



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 & RSV VACCINATIONS

The flu vaccine helps protect against seasonal flu and is offered each year to those at higher risk of serious illness. The RSV vaccine protects against Respiratory Syncytial Virus, which can cause severe illness in infants and older adults.

You may be eligible for an RSV vaccination if you are 28 weeks pregnant or more, or aged 75 and over.

If you think you may be eligible for either vaccination, please contact the surgery to book. Further information is available at

www.manorclinic.co.uk.

CHAPERONE

There may be occasions when a patient needs to be assessed by a doctor, which could involve an intimate examination. Our practice is committed to ensuring patients feel comfortable and at ease at all times. If you would like a chaperone to be present during your examination, please let the clinician or a member of the reception team know before your appointment. We will be happy to arrange this for you.

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

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

Please keep us updated with your contact information, this is to ensure the GP surgery can contact you if needed.



HAVE YOUR SAY ON OUR FUTURE PLANS

We are excited to share that The Manor Clinic is exploring the possibility of relocating to modern, improved premises within the Folca building on Sandgate Road.

Although any move is not expected to take place before 2028 and will depend on the wider development plans for the building, we are keen to hear your views at this early stage.

Your feedback is important to us. We would like to understand how this proposed move may affect you, including any concerns, barriers, or suggestions you may have. Please take a few moments to complete our patient survey and share your thoughts. Your input will help shape our plans and ensure we continue to provide the best possible facilities and services for our patients.

Click Here: [Manor Clinic: our proposed relocation](#)



CLINICS:

(Subject to change)

Dr Fernandes:
Contact reception

Dr Chireka: Contact
Reception

Dr Gupta: Monday &
Wednesday AM &
Thursday and Friday
AM & PM

Dr Mishra: Monday,
Thursday & Friday
AM&PM

Dr Syed: Tuesday,
Wednesday and
Thursday AM & PM

Dr Khan: Tuesday &
Wednesday AM & PM

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

Debbie Wood:
Triaging clinician
Monday, Tuesday &
Friday

Lynn Hollands:
Monday and Tuesday
AM & PM. Triaging
clinician Wednesday
& Friday

Our 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