

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

 Upper Eden Medical Practice

Notices

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.



Breathe New Life Into
Your Old Inhalers

COMPLETE THE CYCLE, from GlaxoSmithKline (GSK) is the first UK-wide recycling and recovery scheme for inhalers used to treat conditions such as asthma and chronic obstructive pulmonary disease (COPD). The scheme allows safe and responsible recycling of your inhalers via your local pharmacy (which he have in dispensary at Kirkby Stephen). It is the first scheme of its kind in Europe and through taking part you can reduce the harmful impact associated with landfill disposal of inhalers.

Over **1.2 million inhalers** have been recycled and recovered, this has saved CO2 emissions, equivalent of taking **5,199 cars off UK roads!**

Dispensary and Your Chemist

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 quests, please call 017683 71913

Dispensary is open:

Monday-Friday 9am till 6pm.

Please allow 2 working days for processing your prescription.

Please note, requests left over the weekend, online or answer machine will not be dealt with until Monday, so will be ready for collection Wednesday (2 working days)

NOTE: Prescription charges will be going up to £9.00 per item as of 1st April

Upper Eden Medical Practice Newsletter

March '19

What's inside:

- **New comers**
- **Staying Healthy in Kirkby Stephen**
- **Summary Care Records—What it's all about**
- **Extended Access**

Summary Care Records

Summary Care Records are changing.

For those who may not know what their Summary Care Record (SCR) is, they allow other health care providers access, at the moment, to your immunisation history, current list of medication and any allergies you have.

We are encouraging patients to consent to more information being available.

Such information would include:

- Long term health conditions

Significant/relevant medical history

Reason for taking any medications

Communication preferences (e.g. interpreter, braille)

End of life & care preferences

Personal preferences (e.g. Jehovah's witnesses)

the patient having to remember as much of their medical history as possible, as this is often difficult.

However, it **would not** include any sensitive information such as:

- Sexually transmitted diseases
- Fertility treatment
- Pregnancy terminations
- Gender reassignment surgery

Enabling this access would be very beneficial. If you were to be taken ill while away from your local area, it would allow any Out of Hours centers or GPs surgery's to access this information easier, rather than ringing your regular surgery to retrieve information or

Staff will ask your permission to look at your SCR (except in an emergency where you are unconscious, for example) and only staff with the right levels of security clearance can access the system, so your information is secure.

For more information and how to enable extra access for your SCR, please call the surgery.

COPD Rehabilitation

Pulmonary Rehabilitation Group is a course designed to help patients manage their COPD; a lung condition that causes breathing difficulties.

Attendees of this programme have found patients able improve their walking and able to do simple activities that before would have tired them out.

Top tips for COPD patients:

- Breathing can become more difficult in the cold, so keep your home at a warm enough temperature
- Stop smoking!
- COPD patients are entitled to a free flu jab

Further advice is available at: www.blf.org.uk/support-for-you/copd

If you think this course may benefit you, speak to your GP.



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

Akila Knight

Akila Knight is our new Well-being coach, who will attend the surgery holding clinics Wednesday, Thursday and Friday.

This new service is appropriate for patients who present with Long Term physical health Conditions (e.g. cardiac, respiratory, diabetes, cancer, frailty), have multi-comorbidities or have had a recent change in life circumstances; for all ages of adult patients (over 18 years).

You must be referred by your

GP or nurse if you feel this service may be suitable for you. The Wellbeing Service is here to help you understand how your health affects you and think about different ways to manage on a day-to-day basis.

The aim is to live better with a long term health condition to:

- Enjoy life
- Be active
- Learn new skills

When you meet your Living Well Coach, you will be working together to:

- Consider your current challenges/difficulties
- Understand how you are currently managing
- Decide together on a plan to help improve your well-being and quality of life
- Access local support services e.g. Carers Groups, Benefit Organisations (with your agreement)



Staying Healthy In Kirkby Stephen

Staying Healthy in Kirkby Stephen

Diet and Slimming

Eat less carbohydrates, fat & sugar and drink more water

Read 'Dietitian, Nutritionist, Nutritional Therapist or Diet Expert?' - A comprehensive guide to roles and functions.

Download the guide at the following link:

https://www.bda.uk.com/publications/dietitian_nutritionist.pdf

Or, ask at the Upper Eden Medical Practice for a local registered professional.

