



# Caldbeck Practice News

Autumn is...



a second Spring, when every leaf is a flower

## Farewell to Grace Turner who left the Surgery at the end of August after an amazing 47 years service.

### A few words from Grace:

After much deliberation I have decided to retire from Caldbeck Surgery. During my 47 years at the surgery I have seen many changes within the NHS. Colleagues coming and going, new partners, and registrars. As well as my wonderful colleagues I have met some wonderful people over the years and that is why I have lots of emotions at this time. We are very privileged to have such a wonderful surgery serving the local community and beyond.

I would like to say a BIG THANK YOU to each and every one of you for making my time at the surgery so memorable.

Thank you to everyone who attended my retirement afternoon at the village hall. It was lovely meeting everyone. Also can I say a Big Thank You to everyone for the lovely cards and gifts I have received. Your kindness goes beyond words. I feel very humble.

Love and Best wishes to you all *Grace Turner*



## Hesket Show

We were fortunate enough to be able to share our services here at Caldbeck Surgery with a fantastic stand filled with information on Cancer screening and information on different roles here in the surgery.



We were joined by a representative from Andy's Man Club.

**ANDYSMANCLUB** are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the UK and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.

There is a new club opening at Innova Factory in Wigton on the 4th November

We were also joined by representatives from the Health and Wellbeing Service and the Caldbeck Surgery Charitable Fund.

*It was a good day. Thank you to all who came along to engage and chat with us and the other services.*

## TRAINING

We close for Practice training for one afternoon a month starting at 1:00pm The next PLT afternoons are:

- Thursday 10th October
- Wednesday 13th November

If you need urgent care during PLT, call 111



**Caldbeck Surgery** Good

Safe	Good
Effective	Good
Caring	Good
Responsive	Outstanding
Well-led	Good

**Overall Good**

**CareQuality Commission** The independent regulator of health and social care in England



The Pharmacy First Service enables community pharmacists to complete episodes of care for patients without the need to visit their general practice. Pharmacies have private consultation rooms that can be used for consultations with patients without always needing an appointment.

pharmacists will follow a robust clinical pathway which includes self care and safety-netting advice and, only if appropriate, supplying a restricted set of prescription only medicines.

Pharmacists can manage

Uncomplicated urinary tract infections-Women 16-64 years

Acute ear infections	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over

## HELP US HELP YOU !!

We are running Long term conditions clinics (LTC) for our patients with a chronic condition, invites will be sent on their birthday month ( via SMS with a link or by letter), this will cause some invitations to go earlier or later than expected.

This Autumn we will be offering the following vaccine clinics:

### RSV Clinics

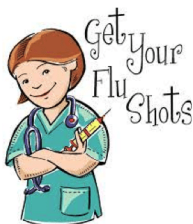
Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious from some babies and older adults. A vaccine to help protect against RSV will be available on the NHS from 1st September 2024

You will be able to get the vaccine if:

- ◆ You are aged 75 to 79
- ◆ If you are 80 years old before the 31st August 2025
- ◆ You are 28 weeks pregnant or more - this will help protect your baby for the first few months after they are born.

### Flu and Covid Vaccine Clinics on Saturday 5th and 26th October at The Surgery

It is recommended that everyone aged 65 and over by 31st March 2025 and anyone with lung disease, diabetes, kidney disease, heart disease, without a spleen or pregnant, or is a main carer, is offered a flu vaccination. The Practice considers it very important that all our patients in this age group and with these conditions are able to take advantage of this.



**Pneumococcal, shingles and more RSV invites will be sent to eligible patients from November onwards**

**More information at [www.nhs.uk](http://www.nhs.uk)**

### Plenty of clinics to keep everyone safe

Bear with us during these busy times and once again

**THANK YOU** for your support

#### Comments, ideas, questions, feedback?

If you've got any comments, ideas, questions or feedback about our newsletter, or about anything that we do, our practice manager Rebecca is always ready to hear from you.

You can email her at

[Rebecca.dooley4@nhs.net](mailto:Rebecca.dooley4@nhs.net)

Doctors R Kidd, N Hawkrigg, S Bailey, R Massey & R Singleton

Contact: Rebecca Dooley Practice Manager—[Rebecca.dooley4@nhs.net](mailto:Rebecca.dooley4@nhs.net)

## APPOINTMENTS

We aim to give an appointment to see our doctors as soon as we can. Bear with us on busy times

We now also have the option of filling in an e-consultation.

This can be done via our website. Look for the heading Routine Appointments then choose [use our appointment request form](#). Or if you prefer we can send a link to your mobile phone.

These can be directed to the doctor you specify otherwise they are allocated to one of the doctors to decide on the appropriate action, they will try to decide what action to take within 2 working days. ( excluding weekends)

### Patient Participation Group

Did you know that we have a Patient Participation Group? This is a group of volunteers who meet at the surgery from time to time, to discuss what we're up to, suggest and review ideas for improvement, and generally represent our patients so that we can improve the way we work. If you'd like to join the group, or if you have any suggestions for how we can improve, please contact Rebecca.

details at the bottom of the page.

### Dispensary News

This year we welcome Caroline and Gracie to our team. They are proving to be valuable assets to an already great team.

#### MEDICATION AMNESTY

Recent statistics show that unused medication costs the NHS £300 million each year with £90 million stockpiled in people's homes. Please take your next visit to the surgery as an opportunity to clear out any unused or unwanted medication from your home. There will be bins in the surgery during October where you can deposit your unwanted medication.

**PLEASE** can we ask that you allow **2 working days** for us to process your prescription after you have ordered it. If you collect your prescriptions from a local pharmacy please check their processing times before collection.

*"Doctor, doctor, I keep thinking I'm a dog"*

*'Sit down and tell me about it'*

*"I cant, I'm not allowed on the furniture"*



CQC Rated us an "Outstanding Practice" for responsiveness to patients

