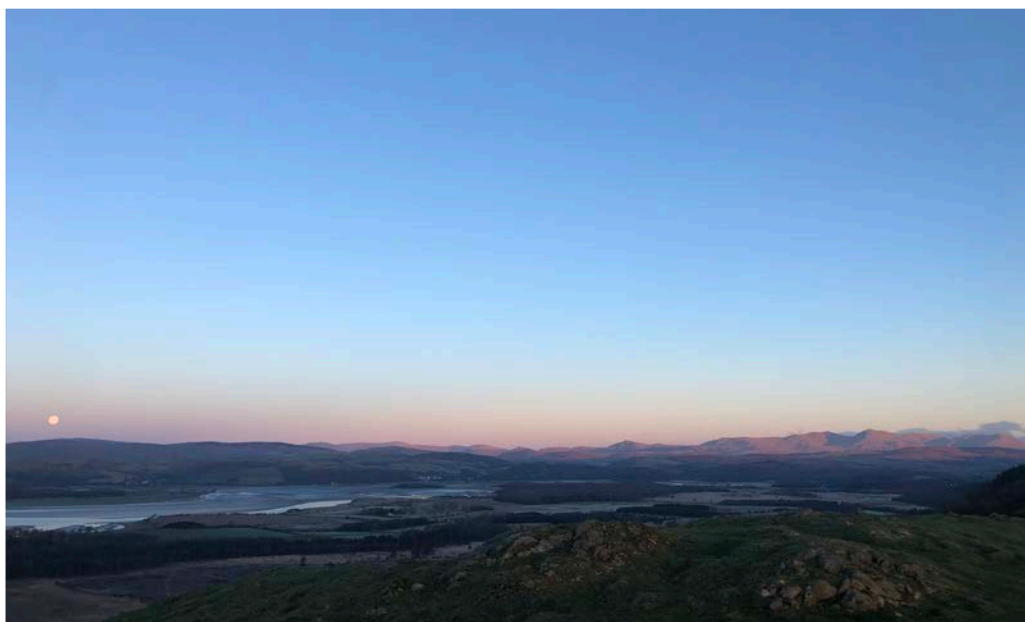


Cartmel Surgery Newsletter



New arrivals

Its been a while since our last newsletter thanks to COVID but we have some new(ish) faces in the surgery.

Healthcare Assistant - Louise Barton

GP Registrars - Dr Frederick Abojei who is with us until August and Dr Rosie Halcrow who is with us until February.

Foundation Year 2 Doctor - Fillipo Bomberi who is also with us until August.

GP Registrar Vs Foundation Year 2 Doctor the difference - A Foundation Year 2 Doctor is a doctor in their second year of qualification and predominantly hospital based but gaining experience in GP before deciding on their long term careers be that hospital or community. Our GP registrars have chosen General Practice as their long term career and are are soon to be fully fledged GPs.



STAY SUN SAFE

Seek Shade between
11am and 3pm



STAY SUN SAFE

Suncream - at least SPF
30 and 4 star UVA.
Apply frequently



STAY SUN SAFE

If you do get burnt use
aftersun and stay out of
the sun until all signs of
redness are gone

Dates for your diary:

To allow all staff member to participate in CCG training we are closed from 1pm on:

Thursday 15th June
2023

Wednesday 12th
July 2023

Thursday 14th
September 2023

Thursday 12th
October 2023

Wednesday 15th
November 2023

If you have a medical emergency that cannot wait until 8am the following morning please contact NHS 11 or 999 if life threatening.

Next Patient Participation Group:

Thursday 20th July
2pm

JUST ONE THING

BBC Radio 4

We are surrounded by information and adverts on what we can be doing to improve our health and well-being and it can be a bit overwhelming to know what we should be doing.

BBC Radio 4 podcast Just One Thing with Michael Mosley gives you 'Just One Thing' you can do to help.

We found the episode on putting down your phone particularly interesting!

Catch it on all podcast streaming platforms.

The star's of the screen

Thank you to all of our patients who were kind enough to be filmed by channel 4 for a new TV series on rural GP practices.

Watch out for us all on the box later this summer!



Are you waiting for a hospital appointment, need an appointment expedited or have a letter that you are querying?

You can now contact the hospital directly without needing a GP to do this for you.

Call: 01539 716998

Or

Email: patientchoice@mbht.nhs.uk

NHS HEALTH HOTLINE FOR TOURIST

If you are unwell while away from home or not registered with a doctor but need to see one you can receive emergency treatment from the local GP practice for 14 days. After 14 days you will need to register as a temporary or permanent patient with the practice.



**NHS Health
Hotline for
tourists**

SOUTH LAKE DISTRICT



03000 247 247



NHS appointments available
from 9am to 5.30pm every day

AMBLESIDE | BOWNESS | CARTMEL | CONISTON
FLOOKBURGH | GRANGE-OVER-SANDS
GRASMERE | GREENODD | GRIZEDALE
HAVERTHWAITE | HAWKSHEAD | LANGDALE
LEVENS | LINDALE | NEWBY BRIDGE
STAVELEY | TROUTBECK | WINDERMERE