The Croft Surgery, Kirkbride CA7 5JH, telephone: 016973 51207

# Protected Learning Time

Once a month the surgery closes for essential staff training.

The surgery will close at 1pm on the following dates: cover will be provided by Cumbria Health on Call

March 22nd

April 5th

May 18th

June 21st

July 12th

Please remember to tell our receptionist about changes of address and telephone numbers. Next time you contact us please provide details of any mobile telephone numbers – thank you!

**Inhalers for COPD patients**

We are changing the inhalers prescribed for these patients. Please speak to one of the practice nurses who will explain these changes more fully and instruct you about how to use your new inhaler

# Blister Packs

We are now able to dispense medication in blister pack for patients who have difficulty in managing their medication. Please ask at reception if you think you or a relative or person you care for might benefit from this service.

If you take medication on a long-term basis, you can ask for a repeat prescription by ringing the surgery or coming to reception.

Repeat prescription items can also be ordered through Patient Access via the practice website

[**www.kirkbridesurgery.org.uk**](http://www.kirkbridesurgery.org.uk)

Ask at reception to register for this service. ID is required.

We require 2 working days’ notice to dispense all repeat prescription requests. Patients must allow 48 hours after ordering a repeat prescription before it will be ready for collection.

**About First Step**

First Step provides evidence-based talking therapies for patients experiencing mild to moderate common mental health problems such depression and anxiety disorders.

You do not need a referral from a GP.

Ring: 0300 1239122

Email: firststep@nhs.net www.cumbriapartnership.nhs.uk

**Vitamin D Supplements**

We do not routinely prescribe vitamin D supplements.

These are available to buy over the counter in pharmacies etc.

Between March – October exposure to sunlight provides a source of vitamin D and some foods are also a reasonable source, e.g. oily fish.

Our GPs may prescribe Vitamin D for short periods in exceptional circumstances.

Learn more at www.nhs.uk

You can book appointments using Patient Access; please register at reception. You will be asked to provide two means of identification including photo ID and proof of address.

Only one appointment should be booked at a time. If you feel you need to see a GP for a longer appointment, please do not book online but speak to a member of our reception team.

**Planning your Summer Holidays?**

We can give most travel vaccines and travel advice. If you are travelling to far off places, please book a double appointment with a nurse. Then check the [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk/) website to draw up a travel plan for yourself and bring this with you to your appointment.

Many courses of vaccines need to be started several months before travel so please allow plenty of time prior to travel to complete vaccination courses.

We have a limited number of blood pressure monitors for patients to use at home but if you need to monitor your blood pressure regularly, you might like to consider buying your own monitor especially if you find your BP tends to be higher when you are at the surgery - White Coat Syndrome.

There are many reasonably priced models available.

For advice see www.bloodpressureuk.org

# Easter Holidays

The surgery will be closed on

Good Friday April 14th & Easter Monday April 17th.

Please allow extra time when ordering your prescriptions.

**Resuscitation Equipment**

Thanks to generous donations to our patient fund, we have recently replaced our surgery defibrillators with three new machines.