

# STATION HOUSE SURGERY

## Newsletter Winter 2022-23

Telephone: 01539 722660



[WWW.STATIONHOUSESURGERY.NHS.UK](http://WWW.STATIONHOUSESURGERY.NHS.UK)



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[LSCICB-MB.SHS@NHS.NET](mailto:LSCICB-MB.SHS@NHS.NET)

### **CHRISTMAS OPENING TIMES**

Friday 23rd December: 08:00 - 18:30  
Saturday 24th December: CLOSED  
Sunday 25th December: CLOSED  
Monday 26th December: CLOSED  
Tuesday 27th December: CLOSED  
Wednesday 28th December: 08:00 - 18:30  
Thursday 29th December: 08:00 - 18:30  
Friday 30th December: 08:00 - 18:30  
Saturday 31st December: CLOSED  
Sunday 1st January 2023: CLOSED  
Monday 2nd January 2023: CLOSED  
Tuesday 3rd January 2023: 08:00 - 18:30

### **ARE YOUR CONTACT DETAILS UP TO DATE?**



Have you got a new phone number, email or recently changed address?

If YES, please ensure you provide the surgery with your most up to date contact information.

You can update your contact details using the free NHS app. Alternatively, you can let us know by letter, phone or in person.



### **EXTENDED ACCESS APPOINTMENTS**



- The Practice is pleased to say that we offer a range of appointments, either on the phone or face to face, outside our usual hours
- These are by appointment only and will be offered to you by the Reception team

### **COVID-19 BOOSTERS & FLU JABS**

#### **UPDATE:**

Flu jabs are still available at Station House Surgery. Please contact us to make an appointment.

Covid-19 vaccinations are now only bookable via the NHS website or by calling 119.



### **STAFF NEWS**

#### **CONGRATULATIONS!**

- Dr Sweeny is now on maternity leave

#### **A WARM WELCOME TO OUR NEW STAFF!**

- Dr Isabelle Short (GP maternity cover)
- Dr Tricia Tay (FY2)

#### **AND A FOND FAREWELL AND THANK YOU TO:**

- Dr Megan Dixon (FY2)



### **THE NHS APP**

The NHS App provides a simple and secure way for people to access a range of NHS services on their smartphone or tablet.

The free NHS app allows patients to:

- Order repeat prescriptions
- Book appointments
- View your health record



### **LONG TERM CONDITIONS**



We have introduced a new system for recalling our patients with Long Term Conditions (such as Asthma, COPD, Diabetes, Vascular, Hypertension) during their month of birth. This means that we will invite you annually during the month you were born and hopefully it will mean that you may need to attend for less appointments.

It will take a few months to fully transition to the new recall process and will vary from patient to patient depending on when you last attended for review. By 2023 all patients will be invited for review during the birth month.

# **STAY WARM THIS WINTER**

## **FREE WARMSPOTS, REFRESHMENTS AND ACTIVITIES IN KENDAL THIS WINTER**

### **KENDAL LEISURE CENTRE**

- Enjoy a warm welcome in a friendly atmosphere.
- FREE Refreshments, book swap, games and more.
- Open to all.
- FRIDAYS from 4th November 12noon-3pm @Kendal Leisure Centre



### **ST. THOMAS' CHURCH STRICKLANDGATE KENDAL**

- Every Thursday 1-4pm
  - Grab a hot drink and a piece of cake and relax.
- Everyone welcome!



### **KENDAL TOWN HALL**

Winter Warm Bank - Gateway Church

- Every Wednesday 10am-1pm
- Free activities, hot drinks and refreshments
- Everyone welcome



### **CONNECT CAFE**

A Well-being Café at the Salvation Army Building, Gillinggate

- Every Tuesday from 1:30-3:30
- A community space for a variety of hobbies and activities
- Anyone is welcome
- Join in or enjoy our quiet space
- Drop in for a brew



### **KING'S FOOD BANK KENDAL**

King's Food Bank provides emergency food support to people in Kendal and its nearby districts in South Lakeland.

If you require support or would like to make a donation, please visit or contact King's Food Bank.



Shakespeare Centre, Yard 76, Highgate Kendal, Cumbria LA9 4HE  
email: kingsfoodbank@gmail.com  
Telephone number 07534 609179

### **CITIZENS PANEL FOCUS GROUP**



Our aim is to ensure members of the public of Lancashire and South Cumbria are informed and involved in the improvement of NHS locally and related health and social care matters.



For more information visit:  
[www.bit.ly/rts-focus](http://www.bit.ly/rts-focus)  
Or scan the QR code.

### **PPG**

#### **(PATIENT PARTICIPATION GROUP)**

A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff

.Purpose of a PPG: To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.

Please contact the practice if you would like to join Station Housed Surgery PPG



### **THE LANCASHIRE AND SOUTH CUMBRIA DENTAL HELPLINE**

**fcm** (0300 1234 010) 

- Monday to Friday 08:00 - 21:00
- Weekends and Bank Holiday 10:00 - 17:00

If you registered with a Dental Practice then please contact them first, however you are welcome to contact us on the number above when your practice is closed