



COLD AND FLU SEASON REMINDER

As the weather turns colder, colds and flu become more common during the autumn and winter months. If you do catch a cold, it's important to:

- Rest and allow your body time to recover
- Drink plenty of fluids to stay hydrated
- Take steps to prevent spreading the virus to others

For advice and suitable over-the-counter remedies, you can visit your local pharmacy.

Flu Vaccination information

The flu vaccine provides protection against seasonal flu. Each year, it is offered to individuals who are at higher risk of becoming seriously unwell if they catch the flu.

If you think you may be eligible for the vaccine, please contact the surgery and speak to a member of our reception team.

Further information about the flu vaccine is available on our website: www.manorclinic.co.uk.

CHILDHOOD IMMUNISATIONS

Childhood immunisations are a vital way to protect your child against serious diseases.

- ✓ Contact the surgery to check if your child is up to date with their immunisations.
- ✓ If you are unsure or would like to discuss your child's immunisation schedule, please complete an econsult to arrange an appointment with one of our clinicians.
- ✓ for more information on the importance of vaccines, visit our website: www.manorclinic.co.uk.
- ✓ If your child has missed school vaccinations, or if they are home educated, you can find further details and book an appointment through the Immunisation Team:
<https://linktr.ee/immunisationsteam>.

Opening Times

Monday to Friday

Reception: 08:15 - 18:30

Telephone: 08:00 - 18:30

All telephone calls are recorded for training purposes.

Named GP

All our Patients have a named accountable GP. If you would like to know who your named GP is please ask reception.

Updating Contact Details

The GPs have asked if all patients could please keep us updated with their contact information, this is to ensure the GP surgery can contact you if needed.



DOWNLOAD THE NHS APP TODAY TO TAKE CONTROL OF YOUR HEALTHCARE!

You can:

- Order repeat prescriptions
- Book and manage appointments
- View your GP records, and more - all from your phone

It is easy, secure, and gives you access to essential health services at your fingertips. Get started now to manage your health with ease and convenience.

For more information visit The Manor Clinic Website

www.manorclinic.co.uk

DIGITAL HUBS FOLKESTONE

Get Digital! Need support using your table, the NHS app or just help getting online?

Digital Kent are holding appointments between 10am & 12 pm at Cheriton Library, 64 Cheriton High Street Folkestone, CT19 4HB on Wednesday 8th October, Wednesday 12th November and Monday 10th December. Go to www.digitalkent.uk or call 03000 410 950 to book an appointment.

FAILING TO ATTEND APPOINTMENTS

It is important to attend your appointment; if you are unable to do so or no longer require it, please contact the surgery to cancel so the time may be offered to another patient.

Appointments not Attended		
	GP	Nurses
June	57	49
July	49	50
August	29	39

NHS Staff must be able to come to work without fear of violence, abuse or harassment from patients or their relatives. The NHS has a zero tolerance attitude towards violence.

Violent, threatening or abusive behaviour including shouting and swearing will not be tolerated at this practice.

Patients who act in such a manner will be asked to leave the premises; the Police may be called and you could be removed from our patient list.

Our staff are here to help you, please treat them with respect

CLINICS:

(Subject to change)

Dr Fernandes:
Contact reception

Dr Chireka: Contact
Reception

Dr Gupta: Monday AM
and Friday AM & PM

Dr Mishra: Monday
AM & PM and
Thursday AM & PM

Dr Noorpuri: Tuesday
AM & PM and
Wednesday AM & PM

Dr Syed: Tuesday
AM&PM and Thursday
AM & PM

Dr Mohammad
Hammad: Monday,
AM & PM, Tuesday,
AM & PM, Friday, AM

Debbie Wood:
Monday, Tuesday,
Wednesday and
Thursday AM & PM