



# Castlehead Medical Centre News Sheet

Winter 2006  
[www.Castlehead.org.uk](http://www.Castlehead.org.uk)

## Get to know your GP:

I've now been at Castlehead Medical Centre for almost 3 years, replacing Maurice Hamilton, and I still thoroughly enjoy being here. I am married to Joyce a GP in Whitehaven and we have 3 children aged 10, 13 and 14. I enjoy keeping fit, but my fell running days are sadly over due to knee problems however; I am still a member of the Mountain Rescue Team (that's Cockermouth of course!) Presently I am studying for a qualification in skin disorders so you may catch me popping into your consultation to inspect your rash!



DR. PETER HEMINGWAY

# Flu Vaccination Clinics

FURTHER SUPPLIES OF THE VACCINE  
HAVE NOW BEEN RECEIVED

# BOOK NOW



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.



DR. GRAHAM MULVIHILL

## GP Registrar Training

Hi, I'm Graham Mulvihill.

I am the new GP registrar in Castlehead Surgery in Keswick. I was born and raised just 90 miles down the M6 in Preston, where I have lived for most of my life.

I studied medicine in Leicester and also worked there in the hospitals for a year before I moved back north to work in Manchester. I worked in a busy hospital in Manchester for six months and that really brings us to the present time.

I am really looking forward to working here with the people of Keswick and look forward to meeting some of you.

### KESWICK, METHODIST CHURCH HALL

METHODIST CHURCH HALL  
SOUTHEY STREET  
KESWICK, CA12 4EF

Saturday, December 23<sup>rd</sup> 2006 10:00 to 16:00

BRAITHWAITE, VICTORY MEMORIAL HALL  
The Hall, THORNTHWAITE-CUM-BRAITHWAITE  
BRAITHWAITE, KESWICK,  
CUMBRIA, CA12 5RY

Wednesday, January 24<sup>th</sup>, 2007 15:00 to 19:00 For more info: [www.blood.co.uk](http://www.blood.co.uk)



To pre-book an  
appointment call:

**0845 7 711 711**

## 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 2006

Wednesday 22<sup>nd</sup> Nov 2006

Thursday 14<sup>th</sup> Dec 2006

# DON'T WASTE MEDICINES

# THINK! ONLY ORDER WHAT YOU NEED



## Overstocking of medicines wastes money and can be dangerous.

- Will you take all the medicines you are ordering or do you automatically order everything on your prescription 'just in case'?
- Is there medication you have in your home that you never take?
- Have you checked if you have already got enough of any one item?
- Hoarding medicines can be dangerous. Please take any unwanted medicines both prescription and over the counter remedies to your pharmacy and they be destroyed safely.
- A wasted medicine is one that is ordered or purchased but not taken

**Once dispensed, even if unopened, returned medication cannot be reissued to someone else.**



A huge amount of money is wasted each year on medicines that are not taken; up to **£500,000** in our area only!

***This money could be used to buy:***

**125** more hip or knee replacements

or

**2000** more cataract operations

or

**Employ 25** additional District Nurses or Physiotherapists.

**The Surgery will be shut on:**

**Christmas Day – Monday 25<sup>th</sup> Dec**

**Boxing Day – Tuesday 26<sup>th</sup> Dec**

**New Years Day – Monday 1<sup>st</sup> Jan**

## Don't Forget

***you can order:***

***Repeat Prescriptions & Book online Appointments via the Internet, visit our web site:***

**[www.Castlehead.org.uk](http://www.Castlehead.org.uk)**



## 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](http://www.uktransplant.org.uk)**

