



Some simple ways to reduce the risk of slips & falls when outdoors.



It's that time of year when surfaces become more of a problem when out and about. Slips and falls are common and prevention is better than cure. Here are a few reminders to watch out for when you are out and about whatever your age.

- **Be sure to wear sturdy shoes with soles that have a good grip.**
- **Give your eyes time to adjust to changing light conditions when you move from inside to outdoors**
- **Watch out for tripping hazards, such as cracked pavements or raised frames in shop doorways.**
- **Leaves & ice at this time of year can also be hazardous.**
- **If you can, use a rucksack for shopping instead of a carrier bag. With your hands free you can hold rails and when walking you will keep a better balance.**

The Manor House Glossop and Hadfield Newsletter is compiled and produced by the **Patient Participation Group (PPG)**. If you have any suggestions for inclusion in our next newsletter please contact us on manorhouseppg@hotmail.co.uk or at the surgeries.



FLU JABS

It's that time of year again. If you are eligible, please don't forget to get your annual flu jab. Appointments are still available to book through Reception.

PRESCRIPTIONS

Most patients now use the Electronic Prescribing Service. From March 31st 2020 the use of electronic prescriptions will become mandatory, with paper prescriptions being used only by exception. If any patients have not provided the surgery with details of their nominated pharmacy, could they do so as soon as possible please.



While you're waiting!

Autumn

Find and circle all of the Autumn words that are hidden in the grid.

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	

How many words can you find ?

Don't Fear the Smear

We know it's not fun
But ladies we know
It has to be done.
Jade Goody has taught us
That ignoring a sign
Is not acceptable
No it's not fine.
Women care for your health
Remember health is wealth.
To see our grandchildren
And children's success
There are things we need to address.
Don't be embarrassed
It's for your own good
Let's take steps to do what we should.
Let's embrace good health to be sure
We look for prevention and not a cure.
So don't fear the smear
It has to be done
Smile, endure then go and have fun!



The PPG is looking to increase its membership. We have levels of membership to suit everyone so if you are interested, please contact us. Our email address is manorhouseppg@hotmail.co.uk or we have a box in each Surgery where you can leave your details and a member of the PPG will contact you.