



Health Wise

Upper Eden Medical Practice Newsletter
September 2016 Edition

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 11.30– 1.30pm

Tues 4-6.30pm

Wed 10.30-1.30pm

Thurs CLOSED

Fri 11 - 2pm

PLT

(Protected Learning Time)

For Staff Development Afternoons

September
22nd

October 19th

November 24th

The surgery / dispensary will be closed from 1pm and will reopen the next day.

If you require urgent medical help and it is non life threatening, please ring 111

Practice Manager Update

New Practice Manager



We are pleased to announce that **Andy Pearse** has joined the Upper Eden Medical Practice as our new Practice Manager.

Andy spent 7 years working as a Manager for the NHS in Newcastle before moving back to the Lake District to be closer to his family. He's spent the last 5 years working as a Business Manager for a private cosmetic dental practice in Carlisle and he's really looking forward to getting back into the NHS and joining our great team here at Upper Eden Medical Practice.

Now living in Kendal with his wife and two young children, Andy loves the outdoor life. So most weekends, you're likely to find him out walking with his family or half way up a mountain!

Andy is full of ideas and he's keen to contribute to the growing success of the Practice and he looks forward to meeting you all!

2016/17 FLU VACCINATION PROGRAMME

Do **YOU** fall in to one of the "**AT RISK**" groups

Over 65 or Under 65 with a Chronic Health Condition

Children aged from 2yrs to 4yrs on 1st September 2016

Children aged 5yrs to 8yrs **will be given at school**

Children outside these age ranges

without a medical condition are not eligible

If so **PLEASE** contact the Health Centre

and BOOK your appointment **NOW on 017683 71369**

PATIENT ACCESS

Register for **Patient Access** today

- Beat the phone queue
- Online 24 hours a day
- Appointment booking
- Repeat prescriptions
- Free mobile app
- **To register, just ask at reception**



 Patient.co.uk

Please remember to bring your ID when registering for Patient Access.

Dispensary Information

The dispensary is based at the main surgery at Kirkby Stephen, we then deliver repeat medication to Brough and Tebay. We are finding that patients are not allowing two working days for the processing of their medication.

Please find below a guide to when your prescription can be collected, this will depend on when your order was placed and where you collect your prescription from:

| Order Date | Collection Kirkby Stephen | Collection Brough | Collection Tebay |
|------------|---------------------------|------------------------|------------------------|
| | Ready to collect from: | Ready to collect from: | Ready to collect from: |
| Monday | Wednesday | Wednesday Aft 3pm | Wednesday |
| Tuesday | Thursday | Friday 11am-1pm | Friday |
| Wednesday | Friday | Friday 11am-1pm | Friday |
| Thursday | Monday | Monday Aft 3pm | Monday |
| Friday | Tuesday | Tuesday 11am-1pm | Tuesday |
| Sat/Sun | Wednesday | Wednesday | Wednesday |

If you have any queries, please speak to any of the dispensary team who are happy to help on 017683 71369

SHINGLES VACCINE

If your birthday falls between the following parameters you are now eligible for the shingles vaccine.

2nd September 1942—1st September 1945

Or

2nd September 1935 - 1st September 1937

Please ring reception to book your appointment now.

Appointments

In the past 6 months there has been 523 appointments made for patients but the patients did not arrive, this results in 130 hours of clinicians time been wasted that could have been spent on other patients who are in need.

Please contact the surgery if you no longer need your appointment.



Benefits of stopping

Makes you breathe more easily

Gives you more energy

Ditch the cigarettes and feel less stressed

Quitting leads to better sex

Stopping smoking improves fertility

Stopping smoking improves smell and taste

Stop smoking for younger-looking skin

Ex-smokers have whiter teeth and sweeter breath

Quit smoking to live longer

A smoke-free home protects your loved ones

Interested, why not call in at Greentree Pharmacy, Kirkby Stephen to make an appointment to sign up to their 12 week programme.