Slimming World

The Rugby Club. Wednesdays at 6.30pm

Kay Hunter 01539 620137 <https://www.slimmingworld.co.uk/>

Juice Plus+

<https://lb71545.juiceplus.com/gb/en>

<https://www.facebook.com/louise.bousfield>

Reducing alcohol consumption

<https://www.nhs.uk/news/food-and-diet/new-alcohol-advice-issued/>

Alcoholics Anonymous: Tel. 0800 9177 650

Gentle Exercise

Health professionals suggest you do 150 minutes of moderate exercise every week if you're aged 19-64.

Further advice can be found at:

<https://www.nhs.uk/live-well/exercise/>

Kirkby Stephen and District walkers are welcome.

<http://www.walkeden.org/>

For the full leaflet, including more activities available in Kirkby Stephen, other than the ones already listed, please pick up a leaflet in the surgery or download from our website:

www.upperedenmedicalpractice.co.uk



The Importance of Your Smear

More than 3,200 women are diagnosed with cervical cancer every year in the UK, and nearly 900 die annually. All women aged 25 to 49 are invited for a screening test every 3 years, while those aged 50 to 64 are invited every 5 years.

But 1 in 4 women skip the cervical screening, with the proportion increasing to 1 in 3 among those aged 25 to 29 and to 1 in 2 in some more deprived regions of the UK.

This follows a survey by the charity Jo's Cervical Cancer Trust of more than 2,000

women in the UK, half of whom either delayed or didn't attend screening.

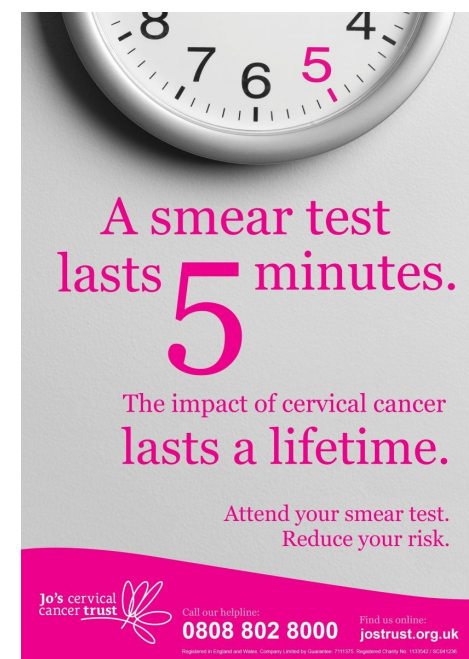
The survey shows that embarrassment about body shape is a barrier to attendance for between a third and half of women. It also highlights a lack of understanding about the importance of screening, with a quarter saying they didn't think they needed to go because they were healthy and more than a third believing screening doesn't reduce your cancer risk.

The survey found:

- 61% of women aged 25 to 35 were unaware they were in the highest-risk group for cervical cancer
- 37% thought screening did not reduce your risk of disease
- 24% thought they were not at risk because they were healthy
- 17% thought smears were important but didn't know why (35% of non-attenders)
- 11% thought you didn't need a smear if you'd had the HPV vaccine

Why women don't attend:

- 35% of all women reported being embarrassed to attend because of their body shape (50% of non-attenders), 34% had concerns over the appearance of the vulva (48% of non-attenders) and 38% were concerned about whether they smelled "normal" (54% of non-attenders)
 - 31% said they wouldn't go if they hadn't shaved or waxed their bikini area
 - 35% wouldn't go if they had to take time off work
 - 16% wouldn't miss the gym to attend and 14% would rather miss a smear than a waxing appointment
 - 26% said it's too hard to make an appointment
 - 20% would rather not know if something was wrong (34% of non-attenders)
 - 30% of those who had never had a smear said they didn't know where to get the test
- Yet despite these findings, nearly all women (94%) said they would have a free test to prevent cancer if it was available, highlighting a lack of understanding about the role of screening.



New Members of the Team

We welcome some new faces to the practice as we say farewell to others.

Dr Ben Passey-Heaton, registrar, has now completed his training with us and has gone on to continue his training elsewhere, and we wish him the best of luck.

We now have a new registrar, Dr Babajide Kuye, who is in his

4th year of training and works Monday, Tuesday, Thursday and Friday. He will be with us until August.

We also welcome a new member to our admin team, Sue Birkbeck our enhanced services & project coordinator. With previous experience working at Lakes Medical Practice, Sue will fit the role perfectly.

Joining the GP team will be Dr Sarah Elliott, who will be working Monday, Tuesday and Wednesday. She will start work with us on Monday 18th March.

We bid farewell to Jeremy Watkin, MacMillan nurse, who will be retiring 14th March and has worked within the NHS for 40 years and with Macmillan for 10 years. We wish him all the best for his retirement.