

## Cartmel Surgery

August 2010



### PLT Dates

The surgery has to take part in "Protected Learning Time" (PLT) once a month. This is training provided by the Cumbria PCT. The phones are transferred over to CHOC from 12.30pm and there will be no afternoon surgery. If you have an emergency Tel: 03000 247 247

### PLT dates:

Tues 21st Sept

Wed 20th Oct

Thurs 18th Nov

Thank you for your co-operation as staff training is essential to allow us to provide an excellent service.

# NEWSLETTER AUGUST 2010



## Cartmel Surgery to start Walking for Health

Walking is a great way to get fit, feel good and get that much needed fresh air in the countryside. And this is why Cartmel Surgery has joined partnership with Natural England's Walking for Health programme to make the first steps to encourage people to go out walking more.

In August, we will start our weekly health walks in and around Cartmel. The walks will start from Cartmel Race Course every Tuesday from the 17<sup>th</sup> August at 11am for about an hour. Regular walking will keep your heart 'strong', reduce blood pressure, give you more energy and can help to reduce stress which can all help to give a better night's sleep. These walks are a great social outing as well, so come along to get fit and also enjoy a good chinwag with other people from around the village.

We are extremely grateful to our two volunteers Barbara and Ewen who will be leading the walks and if anyone else is keen to help with leading please let us know.

## Other News

### Repeat Prescriptions

Please can all patients give 48 hours notice on all repeat prescriptions. Prescriptions can be ordered over the telephone by pressing option 1, via email to [reception@cartmelsurgery.co.uk](mailto:reception@cartmelsurgery.co.uk) or by post.

Can we remind patients also to COLLECT their prescriptions! Prescriptions will only be kept for collection for 1 month. If you are unable to collect your script within a month please let us know.

If you have medicines at home you no longer require please return to the surgery for us to dispose of.

### WEBSITE

Our website is regularly updated with all the latest information, so keep up to date with all the new developments. You will also find useful advice and web links.

Log onto :  
[www.cartmelsurgery.co.uk](http://www.cartmelsurgery.co.uk)

### Staffing

Over the recent months we have had a few staff changes. Phaedra has left to start up a business with her husband. She has been replaced by Julie Wilkinson who is a very experienced dispenser and Medicine Manager. Also our Registrar Dr Imran Salim has finished his 6 months post with us and will continue his training in Barrow. Dr Kaylani Rajasooriyar will be joining us in August to do her 6 month Registrar training. We all wish Phaedra and Imran the very best of luck in their new ventures. Both will be greatly missed by the staff and patients.