



Castlehead Medical Centre

Autumn 2005

www.Castlehead.org.uk

Flu Vaccination Clinics will commence on Tuesday 11th October 2005

Flu Vaccination can significantly reduce the risk of contracting a potentially life threatening infection. We would advise everyone in the following categories to make an appointment for a flu vaccination:

1. ALL people aged 65 and over.
2. Anyone with chronic lung, heart or kidney disease.
3. Anyone who suffers from diabetes.
4. Anyone with diseases of the blood vessels including stroke.
5. Those who suffer from an immunity problem.
6. Anyone in long stay residential accommodation.
7. Carers of people in the above groups.
8. Anyone who suffers from asthma including children and young people.



If you are unsure whether you need this vaccination, please contact the surgery
Tel: 017687 72025



New Practice Nurse: Mrs Clare Archbold

"I trained as a nurse at University College Hospital in London from 1984 -1988, where I then worked as a Staff nurse. I moved to Cumbria to get married and left nursing for a number of years to work as a Post Lady and to have 3 of our now 4 children. After returning to nursing I have worked as a staff Nurse at the Cumberland Infirmary, Carlisle, Keswick hospital, a local Nursing Home and latterly as a Practice Nurse.

I live in Thirlmere with my husband and children and various pets. I have many interests – enjoy walking, especially on the hills, cycling, running (slowly!) and spending time with my family."

Get to know your GP: **DR. MARTIN WHITE**

My name is Martin White and I have just joined Castlehead Medical Centre as the new GP registrar. Before anyone else asks I am no relation to Dr Peter White or Dr Gillian White!! I have however grown up in this area. I originate from Kirkby Lonsdale and spent 5 yrs at medical school up at Dundee. Following registration I have worked predominantly at the Cumberland Infirmary, Carlisle. I feel very lucky to have been chosen to come to Keswick for my training and look forward to getting to know people here.



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The Dispensary and Repeat Prescriptions

We like to provide an accurate and efficient service, but the dispensary is a busy place. It is with this in mind that we ask that you try to allow two full working days before collecting any medicines ordered. However, if you do have an emergency or a particular problem we will always do our best to help.

We are allowed to dispense medications from the Medical Centre to those patients who live more than a mile from the town centre. If you live in or around Braithwaite, Rosthwaite or Threlkeld we can deliver your medications to your local shop/post office if you prefer. For patients living less than a mile from the town centre we will arrange for your prescriptions to be delivered to the local chemist of your choice.

For repeat prescriptions you may leave a message at: **017687 80125** at any time.

Please telephone: **017687 80124** to speak to our dispensary ideally between 10:00am and 6:00pm If you have a query.

The Dispensary is open from 8:30am to 6:00pm

You can also order Repeat Prescriptions via the Internet, visit:
www.Castlehead.org.uk
and sign up to our

Online Services

SMOKING CESSATION

Mrs Christine Thorne writes:

“I have been working as a smoking cessation adviser for over 4 years. The service is free and confidential. A patient who wants to stop smoking can either refer themselves to me or be referred by a doctor or nurse.

I contact a patient to make an appointment to come and see me on a one to one basis. I talk to them about their smoking habit, discuss with them the dangers to their health of smoking and advise them about the methods of giving up smoking. All the aids such as the patches are on prescription. I will then see the patient on a regular basis through their treatment to support and advise them through the process of giving up.

I have two clinics a week on Tuesday 10am - 1pm and Thursdays 3.30pm - 6pm. If you would like to see me, leave your details at the reception desk and I will contact you.”



Protected Learning Time for Staff Development

In order to allow all surgery staff to have protected time for training and development this practice, in common with most other practices in Cumbria, will close for one afternoon per month on the dates listed. The practices will be covered by the CueDoc emergency on call system between 1pm and 5pm.

Protected Learning Time 2005/6

Tuesday	25 th October	2005
Wednesday	23 rd November	2005
Thursday	15 th December	2005
Tuesday	24 th January	2006
Wednesday	22 nd February	2006



Organ Donation: The Gift of Life

Did you know you can sign up to the NHS Organ Donor Register on-line?

www.uktransplant.org.uk



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