

UPPER EDEN  
MEDICAL  
PRACTICE

Opening Times

Kirkby Stephen:  
Mon-Fri 8.30am—6.30pm

Brough:  
Monday 8.30am-6.30pm  
Wednesday 8.30am-6.30pm  
Friday 11am-1pm  
(For prescriptions only)

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](http://www.upperedenmedicalpractice.co.uk)



Upper Eden Medical Practice

Patients can order their repeat medication by:

- Handing in the right hand side of the prescription at the GP surgery
- Posting in the right hand side of the prescription along with a stamped addressed envelope marking the medication required
- Registering for EMIS Patient Access and complete the online repeat prescription form
- We also have a 24hour answer machine which is available to leave your requests, please call 017683 71913

## Tebay

We would like to remind residents at Tebay that the car park is to be used for patients only during opening hours. It has been noted that parking at Tebay surgery during opening hours is often difficult due to people parking there that aren't attending surgery. Please be considerate during these times. Your co-operation is much appreciated.

## Home Visits

All home visits requests must be called in before 10.30am.

To be eligible for a home visit you must be unable to leave the house, there are taxis and local voluntary car schemes available to enable you to attend surgery if you simply have transport issues.

## Emergency Dentist

If you require emergency dental treatment out of hours, or if you're not registered at a dentist, you must call Cumbria Health on Call on 111. They will speak to you and assess the need for treatment and make the appropriate arrangements for you to be seen.

## Dispensary and Your Chemist

**Dispensary is open:**

**Monday-Friday 9am till 6pm.**

**Prescriptions requested over the weekend (online, on the answer machine or repeat slips posted through the letter box) aren't picked up until we start work at 8.00am on Monday morning so won't be ready until Wednesday (2 working days)**

**NOTE:** Prescription charges are now **£9.00** per item as of 1st April 2019.

**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

Self Care Forum

# Upper Eden Medical Practice Newsletter

## What's inside:

- **Charity Work**
- **Are your details up-to-date?**
- **Awareness Days**

## Self Care This Summer

June'19

If you are a hay fever sufferer, the local chemist is the place to be! For advice on what over the counter treatments are best for your symptoms, the Pharmacist can help. General antihistamine tablets are available to buy at an affordable price along with nasal sprays and other items which can help hay fever symptoms.

If the Pharmacist feels your symptoms are more severe then they will direct you to the GP.

Did you know you do not need to see the doctor for hayfever symptoms?

You do not need a prescription for hayfever medicines. Many treatments are available for little cost from a community pharmacy

Community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever

Please help us save NHS resources which could be invested in improving local healthcare services.

## New Equipment

At the surgery, we must keep all our equipment up-to-date and working at it's best. This often means buying new equipment on a regular basis. All donations received at the practice go towards this.

The following have recently been purchased for the practice

- 4 Defibrillators
- 10 Blood Pressure Monitors
- Pulse Oximeter
- Elite diagnostic set

All these items are vital to the surgery and we would like to thank you for the kind donations which have been made.

**NHS**

**FEEL WELL THIS SUMMER**

- 1 In hot summer weather stay out of the sun, particularly between 11am and 3pm, wear a hat and light clothing to cover up, and use sunscreen of at least Factor 15.
- 2 Avoid strenuous activity and remember to drink plenty of water and avoid excess alcohol, caffeine and hot drinks.
- 3 Ensure food is not left out in warmer weather, and that it is cooked thoroughly at a barbecue to avoid food poisoning.
- 4 If you're planning to travel outside the UK, seek travel advice at [www.travelhealthpro.org.uk/country-information](http://www.travelhealthpro.org.uk/country-information). You may also need to be vaccinated against infections you may come into contact with while travelling.
- 5 Be a good neighbour and look after those who may need a helping hand in hot weather, such as the very old, the very young and people with chronic conditions.
- 6 Choose Well and use the correct health service, at the right time.

For more summer advice, visit [www.nhs.uk/summerhealth](http://www.nhs.uk/summerhealth)

## Charity Work

Members of staff have recently participated in different events to raise money for various charities.

Dr Galea and Dr Tooze took part in a walk from Keswick to Barrow raising a total of £485 for Bay Hospitals charity.

Practice manager, Andrew Pearse, along with Dr Galea And Dr Tooze took part in the 5k colour dash, raising funds for St John's Hospice.

