

STATION HOUSE SURGERY

Newsletter Autumn 2022



WWW.STATIONHOUSESURGERY.NHS.UK



[@STATIONHOUSESURGERYKENDAL](https://www.facebook.com/STATIONHOUSESURGERYKENDAL)



[@STATIONHOUSEGPs](https://twitter.com/STATIONHOUSEGPs)



LSCICB-MB.SHS@NHS.NET

COVID-19 AUTUMN BOOSTERS & FLU JABS

This Autumn, COVID-19 and Flu vaccination programmes are being delivered at Station House Surgery. We have begun to invite eligible patients to book appointments in-line with current government guidance.

HOW TO BOOK - All eligible patients will be contacted by us when it is time to book their appointment. Appointments are available to book online through the NHS App for eligible patients. May we respectfully ask that you do not telephone the practice until we ask you to do so.

PLEASE NOTE - you may receive a letter from NHS England about your COVID-19 booster asking you to book through the National Booking System. Appointments at Station House Surgery are not available through the National Booking System.

To check your vaccine eligibility, please visit the .GOV website.

UPCOMING VACCINE CLINICS

JOINT COVID-19 BOOSTER AND FLU CLINICS

- Saturday 24th September 08:30-13:00 (65+ Years Old)
- Saturday 1st October 08:30-13:00 (65+ Years Old)
- Saturday 8th October 08:30-13:00 (65+ Years Old)
- Saturday 15th October 08:30-13:00 (All Eligible Patients)

Further clinics will be added soon for all other eligible cohorts and we will be inviting these patients within the coming weeks.

Thank you for your continued support



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.

LONG TERM CONDITION RECALLS

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.



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:

- Get your Covid-19 pass for travel abroad
- Order repeat prescriptions
- Book appointments
- View your health record
- view your NHS number
- Register your organ donor decision
- Get Health Advice

Download on the
App Store

GET IT ON
Google Play



NHS

The NHS App

Simple and secure access to
a range of healthcare services

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



THE LANCASHIRE AND SOUTH CUMBRIA DENTAL HELPLINE

☎ (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

STAFF NEWS

A WARM WELCOME TO OUR NEW STAFF!

- Dr Megan Dixon (FY2)
- Dr Mustafa Al-Ani (GPST2)
- Dr Kim Leong (GPST1)
- Lauren Buchan (Practice Nurse)
- Jayne Bielby (Advanced Clinical Practitioner)
- Kerry Danson (Receptionist)



AND A FOND FAREWELL AND THANK YOU TO:

- Nurse Helen Lashley
- Dr Ebi Omumuawuike

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

The PPG and practice staff meet to discuss practice issues and patient experience to improve the service. 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



NHS "BETTER HEALTH"

DIGITAL APPS AND ONLINE SELF-SUPPORT TOOLS

www.nhs.uk/better-health

YOUR DIGITAL HEALTH & WELLBEING

There are lots of useful apps and online tools to support you to manage and improve both your physical and mental health.



Here are just a handful of the free "NHS Better Health" apps which can help you take the steps to feeling better and healthier.

LOOSE WEIGHT

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



GET ACTIVE



COUCH TO 5K

A running programme for absolute beginners. Couch to 5K has now helped more than 4 million people start running.

The app:



- has a choice of 5 trainers to motivate you
- works with your music player
- tracks your runs
- connects you with other Couch to 5K runners

Couch to 5K can be completed in as little as 9 weeks, or longer if you want to go at your own pace.

DRINK LESS

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

We have some simple tips and tools to help you start cutting down today. Let's do this!



QUIT SMOKING

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier. The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!



ACTIVE 10

The Active 10 app records every minute of walking you do (anonymously). Just pop your phone in your pocket and away you go!

The app:



- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for – take your first steps today!