

Launching our
new style
Newsletter.
Tell us what
you think.

Health Wise

Upper Eden Medical Practice Quarterly Newsletter
Spring 2012 Issue 2

Surgery Opening Times

Kirkby Stephen

Mon—Fri

8.30am– 6.30pm

Dispensary

9am—6pm

Brough

Mon & Wed

8.30am-6.30pm

Tue & Fri

8.30am-1pm

Thurs

CLOSED

Tebay

Mon & Fri

11am-2pm

Tue

4pm-6pm

Wed

10.30am-1.30pm

Thurs

CLOSED

PLT

(Protected Learning Time)
For Staff Development
Afternoons

Tuesday 15th
May

Wednesday 13th
June

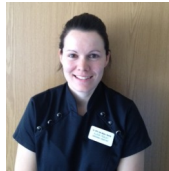
Thursday 12th
July

No Session in
August

The surgery /
dispensary will
be closed from
1pm till 5pm on
the above days.
Emergencies will
be covered by
CHOC.
Tele:
03000 247247

Hello! & Goodbye

We are pleased to announce a new member of staff to our friendly team and sadly one departure.



Alison Pedley is a new member of the Dispensary Team, she joined us early 2012. Alison lives locally and is married with two small children.

A fond farewell to Jean our Practice Nurse who retired in March. We wish Jean all the best and want to say a big thank you for everything she has done. Jean will be truly missed.

We hope you like our new look reception and wish to Thank You for all your patience and co-operation during the refurbishments at Kirkby Stephen Health Centre.

STOP PRESS

Have your details changed recently? i.e. your address or contact telephone number?



It is really important you let us know as we use the details on file to contact you.



Ring or pop in to update your details, it could save your life!

New Practice Website Coming Soon!

Carers



Are you a carer? Or do you look after a family member? We are trying to locate our unidentified carers in Eden to ensure you get the support you need and are entitled to.



Health Corner

Holiday Vaccinations

Please book an appointment to see Practice Nurse Rachel Brierley or one of our Practice Nurses to discuss any recommended Holiday Vaccinated. Useful websites include:

www.nhs.uk

www.netdoctor.co.uk/travel/vaccines

There may be a charge. Please ask.



Fact File

5 Facts about Malaria

- 1) Malaria is caused by parasites that are transmitted to people through the bites of infected mosquitoes.
- 2) Every minute, a child dies from malaria.
- 3) Early diagnosis and prompt treatment of malaria prevents deaths.
- 4) Sleeping under long-lasting insecticidal nets protects against malaria.
- 5) Pregnant women are particularly at risk of malaria.

Travellers

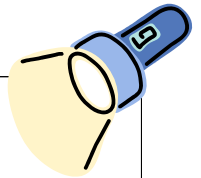
The ABCD of malaria protection

- A. Be Aware of the risk, the incubation period and the main symptoms
- B. Avoid being Bitten by mosquitoes, especially between dusk and dawn
- C. Take antimalarial drugs (Chemoprophylaxis) to suppress infection where appropriate
- D. Immediately seek Diagnosis and treatment if a fever develops one week or more after entering an area where there is a malaria risk, and up to 3 months after departure.



World Health Organisation

In the Spotlight



Meet our Health Care Assistants (HCA)

All HCA are fully trained and competent in taking blood, checking Blood Pressures, ECG's, monitoring INR's, assisting with Minor Operations, and conducting New Patient Health Checks.



“My Name is Claire and I have worked at the Practice for 5 ½ years where I am part of a great team. My duties also include administrating Flu Vaccinations. When I am not at work I can be found on the golf course or walking the fells.”



“My name is Hayley, I have worked at the Practice for 7 years. I originally started as a receptionist but went on to do HCA and now I do both which I really enjoy. My duties also administering B12, Flu and Pneumonia vaccinations, and minor dressings.”



“My name is Trudy I started at the practice as a receptionist 6½ years ago I have since trained as a HCA . I am looking forward to future training which will include Wound Care, Hearing Tests and Vaccinations.”

**Please allow 48
working hours for
repeat
prescriptions.**

We would like to say a Big Thank You for all the kind donations to our Medical Equipment Fund. Some recent equipment we've purchased include 24hour BP machine, ECG machine and Defibulator.

Have Your Say

Please pick up a 'Have Your Say' leaflet from the surgery, fill in your details and either hand it in or send it to:

Kerry Harmer
Practice Manager
Upper Eden Medical
Practice, Silver Street,
Kirkby Stephen,
Cumbria, CA17 4RB

DO GET INVOLVED!!

4 letters

CARE

SAFE

5 Letters

CLEAN

NURSE

6 Letters

DOCTOR

INJURY

9 Letters

TREATMENT

AMBULANCE

10 Letters

MEDICATION

11 Letters

APPOINTMENT

12 Letters

CONFIDENTAL

Quick Quiz