Joanne Marston and Alison

Pedley, who work in Dispensary, took part in the local YOMP in Kirkby Stephen.

Alison will also be taking part in the Macmillan Mighty Hike which is 26 miles, beginning at Dalemmain, going around lake Ullswater, and finishing at Lowther Castle.

Sue Birkbeck was part of a group of local women from Kirkby Stephen who took part in the Moonwalk, a 26

mile walk through the night in London, raising more than £14,000 for Breast Cancer.

As a practice, we also participate in fundraising for Red Nose Day and Comic Relief.



## Keeping your records Up-To-Date

At the practice, we strive to deliver the best care possible for all our patients.

In order to do this, your record must be up-to-date at all times. We would be grateful if all patients could inform us of any changes to their address, contact numbers, email addresses etc.

This can be done by simply contacting the surgery or following the link on our practice website.

### Prefer to go online?

Download the **Patient Access app** or the **MyGP app**. This will make booking appointments, changing your details and ordering your repeat prescriptions effortless! For more details ask at the surgery.

## Out Of Hours

Local practices, including ourselves, are now offering late appointments (after 6.30pm) to accommodate those who may not be able to make appointments during normal surgery hours. Call the surgery on 017683 71369 and we can arrange an appointment at one of the following clinics:

Monday—Outpatients clinic, Penrith Hospital

Tuesday—Upper Eden Medical Practice

Wednesday—Outpatients clinic, Penrith Hospital—Telephone consultations only

Thursday—Appleby Medical Practice

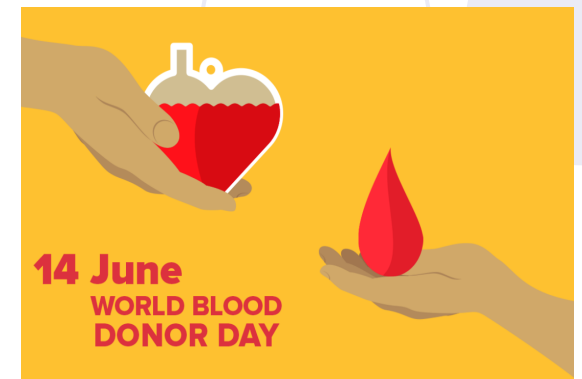
Friday—Outpatients clinic, Penrith Hospital

Saturday—Outpatients clinic, Penrith Hospital—8.30am—1pm

## Raising Awareness

It is important to raise awareness around certain subjects, especially within the NHS.

14th June is World Blood Donor day. This raises awareness of the need for safe blood and blood products and to thank the unpaid volunteers who take the time to donate blood on a regular basis for their life-saving gift.



June'19

## Men's health by numbers

1 man in 5 dies before the age of 65 (2 men in 5 die before 75).

NHS health checks are available from age 40.

A body mass index (BMI) over 25 is considered overweight. Over 30 is considered obese.

A waist over 37 inches puts you at increased risk of many serious health conditions.

Aim to drink no more than 14 units of alcohol a week.

Aim for 5 portions of fruit and veg a day.

Aim for 150 minutes of exercise a week.

Aim to walk 10,000 steps a day.

**MEN'S HEALTH WEEK**

MEN'S HEALTH FORUM

#menshealthweek

[menshealthforum.org.uk/mhw](https://www.menshealthforum.org.uk/mhw)

10th-16th June is Men's Health week. Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and to encourage men and boys to seek professional advice for health related problems.

The focus this year is to know your numbers.

For Men's Health Week 2019, the Men's Health Forum has pulled out the key numbers. We have seven numbers we want all men to know and five statistics we want everyone working in health care to know including the male life-expectancy gap in their area.

Please visit

<https://www.menshealthforum.org.uk/>

For more information and advice on the matter.

## AAA (Abdominal Aortic Aneurysm)

This is a condition most common in men aged 65 and over. The aorta is the main blood vessel that supplies blood to your body.

If you have an AAA you will not usually notice any signs or symptoms, how-

ever, these can progressively worsen and if they burst can cause internal bleeding.

Screening is free on the NHS for over 65s and is done by ultrasound scan. Invites are usually sent out to eligible patients during the year of their 65th birthday.

Men over 65 who have not been screened or diagnosed with an aneurysm can request a scan by calling

**0191 445 2554**

The sooner an aneurysm is discovered, the sooner treatment can begin.