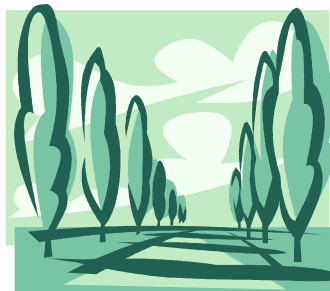


Dr Judith Irving (3470808)
 Dr Julia Smith (3663343)
 Dr Jim Hacking (4326292)
 Dr Jon Rylance (4427708)
 Dr Heather Wood (6057905)



Park View Surgery
 Haverflatts Lane
 MILNTHORPE
 Cumbria LA7 7PS
Tel: 01539 71 55 55

www.parkviewsurgery.org.uk
 Branch Surgery – 21 New Street,
 Carnforth, LA5 9BX

****Dial 111 to speak to a GP
 out of hours****

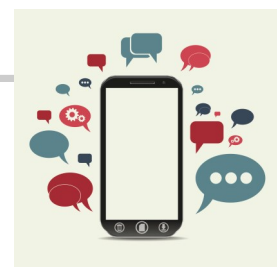


**Christmas is rapidly approaching....
 Don't leave yourself short of medication over the festive
 period.
 Remember we need two working days to process pre-
 scription requests.
 Please note our closing dates and allow enough time for
 repeat medications.**

Date	Park View, Milnthorpe	New Street, Carnforth
Friday 22 rd Dec	Open as usual	Open as usual
Sat 23 th Dec	Closed	Closed
Sun 24 th Dec	*Christmas Eve*	Closed
Mon 25 th Dec	*Christmas Day*	Closed
Tues 26 th Dec	*Boxing Day*	Closed
Wed 27 th Dec	Open as usual	Open as usual
Thu 28 th Dec	Open as usual	Open as usual
Fri 29 th Dec	Open as usual	Open as usual
Sat 30 th Dec	Closed	Closed
Sun 31 st Jan 2018	*New Year's Eve*	Closed
Mon 1 st Jan	*New Years Day*	Closed
Tue 2 nd Jan	Open as usual	Open as usual

Have you changed your contact details?

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



*****Updates*****

- Our next Protected Learning Time is February 8th 2018. Please call NHS 111 if you require medical assistance when the surgery is closed. Thank you.

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.

Alheimers 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 14th December 9.15-11.15am

CARERS CORNER

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.

STOMA CLINICS

Unfortunately our STOMA Nurse Moyra Robinson is retiring and due to staff shortages, we will no longer be hosting the monthly STOMA clinic. If you require any assistance, please ring the Colorectal Nurse Specialist office on 01524 583294. Moyra has been a great support to the surgery and will be greatly missed.

Drop-in service for the hard of hearing will unfortunately stop December 2017. If you require assistance please contact CARITAS care on 01228 595937.

TRAVEL VACCINATIONS

If you require any vaccinations relating to foreign travel we advise you first go online to <http://www.fitfortravel.nhs.uk/home> to find out if you need any travel vaccinations. The FIT FOR TRAVEL website is very user friendly.

After you have done your research on FIT FOR TRAVEL and have decided you do require vaccinations, you need to make a 20 minute appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. We require a travel questionnaire be completed prior to your appointment; you can either download the questionnaire on our website <http://www.parkviewsurgery.org.uk> and bring it with you or come 10 minutes early for your appointment and ask our reception team for the form.

Due to time constraints, if you are travelling within 6 weeks we suggest you contact the health travel hub on 01524 580999 for advice. Thank you.

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.

Online Access

Some of you may have had problems accessing your online accounts.

Our systems had a routine update and as a result of this we have been having problems. If you need your account resetting please ask at reception. We apologise for the inconvenience and thank you for your understanding.



Appropriate use of A&E and 111

With winter here, the NHS are under additional pressures and in Primary Care we endeavour to support our secondary care services as much as possible.

We offer on the day GP appointments and if you have a minor injury we encourage you to contact the surgery first as we may be able to help, which would save you time going to Lancaster or Kendal. Sometimes you may still need to go to A&E or PCAS but by seeing your GP first this might speed up the process and make it less stressful. You can also access your local pharmacy for advice.

Whatever your problem is, please contact us first. Thanks for your support and understanding.



<http://www.ildpb.org/living-well/friends-and-relationships/>

Please follow the above link or go to our Park View website to read their Newsletter.

Lancashire friends and relationship group works to support projects that help people with learning disabilities have friends and relationships.

People with learning disabilities have told us this is one of the most important issues for them.

10 tips to make your New Year's resolution a success

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behaviour
2. Don't wait until New Year's Eve to choose your resolution. Take some time out a few days before and think about what you want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.
7. To stay motivated, make a checklist of how achieving your resolution will help you.
8. Give yourself a small reward whenever you achieve a sub-goal, which will help to motivate you and give you a sense of progress.
9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer-spreadsheet or covering a notice board with graphs or pictures.
10. Expect to revert to your old habits from time to time.

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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www.facebook.com/parkviewdoctors



Weekly news, updates, links and articles