



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 12-3pm

Tues 4-6pm

Wed 10.30-1.30pm

Thurs CLOSED

Fri 11 - 2pm

PLT

(Protected Learning Time)
For Staff Development
Afternoons

November 11th

January 15th
2015

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

Emergencies will be covered by CHOC.

Tele:
03000 247247

Health Wise

Upper Eden Medical Practice Newsletter
November 14 Edition

Practice News!

Welcome to the latest edition of our Practice Newsletter—I hope you find it interesting and informative. If you have any ideas or suggestions for future editions then please let me know.

Firstly, we have some great news—Alison our dispenser has had a baby boy—Matthew—he is a new brother to Emma and Caitlin. We are all really delighted for the whole family!

Secondly, we had our CQC inspection earlier this year and the report is now available to view either by going to the CQC website or our practice website www.upperedenmedicalpractice.co.uk or a copy is available at any of our surgeries. We are pleased with the report—there were some areas for us to improve which we have now done. Thanks to all those patients who kindly gave feedback on our service.

Thirdly, from 1st December 2014 all practices have to introduce what is being called the Friends and Family Test. That means that whenever you come to the surgery you will be asked whether you would recommend our service to your friends and family. We will use this information to try to ensure our service to you continues to improve.

Finally, all that is left for me to say is on behalf of everyone at Upper Eden Medical Practice we wish you a peaceful festive season and a happy and healthy 2015.

Kerry Harmer, Practice Manager

CHRISTMAS & NEW YEAR OPENING DAYS

The Upper Eden Medical Practice will remain open throughout the festive period **except on** the following days:

Thursday 25th December

Friday 26th December

Thursday 1st January

The dispensary is very busy during this time, please help us by ordering your medication in plenty of time **BUT** if you are not due your prescription over the festive period then **PLEASE DO NOT ORDER UNNECESSARILY.**

Just a reminder Flu vaccinations are in full swing, no appointment needed, please ask at reception.

We are also taking part in a Government pilot scheme for:

Children aged 2 to 4 years (inclusive) or Pre School children aged 2 years + will be offered the nasal flu vaccination as part of the national scheme.

If you think your child may qualify, please contact the surgery.

The out of hours service is called CHOC (Cumbria Health On Call).

If you require a doctor out of hours, please ring:

03000 247 247

You might find it useful to put this number in your diary or your mobile phone.



Need Information and Advice on:

Social & Leisure

Volunteering

Staying Independent

Transport

Money Matters

Work & Learning

Home & Care

Local Services

then please ring:

017683 245911

Or

Email: edenhub@ageukcarlisleandeden.org.uk

Website:

www.edenhealthandwellbeinghub.webs.com

Prescription Delivery Service

Am I eligible for this service?

If you are over 60 years of age, disabled, or housebound and find it difficult to collect your prescription then this service may be for you.

Interested and want to know more?

Please call us on 017683 71369 and speak to the dispensary.

Cancer Support Group



We have an opportunity in conjunction with Macmillan to set up a support group for anyone whose life has been affected by cancer.

This would include people who have or had at some point a diagnosis of cancer, relatives, carers etc.

It would be open to anyone from the surrounding areas such as Shap. We would be able to use Macmillan as a resource to help set the group up, provide volunteer training etc.

Please let myself or our practice manager Kerry Harmer know if you have an interest in becoming involved with this or have any opinions or ideas regarding this group.

Dr Davina Solomon

Visualise Opticians

Your local independent optician providing professional eye care for all the family.

Clinics held at:

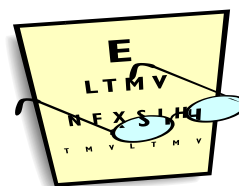
Kirkby Stephen Health Centre

Appleby Medical Practice

You may qualify for a Domiciliary visit

For more information ring

Freephone 0800 9775381



Are you on your own Christmas Day?

Join us in Kirkby Stephen for a Traditional Lunch.

Interested give us a ring and we'll be happy to give you more details and may be able to arrange transport if needed.

Tosca Bull 74927

Elizabeth Holdgate 72316



A churches together in Kirkby Stephen initiative