



Health Wise

Upper Eden Medical Practice Newsletter
June 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

June 22nd 2016

July 20th 2016

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

GP Update... Our Senior Partner Dr Huck will be retiring in mid October 2016. Dr Huck has dedicated his working life to caring for patients across the Upper Eden valley—I know he will be greatly missed.

Staff Retirement...At the end of May Liz Huck retired—she has worked many years diligently coding and summarising patient records. We wish Liz a very long and happy retirement.

Pastures New... After five & half very happy years I am moving to a new role which is closer to where I live. I am delighted to confirm that Andrew Pearse will be replacing me and he starts on 20th June—I am sure you will join me in wishing him well.

New team members—Shirley Ratcliffe joined us in early June as a receptionist on Thursday and Friday mornings.

Patient Online Access— you are now able to request access to view some of your medical record online. For more information contact Reception and request an application pack.

Works to our car park In the last edition of Health Wise I advised you of work to our car park—this has not yet happened but I have been informed by NHS Property Services (who own the Health Centre) that this will happen at some point in the next few months—as soon as we know any more details we will put posters up around the Health Centre!

Thanks, **Kerry Harmer, Practice Manager**

ZOSTAVAX—Shingles Vaccine

If you've ever had chicken pox, you could get shingles now!

You are eligible for this if your date of birth is:

02/09/1935 to 01/09/1937 or 02/09/1942 to 01/09/1945 inclusive

To book your vaccine , please contact the surgery .

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

Antibiotics don't work for many colds, coughs, flu or sore throats, please go to **NHS CHOICES** for more information.



Katie's London Marathon

I would like to say a massive thank you to all who sponsored me, encouraged me and supported me through the process of training and taking part in the Virgin London Marathon 2016. I have so far managed to raise nearly £1000 for Diabetes UK.

I completed the 26.2 mile course around London in 5 hours and 15 minutes which was a time I was happy with. The crowd was amazing and the atmosphere that weekend was indescribable. It was one of the toughest things I have ever done but enjoyed nearly every single minute of the experience and the smile couldn't be wiped off my face when I finished, I was so proud to be wearing my medal and t-shirt I received for finishing (showing off really). Thank you again, it is all very much appreciated!!

Katie Tyson, Trainee Dispenser.



The Upper Eden Medical Practice will be closed Bank Holiday Monday August 29th