

Launching our
new style
Newsletter.
Tell us what
you think

Health Wise

Upper Eden Medical Practice Quarterly Newsletter
Winter 2011 Issue 1

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.

No Session in
December

Tuesday 18th
January

Wednesday
16th February

Thursday 15th
March

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

Prepare for the Winter! Protect yourself against flu!

Seasonal Flu Vaccination

Flu symptoms hit suddenly and severely. The best way to protect against flu is to have the seasonal flu vaccine. The vaccine protects against the most common strains of flu, including H1N1 (swine flu). It does not contain a live virus, so cannot give you flu.



Who should get the vaccine?

- People over 65
- People with a long term medical condition such as COPD/heart disease
- The main carers for an elderly or disabled person
- Pregnant women
- People living in a residential/nursing home

**If any of the above apply to you and you
have NOT yet had your FREE flu vaccine
please call and book your appointment
today on 017683 71369**



Health Wise Open Day

We are planning to organise an event in Kirkby Stephen giving you the opportunity to Meet the GP's and other health professionals. Please look out the posters and leaflets for more info. Included will be:

- Medication Reviews
- Blood Pressure monitoring
- Hand hygiene discussions and demonstrations
- Support networks
- Healthy Lifestyles, Fight Obesity Campaign
- Age UK
- And Much Much More

Health Corner

Common Ailments at this Time of Year

COLD? FLU? Take care NOT antibiotics

1, Rest and take care of yourself in order to get better.

2, Drink plenty of liquids so you can avoid becoming dehydrated.

3, Ask your local pharmacy about other non-antibiotic treatments for relief of your symptoms like your stuffy nose, sore throat, cough etc.

Fact File



Did you know!

Patients in Cumbria are being urged to think twice about whether they need prescriptions after £3million of unused medicine was destroyed last year.

What a waste!

The NHS in the county said 13.6 metric tonnes of medicine were returned last year to be safely disposed of.

It wants people to think before asking for a prescription or ordering a repeat one.

BBC News Cumbria 2nd August 2010

The PCT are encouraging all practices to move to 28 day prescribing to help cut down on waste.



In the Spotlight

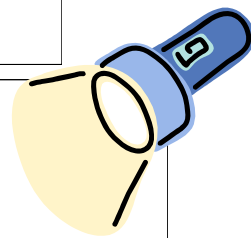
Interview with Dr Davina Solomon

Q1. When did you decide to become a GP? *I decided to become a GP after several happy years of working in Lancaster and Kendal hospitals.*

Q2. What do you enjoy the most about being a GP? *I enjoy variety that comes with being a GP, you never know what the day will bring.*

Q4. What things do you like to do in your spare time? *My spare time is spent on the fells in the north lakes and running around after my two young daughters!*

Q5. Where is your favourite place to visit in Cumbria? *My favourite places in Cumbria are Barton Fell close to my home and 'The Mill' in Little Salkeld.*



Dr Davina Solomon

Lets Get Organised This Christmas!

Upper Eden Medical Practice will be open as normal over the festive period, except on the following days when the practice will be CLOSED:

- Monday 26th December
- Tuesday 27th December
- Monday 2nd January



Please ensure you have enough medication for over the festive period and only order if it is necessary, as this is a very busy time in dispensary. Please allow 48 working hours for processing of your repeat prescription.

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!!

MEDICATION
VACCINATIONS
HYGIENE
NURSE
ADVICE
HEALTH
REDUCE WASTE
DOCTOR
FLU
SURGERY
CONSULTATION
PRESCRIPTIONS
COLDS

QUICK QUIZ

M	E	D	I	C	A	T	I	O	N	D	G	C	X	C
Y	H	R	E	D	C	V	B	G	S	D	E	L	P	O
Q	W	S	D	D	H	Y	G	I	E	N	E	E	R	N
S	S	F	H	I	E	P	R	E	S	U	G	D	E	S
U	D	L	C	O	A	H	Y	G	F	R	U	R	S	U
R	F	U	J	U	L	F	L	E	V	S	J	T	C	L
G	G	U	I	G	T	I	T	G	Q	E	Y	G	R	T
E	H	Q	U	I	H	F	R	E	I	N	P	H	I	A
R	R	E	D	U	C	E	W	A	S	T	E	J	P	T
Y	J	W	O	I	N	T	R	E	M	O	N	K	T	I
W	K	A	C	R	M	C	O	C	O	L	D	S	I	O
C	T	A	T	C	H	I	T	I	B	I	N	L	O	N
I	G	K	O	I	L	L	I	V	T	W	A	Y	N	C
G	B	S	R	B	L	O	U	D	T	S	H	T	S	S
P	H	I	S	N	O	I	T	A	N	I	C	C	A	V