, you require a voucher, these are provided by various organisations across Stockport, including Healthwatch Stockport. Please get in touch if you require a food bank voucher.

Warm Stockport

Access the [interactive map](#) to find your nearest warm space. These spaces are for anyone to relax in and enjoy outside of their home which may be expensive to heat. Many will host activities as well as providing hot drinks and food.

CAN Fund

The 'Climate Action Now' fund supports residents in Stockport to be more sustainable by providing energy-saving devices for your homes/community spaces/places of worship. Not only is it a way to save the planet but they can also help with your bills this winter!

For more information on how to apply for the fund visit:

www.stockport.gov.uk/CANFund

Know what you are entitled to

Citizens Advice: for advice on finances, benefits and any one-to-one support, call 0808 223 1133 or attend a drop in session at Fred Perry House. (Monday-Friday from 9:30am-4pm at Fred Perry House, Edward Street, Stockport, SK1 3UR)

Pension Credit: If you are over state pension age, you could be eligible for extra income support. Find out by ringing 0161 474 1042.

Disability Stockport: Offering information on benefit entitlement for people with disabilities. Call 0161 480 7248 for find out more.

Council Helpline: 0161 474 2140 (Monday to Thursday from 9am-5pm and Friday from 9am-4:30pm)

Warm Spaces interactive map can be accessed here:

(Contact Healthwatch Stockport if you don't have online access.)



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Key services

The Wellspring - support for homeless people or those at risk of homelessness. Call **0161 477 6344** (**0161 474 2818** after 5pm) or visit **The Wellspring, Harvey Street, SK1 1YD**

Adult/children social care services - for general enquiries and concerns, you can phone them on **0161 217 6029** or dial **0161 217 6024** for the Minicom. contact the out of hours services **0161 718 2118**

Open door - Assistance with accessing mental health support and immediate crisis management in Stockport. Call **0161 549 9717** or visit **72-74 Princes Street, Stockport, SK1 1RJ**

Signpost for Carers - for support for adult carers call **0161 442 0442** or for young carers call **0161 947 4690**

Stockport Women's Centre - offering support and counselling to women in Stockport. Call **0161 355 4455** to register for services

Age UK Stockport - supporting older people in Stockport. Call **0161 480 1211** or visit **www.ageuk.org.uk/stockport** to find out more

Stockport support hub - offering support and signposting to a variety of services available in Stockport. Call **0161 474 1042** or visit **www.stockportsupport.com**

Stockport Homes - for housing support and money advice, call **0161 217 6016**

Walthew House - support for people with sight or hearing loss in Stockport. Call **0161 480 2612** or visit **www.walthewhouse.org.uk**

Stockport Foodbank - visit **www.stockportfoodbank.org.uk** for more information

Disability Stockport - offering support for those with disabilities in Stockport. Contact **0161 480 7248**

Stockport Without Abuse - supporting women, men and children suffering from abuse. Call **0161 477 4294** Monday to Thursday from 9am to 5pm, and Friday from 9am to 4:30pm

Stockport Family - if you or your family need support, call **0161 217 6028**

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**Have
your
say**

To help improve health and care for you and your family, we use your feedback to influence the way services can be improved, by producing reports to present to the very people who run our services in Stockport.

Complete the surveys on our website, use our feedback centre or give us a call to have your say.

There are lots of different ways that you can get involved with Healthwatch Stockport and the first step is to join. By joining Healthwatch Stockport, we will send you our monthly bulletin as well as regular updates and invites to join in with our involvement opportunities. Joining Healthwatch Stockport is free and you can have as much or as little involvement as you want.



Whether you would like to share your feedback about health and care services, are looking for local support or want to become a member - get in touch. We are here to help.



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And subscribe to our weekly Information Round Up!

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