

UPPER EDEN

MEDICAL

PRACTICE

Opening Times

Kirkby Stephen:
Monday 8 am-7 pm
Tuesday 8 am-8 pm
Wednesday 8 am-6.30 pm
Thursday 8 am-7 pm
Friday 8 am-6.30 pm

Brough:
Monday 8.30am-6.30pm
Wednesday 8.30am-6.30pm
Friday 11am-1pm

Tebay:
Tuesday 9am-12.30pm
Thursday 3pm-6.30pm

Upper Eden Medical Practice
Silver Street
Kirkby Stephen, CA17 4RB

Tel: 017683 71369

Prescription Line: 017683 71913

Web: www.upperedenmedicalpractice.co.uk



Breathe New Life Into Your Old Inhalers

COMPLETE THE CYCLE, from GlaxoSmithKline (GSK) is the first UK-wide recycling and recovery scheme for inhalers used to treat conditions such as asthma and chronic obstructive pulmonary disease (COPD). The scheme allows safe and responsible recycling of your inhalers via your local pharmacy (which he have in dispensary at Kirkby Stephen). It is the first scheme of its kind in Europe and through taking part you can reduce the harmful impact associated with landfill disposal of inhalers.

Over **1.2 million inhalers** have been recycled and recovered, this has saved CO2 emissions, equivalent of taking **5,199 cars off UK roads!**



Upper Eden Medical Practice Newsletter

September '19

What's inside:

- Flu Vaccinations
- Help with your Medication
- Patient Access

Flu Vaccinations

Our flu vaccinations for over 65s are due to arrive mid-September.

Here is a list of all our planned clinics however, if you cannot attend any of these dates reception will be able to book you an appointment on a date that is more convenient. Evening and mid-week appointments also available.

If you have any questions or are unsure if you are eligible for a free flu vaccination, do not hesitate to contact reception.

UPPER EDEN MEDICAL PRACTICE FLU CLINICS 2019

OVER 65'S	UNDER 65'S THAT ARE ELIGIBLE
Saturday 21 st September 8.15am-11.30am	Tuesday 15 th October 3.30pm-6pm
Saturday 28 th September 8.15am-11.30am	Wednesday 16 th October 8.30am-10am
Monday 23 rd September BROUGH – 4pm-6pm	Thursday 17 th October TEBAY – 4pm-5.30pm
Wednesday 2 nd October BROUGH – 4pm-6pm	
Thursday 3 rd October TEBAY – 3pm-5pm	

Dispensary and Your Chemist

Patients can order their repeat medication by:

- Handing in the right hand side of the prescription at the GP surgery
- Posting in the right hand side of the prescription along with a stamped addressed envelope marking the medication required
- Registering for EMIS patient access and complete the online repeat prescription form
- We also have a 24hour answer machine which is available to leave your requests, please call 017683 71913

Dispensary is open:

Monday-Friday 9am till 6pm.

Please allow 2 working days for processing your prescription.

Please note, requests left over the weekend, online or answer machine will not be dealt with until Monday, so will be ready for collection Wednesday (2 working days)



Appointments are available to book online or by calling the surgery on 017683 71369 after 11am Monday to Friday.

Flu vaccinations for under 65's are due to come in mid-October. Under 65's are eligible for free flu vaccinations if you:

- Are a patient with a long term health condition i.e. diabetes, heart, kidney, lung conditions or chronic liver disease
- Have suffered a stroke or heart attack
- Are immunocompromised
- Are pregnant

- Are a carer or work with at risk patients

CHILDREN'S NASAL FLU

All 2 & 3 year olds as at 31/8/19 are eligible for the nasal flu vaccination as part of a National Programme. We will update you when these become available.

Travelling Well With Medication

We would like to stress the importance of keeping your medication in its original boxes, especially when going on holiday.

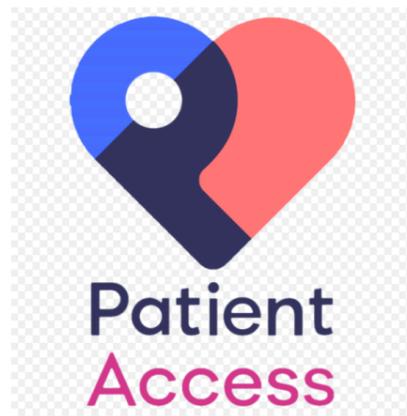
Keeping medication in original boxes ensures you always have the correct directions for taking the medication. Also if you were to run out of medication or need medical help while on holiday, having all the correct information will enable you to get help quicker.

Patient Access

Patient access is available for all our patients, enabling you to view your medical records online, including hospital letters and test results. This can save time for patients who have to regularly attend hospital and take blood results with them, results can be accessed online.

Patient access also allows you to order your repeat prescriptions and book appointments.

As well as viewing your medical records, patient access has a range of health articles, tools to help you with medical queries and various resources.



Your medical records can also be accessed via the "MyGP" app or the "Patient Access" app. Your medical records available at the touch of a button!



Online Period Delay

If you are going on holiday and wish to delay your period, this service is now available online. Available for all women, simply search "period delay service" and follow the links to enable you to get the treatment you need.

This is still available through the GP if you wish to attend the surgery instead.

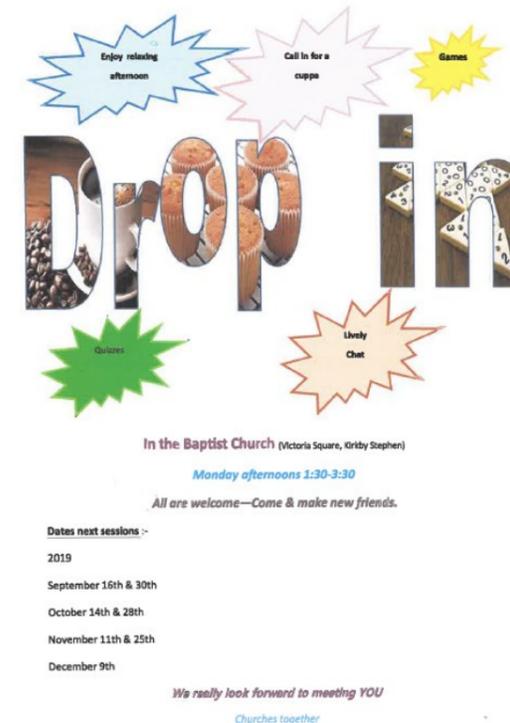


Notices

Important Patient Notice

Please can we remind patients that the staff car park at the top of the driveway is strictly for staff use only. Please do not park your vehicle in that area.

Furthermore, parking on the side of the driveway leading up to the Practice is strictly prohibited. Parking on the driveway presents a significant health and safety risk and also restricts access for emergency vehicles. If the patient car park is full, there is a free car park opposite the Practice which can be used.



Leavers and Warm Welcomes

We welcome some more new faces to the practice as we say farewell to others.

Dr Kuye, who was here for 6 months as part of his GP training, has now completed his training and we wish him the best of luck for the future.

We also say goodbye to Dr Sarah Elliott, who has sadly returned to her home town of Skye.

After working with us for a few months, she quickly became popular with our patients and staff and will be missed.

Chelsea, one of our receptionists, who has worked here for 4 years, will be leaving at the end of September on to pastures new.

We now welcome our new GP registrar Dr Michelle Creed, she is in her final stages of her GP training and will be with us for 6 months.

Following the recent retirements of Dr MacDonald we are also recruiting for a salaried GP or GP partner. Sessions negotiable.

