

UPPER EDEN
MEDICAL
PRACITCE

Opening Times

Kirkby Stephen:
Mon-Fri 8.30am—6.30pm

Brough:
Monday 8.30am-6.30pm
Wednesday 8.30am-6.30pm
Friday 11am-1pm

Tebay:
Tuesday 9am-12.30pm
Thursday 3pm-6.30pm

Upper Eden Medical Practice

Silver Street

Kirkby Stephen

Cumbria

CA17 4RB

Tel: 017683 71369

Prescription Line: 017683 71913

Fax: 017683 72385

Web: www.upperedenmedicalpractice.co.uk



Notices



Scrabble Club

Whether you're a keen Scrabble player or a complete beginner, come along and give Scrabble a go, it's a great way to socialise and meet new people.

Starting Wednesday 10th October 2.00pm – 4.00pm in Kirkby Stephen

For more information please contact Jill on 017683 71104 or Wendy on 017683 71775



Are you on your own on
CHRISTMAS DAY?

Would you like some company?

Join us in Kirkby Stephen
for a TRADITIONAL LUNCH

Call Mary 017683 72119

or
Val 017683 72819

Transport available



A Churches Together in Kirkby Stephen initiative

Could we please remind all patients that the staff parking area to the right of the Practice is reserved for staff only and patients should not park there under any circumstances. In addition patients should never park on the drive leading up to the Practice. Access is required for emergency vehicles at all times and parked cars present both an access issue and a health and safety risk.

If our patient car park is full, there is a free car park directly opposite the Practice which can be used. Thank you

Living With and Beyond Cancer
Half-day course
• Tuesday 11th December 2018
• 10am to 2pm
• Harraby Community Centre, Carlisle, CA1 3SN

You are invited to a free, informal, half day course to support your recovery and rehabilitation after cancer. The focus of this event is the psychological and emotional consequences of going through cancer diagnosis and treatment. However, the content is flexible and your priorities will be discussed. Family and friends are welcome. Lunch & refreshments provided.

Contact Details
If you would like to attend or have any questions, please contact Muhammad on 01761 153 914, or email m.muhammad@nhs.uk. You can also book through your Specialist Nurse. If you are unable to attend but would be interested in future events, please contact us using the above details.

Self Care

The surgery encourages all patients to try the local chemist and speak to a pharmacist regarding minor ailments, examples of which you can see listed in the poster below.

Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:

- Low Back Pain
- Eczema
- Heartburn and Indigestion
- Fever in Children
- Constipation
- Headache
- Coughs in Adults
- Acne (spots)
- Sprains and Strains
- Sore Throat
- Ear Ache
- Common Cold
- Sinusitis

Upper Eden Medical Practice Newsletter

Dec '18

What's inside:

- Your Christmas prescription
- New arrivals
- What your chemist can do for you
- Travel advice
- Local Schemes

Farewell To Longest Standing GP

This year sees the retirement of GP and Practice partner Dr Alan MacDonald.

The GP, who attended Aberdeen university, began his medical career at Brough surgery in April 1989. He took the place of Dr Shephard who was the previous GP at Brough. Dr MacDonald worked alongside Dr Ian Tod for 5 years, working closely with Kirkby Stephen GP practice, before the two practices joined, becoming Upper Eden Medical Practice, continuing their work at Brough also.

After attending Aberdeen University, the 59 year old GP trained in surgeries in Dumfriesshire, Ayrshire and Kendal. His previous experience in a rural practice in Moffat motivated him to gain a career within a similar rural setting. Dr MacDonald's inspiration to become a GP came from his younger brother who suffered from severe asthma. The care and help his brother received while ill impressed him so much it encouraged him to undertake a career in the care profession.

Dr MacDonald has enjoyed being part of our local community for almost 30 years. He has said he feels privileged to have worked in a friendly area where everyone helps each other and is delighted to have given back to the community. He would also like to wish his successors the best of luck and hope they enjoy their time here as much as he has.

Should people wish to make a farewell donation or send a message you can do so in the surgery. Dr MacDonald's last day at the practice will be 21st December.

CHoC
Cumbria Health on Call

NEED A ROUTINE GP OR NURSE APPOINTMENT DURING THE EVENING OR WEEKEND...?

CHoC Extended Access Service

Speak to your GP practice
Ask for an extended access appointment
Attend appointment at time and date that suits you

In partnership with your GP, Cumbria Health on Call (CHoC), are offering evening and weekend routine appointments at several locations throughout North Cumbria.

You will be seen by a clinician who can access your medical records and will provide the same service as your GP surgery.

To book an evening or weekend routine appointment, please speak to your GP surgery. If you would like further information about this service, please visit www.chocld.co.uk/chea

GP appointment? Can't make it? Don't need it? **CANCEL IT!**

She no longer needed the appointment, cancelling it meant that he could be seen sooner.

Forgetting to cancel your GP appointment if you no longer need it prevents someone else from being seen.

Ask your GP's receptionist about the best ways to cancel an unwanted appointment and make sure they have your up-to-date details.

NHS Wiltshire
Clinical Commissioning Group

Brough Surgery Hours

Effective from Monday 7th January 2019, Brough Medical Centre will be changing its opening hours as follows:

Monday: 8.30am to 6.30pm

Tuesday: Closed

Wednesday: 8.30am to 6.30pm

Thursday: Closed

Friday: 11.00am to 1.00pm - Open for medication collections only

We are making these changes following the impending retirement of Dr MacDonald on 21st December as unfortunately we have been unable to recruit a replacement GP and consequently we do not have sufficient staff cover on a Friday to operate. However in order to ensure that Brough is still able to offer the same amount of appointments,

we will be opening Brough all day on Wednesday's, as opposed to closing at 1.30pm as we do currently. We will also be open on Friday from 11am to 1pm specifically for medication collections only. However, please be advised that there will be no clinical staff present on a Friday and therefore all appointments will be at Kirkby Stephen. As we are still opening for the same number of hours, albeit over different days, we do not believe this will have a detrimental impact on the service we provide. These changes are made out of necessity and we are grateful for your understanding.

