



Spencer Street Surgery

Patient Newsletter



SEPTEMBER 2019

- **NHS Health Check**-You will be invited for a free NHS Health Check every 5 years if you are aged between 40 & 74 and do not already have heart disease, stroke, diabetes, kidney disease or high blood pressure. Book your appointment now.
- **Cytology**-Are you a woman aged 25 to 64? Did you know that you are entitled to regular screening tests for cervical cancer? You can reduce the risk of cervical cancer by attending cervical screening. Be proactive about your health and go for screening when invited.
- **Breast Screening** Invitations will be sent out from North Cumbria Breast Screening Service for all eligible women from Mid-September 2019

FLU SEASON IS HERE AGAIN!

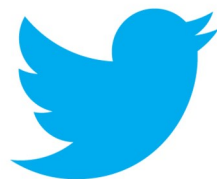


If you are eligible for the flu vaccination AND receive an invite from us, our 'Drop-in' Clinics are planned for:

- Saturday 12/10/19 9am-3pm at Spencer St Surgery (eligible adults only)
- Monday 28/10/19 9am-3pm at Blackwell Rd Surgery (eligible adults only)
- Tuesday 29/10/19 3pm-7.30pm at Spencer St Surgery (eligible children and adults)

STAFF

- * It is with great sadness that we wave goodbye to Dr Anna Khan—she moved on from Spencer St Surgery early September in order to venture to pastures new over in the North East. We wish her all the very best.
- * We welcome 2 new GPs to Spencer St Surgery, both of whom spent time with us previously as GP Registrars. Dr James Stapleton joined us in August 2019 and is working 2 days per week with us and Dr Gary Ferguson who is working each morning with us. Welcome to you both—we look forward to working with you again.
- * Dr Naim Asghar and Dr Emmanuel Agbarakwe will be spending the next 6 months with us during their 3 year GP Registration Course.



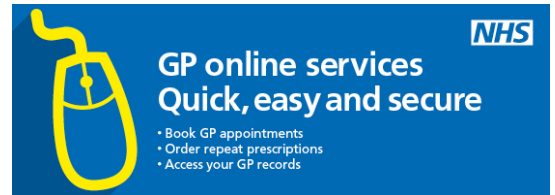
Twitter....

We now have a twitter account! Please follow us @ **SpencerStSurg**

We will be using twitter to promote health campaigns and keep our patients informed of practice and wider NHS news. We will not respond to tweets – if you want to contact the practice about any aspect of your care then please do get in touch with a member of the management team who can help you further.

“We welcome your feedback— please visit our website, write to our Assistant Practice Manager or drop a note in at the desk”

Online Services



GP online services allow you to access a range of services via your computer, mobile or tablet. Once you have signed up, you will be able to:

- book or cancel appointments online
- renew or order repeat prescriptions online
- view parts of your GP record, including information about medication, allergies, vaccinations, previous illnesses and test results

You can still contact the practice by phone or in person, this is just another option, which other patients have found is more convenient and saves them time. More information including “how to” leaflets and videos of patients and why they are using GP online services are available at www.nhs.uk/gponlineservices

Providers available to you include the following:

myGP <https://www.ilovemygp.com/>
 download on the Apple App Store
 Get it on Google Play

Other providers are detailed on your registration letter. Ask at reception for details.

Patient Contact Details

We are increasingly using SMS texts and email to contact our patients with appointment information, recalls, initiatives etc. Please keep us informed of your most up-to-date contact information to allow us to communicate with you in this way.