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Dial 111 to speak to a GP out of
hours



Park View Surgery
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Tel: 01539 71 55 55
www.parkviewsurgery.org.uk
Branch Surgery – 21 New Street,
Carnforth, LA5 9BX

FLU Clinic time.....Support your surgery

WE HAVE PURCHASED THE QUAD INFLUENZA VACCINATION WHICH WE HAVE BEEN ADVISED PROVIDES MORE PROTECTION THAN OTHER FLU VACCS.

Yes, it's that time again already. You may also be eligible for a shingles or a Pneumococcal vaccination, please ask our Receptionist.

Just turn up, no appointment needed

Saturday 30th September— Carnforth High School, 9-11

Saturday 14th October— Park View Surgery, 9-12

Saturday 4th November—Park View Surgery, 9-11

Have you changed your contact details?

If you have changed your mobile or home phone number recently, please tell our reception team so we can update your details. Thank you.



Have you had your mid-life MOT ?

The NHS Health Check is a health check-up for adults aged 40-74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Once you've had your NHS Health Check, a Nurse will [discuss your results](#) with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health. To book your health check please ask for 30 minutes with a Health Care Assistant, your nurse follow up will be around 2 weeks after your initial appointment.

*****Updates*****

- We will be closed for training from lunchtime on Wednesday 20th September from 1pm. Please call 111 if you need medical advice.

Drop-in clinics

The following drop-in services are available at Park View Surgery, Milnthorpe.

Drop-in memory clinic—EVERY MONDAY 2.00 pm – 4.30 pm

Drop-in service for people concerned about their memory or someone else's memory. Informal advice, support, sign-posting and information about the memory assessment service and diagnostic process.

Alzheimers Society—Drop in Dementia information sessions

The information sessions are aimed at people living with dementia, their family and carers as well as anyone interested in finding out more about dementia.

Thursday 12th October 9.15-11.15am

Thursday 9th November 9.15-11.15am

Thursday 14th December 9.15-11.15am

Drop-in service for the hard of hearing—1st Tuesday of each month , 3pm - 4.30pm

Drop-in service for ear-mould cleaning and retubing, information about amplified telephones and other equipment. NHS batteries exchanged on production of record book.

Stoma care nurse

Drop-in service on **1st Wednesday** of every month 2pm - 4pm



At CancerCare we know that living with cancer or a life limiting condition is more than just a physical issue and can have a wide ranging impact on many aspects of life for all those involved. All CancerCare's services are provided completely **free of charge** to anyone affected by cancer or a life limiting condition living in **North Lancashire &**

South Lakeland including relatives, carers, and those bereaved.

All our therapies aim to: **Improve wellbeing; relieve symptoms; encourage self confidence; promote relaxation; help with pain management; ease the physical and emotional effects of medical treatment ; and provide extended support to carers and families.**

Therapy sessions are available all through the week **including some evening appointments.**

For more information please call 01524 381820 or

Email: admin@cancercare.org.uk

Vaccinations

Shingles

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year. The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Who can have the shingles vaccination?

People aged 70 years, plus anyone in their 70s who was born after 1st Sept 1942 and has not yet had the vaccine.

People aged 78 years, plus anyone aged 79 years who has missed out on the vaccine.

The shingles vaccine is not available on the NHS if you are aged 80 or over.

You can have the shingles vaccination at any time of year, though many people will find it convenient to have it at the same time as their annual [flu vaccination](#).

Pneumococcal infections

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the "pneumo jab" or pneumonia vaccine. [Pneumococcal infections](#) are caused by the bacterium *Streptococcus pneumoniae* and can lead to [pneumonia](#), septicaemia (a kind of [blood poisoning](#)) and [meningitis](#). At their worst, they can cause permanent brain damage, or even kill. A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS.

Babies receive the pneumococcal vaccine as three separate injections, at 8 weeks, 16 weeks and one year old.

People over 65 only need a single pneumococcal vaccination, which will protect for life. It is not given annually like the flu jab.

Staff news

In June we said goodbye to our Practice Administrator, Emma Turner. We wish her lots of luck in her new role. We also said goodbye to our Care Navigator, Hannah Miller-Croucher but she is staying in the Practice, having taken on the Practice Administrator role.

The Care Navigator role has been a huge success in our area and the ICC are actively recruiting to fill the position. In the meantime all referrals will be sent to the Case Management team. We also welcome our new receptionist, Geraldine Johnston, who is settling in really well .

Do you look after someone who is ill, frail, disabled or mentally ill?

Carers should receive adequate support, but many do not access services as they do not see themselves as a carer.

If you are an unpaid carer and living in Cumbria, please contact South Lakeland Carers on 01539 815970 or visit www.slcarers.org.uk. South Lakeland Carers are a fantastic charity providing a range of services to support and enhance the lives of **unpaid carers of all ages** throughout South Lakeland. If you live in Lancashire please contact NCompass on 0345 688 7113 or visit www.ncompassnorthwest.co.uk.

PARK VIEW SPORTING ACHIEVEMENTS



Congratulations to our **Practice Nurse, Laura Ruxton Thorpe** who completed the Great North Run on 10th September. She completed in a spectacular time of 2 hours 27 mins and all sponsorship went to the Dogs Trust Charity. <https://www.dogstrust.org.uk/>
Dr Heather Wood completed a 10Km Charity Swim in Coniston also on 10th September. The weather conditions were terrible and she was swimming against massive waves and rain coming down in sheets, but she pushed through and was the 3rd woman to finish. All sponsorship went to Anthony Nolan, DKMS and Bloodwise. visit <http://www.virginmoneygiving.com/HeatherWood5> if you would like to sponsor Dr Wood.

Tell us about your care

Good or bad, your comments are really important and will help improve the service for you and others.

So far more than 200 patients and carers have left feedback for us.

To view or leave feedback please visit

www.iwantgreatcare.org/gpsurgeries/park-view-surgery

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