Gill Robertson

Gill Robertson is an occupational therapist (OT) that regularly comes to the Kirkby Stephen area.

Occupational therapists can help with a wide range of things, mainly providing assessments in homes to help equip patients that have mobility problems or other health problems and, also, providing support and information for patients who are unsure who to turn to for help. This ultimately helps reduce hospital admissions and keeps vulnerable people in the community.

Please speak to a GP to discuss a referral to the OT if you feel you or know someone who will be suitable for a referral.

Good Neighbours Scheme

The objective of the Good Neighbours Scheme is to provide a local service to residents of Kirkby Stephen and the surrounding rural parishes, and offer help with the 'little things', jobs and small tasks that other organisations are unable to help with, due to limited time, resources or funding. All volunteers are interviewed, DBS checked and have gone through our scheme training before going out into the community and assisting with

requests for help. If you are struggling to get out and about or need something collecting, fixing, clearing or sorting or if you would like a regular visit and a catch up with a Good Neighbour, please get in touch: 017683 71775.

Also if you need something doing, inside or outside your home, and struggling to find the right person to call, get in touch. We may be able to offer some help from a Good Neighbour or find you the specialist or professional you need to get the job done!

Expanding Problems of Ill Health

It is well recognised that our country, like many others, face a health crisis. In simple terms, we have all become over-eating sedentary communities that increasingly are too busy to look after ourselves and each other. We need to eat healthier food, in smaller portions and move our bodies more. Remembering to be socially interactive and aware of loneliness in our community. Your GP practice wants to help

you by making you aware of the problems the community faces, but it is the community that needs to help itself. Unfortunately, health services are too often overwhelmed with managing acute problems like heart attacks, strokes, depression and joint pains that we can do little to educate and turn the tide of obesity and sedentary lifestyle which causes tomorrow's ill health.

Please visit the practice website for the full article from Dr Galea.

Travel Vaccinations

Please be advised that we no longer provide travel clinics or travel health advice at the Practice. All vaccinations required and any travel health advice should be provided by a travel clinic. You can access local travel clinics at the following locations:

Boots Pharmacy

66 Stricklandgate, Kendal, Cumbria LA9 4PU

Tel: 01539 720180

Or

Dalston Pharmacy

2 Vicars Cottages, The Square, Dalston, Carlisle, Cumbria CA5 7LW

Tel: 0330 1004106

For further info or to find your nearest travel clinic, please visit the following websites:

www.masta-travel-health.com or
www.fitfortravel.nhs.uk

Voluntary Social Car Scheme

The Voluntary Social Car Scheme is funded by Cumbria County Council. The scheme provides transport to members of the community of any age (under 16s must be accompanied by an adult) who cannot make their journey by public or private transport. Examples of journeys include getting to doctors and dentist appointments, shopping, making public transport connections and visiting friends. Passengers pay a contribution towards the cost of the transport. If 2 or more people travel then the fare is shared between them.

Journeys are available depending on volunteers availability. You may be asked to share transport and you may need to be flexible about the times you travel.

Should there be no car scheme in your area or with no availability for your journey, we may be able to offer Rural Wheels.

Please contact:

Robin Haywood 017683 72678

Or

Trevor Capstick 07900 608 714

Hepatitis B

Under the Health and Safety legislation, employers have a duty to provide a safe working environment. Employers should undertake a risk assessment and arrange protection for employees including, where necessary, immunisation against hepatitis B.

GP's do not provide an occupational health service as part of their NHS responsibility and the NHS does not fund hepatitis immunisation for employment purposes.

Your employer has a duty to act and should make arrangements with a suitable qualified medical service to meet the relevant obligations.

Below is a list of companies that do offer an occupational health service to employers in this area:

- Sage Occupational Health
- OHI Health Essentials
- Fit2Work Occupational Health

New Comers

We would like to welcome 2 new GP's to our practice!

Firstly Dr Sarah Williams who began work at the practice in July. She previously worked in a surgery in Kendal and studied at University of Manchester. Dr Williams works Monday, Tuesday and Thursday across all 3 surgeries and has a special interest in women's health.

Also Dr Ben Passey-Heaton who qualified as a GP 2 years ago from St Georges University in London. Dr Passey-Heaton is now a registrar here at the practice and will be with us until February.

Donations

We would like to thank all our patients, past and present, for their generous donations to the practice.

All the monies we are given goes towards the purchases of new, life saving, medical equipment that are essential in the practice.

Recently, we have purchased 2 new defibrillators, a new couch for one of our clinical rooms and a spirometry machine. All these pieces of equipment are used on a daily basis and your donations help us keep these up-to-date.

Rural wheels

Rural wheels is unique transport scheme for people in rural areas. It provides transport from home to your nearest or public transport connection.

Rural wheels uses a smart card system that stores points to pay for your travel instead of cash and a central booking system to plan your journeys. It can be used for a variety of purposes such as:

- Attending doctor/dentist/optician appointments
- Shopping
- Visiting friends/family

For more info and to apply for Rural Wheels, please visit:

W: cumbria.gov.uk/ruralwheels

Alternatively, call:

01228 221055

Free NHS Health Check



Contact the surgery for more information on our FREE NHS Health checks, by calling: 017683 71369