



# Health Wise

Upper Eden Medical Practice Newsletter  
April 2017 Edition

## Surgery Opening Times

### Kirkby Stephen

Mon—Fri

8.30am– 6.30pm

Dispensary

9am—6pm

### Brough

Mon

8.30am-6.30pm

Tuesday/Thursday

Closed

Wednesday/Friday

8.30-1pm

### Tebay

Mon - Closed

Tues - 9-12pm

Wed - Closed

Thurs - 9-12pm

Fri - Closed

## **UPPER EDEN MEDICAL PRACTICE CHANGES TO OPENING TIMES AT BROUGH AND TEBAY.**

In order to continue to improve the services we provide you, we will be changing the opening hours at Brough and Tebay to the following from the 1st April:

### **Brough**

Mon: 8.30am to 6.30pm

Tue: Closed

Wed: 8.30am to 1pm

Thu: Closed

Fri: 8.30am to 1pm

### **Tebay**

Mon: Closed

Tue: 9am to 12pm

Wed: Closed

Thu: 9am to 12pm

Fri: Closed

## **Welcome to our new GP's!**

We are pleased to welcome Dr Galea and Dr Tooze to the Upper Eden Medical Practice.

Dr Galea was born in North Yorkshire and studied Medicine and Surgery at the University of Liverpool, qualifying in 2006. He became a GP in 2011, whereupon he worked in Liverpool as a GP for 5 years. He has special interests in Minor Surgery, Men's and Women's health (Diploma of the Faculty of Sexual and Reproductive Health) and GP Training.

Dr Galea enjoys reading, walking, running and cycling. He also completed a Liverpool Marathon in 2016 in aid of Marie Curie.

Dr Tooze was born in South Birmingham and studied Medicine and Surgery at the University of Liverpool. She completed her GP training in 2011 and has spent the last 5 years working in Practices in Runcorn and South Liverpool before moving to Kirkby Stephen.

She has a special interest in Paediatrics and Women's health and obtained the Diploma of the Royal College of Obstetricians and Gynaecologists in 2010.

In her leisure time Dr Tooze enjoys playing the flute, tap dancing, walking and spending quality time with her family.

If you'd like to find out which days Dr Galea & Dr Tooze will be working, please visit our website and click on the 'Meet The Team' tab.

**PLT**  
**(Protected Learning Time)**  
**For Staff Development Afternoons**

### 2017 Dates

22nd March

5th April

18th May

21st June

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

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

## 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.

**DOCTORS' APPOINTMENT.**  
KEEP IT OR CANCEL IT.  
DON'T WASTE IT!

**NHS**



**386** appointments over the last 4 months, wasted by patients who didn't attend their appointment!

**128** hours wasted that could have been used for sick patients who desperately needed to see a clinician and couldn't because they were all booked up!

If you don't need your appointment, or can't make it, PLEASE let us know so that we can offer your appointment to someone who really needs it.

Help us to help you!

You can cancel your appointment by calling us on 017683 71369 or online via patient access

It can prove difficult finding addresses in our neck of the woods, so help us, and others like the ambulance service or CHOC by ensuring your house number or house name is visible. This can save so much time especially if its an emergency situation!

## Upper Eden Medical Practice has a new Facebook Page!

Please like our Page:

<https://www.facebook.com/UpperEdenMedicalPractice/>



Keep up to date with Practice information.

You can also follow us on Facebook via our website or just search for Upper Eden Medical Practice when you're on Facebook.

If you would like to receive our Newsletter electronically via email (with a view to becoming paper lite and saving the trees) please provide your email address via the website, "Newsletter sign up" tab on the left.

You can unsubscribe at any time.

<http://www.upperedenmedicalpractice.co.uk/>

### Important Notice

Please ensure you keep your contact details up to date. It could save your life in the event of an emergency!

We are increasingly using mobile telephone numbers and email addresses to contact patients with results, changing appointments, referral enquiries and passing on vital messages from the GP's and Clinicians.

So PLEASE help us by keeping your details up to date.