



GENERAL PRACTICE AWARDS 2019
— People's Choice Award —

Vote for us!

We are in the running to be crowned Surgery of the Year 2019!

Vote now

We are in the running to be crowned Surgery of the Year 2019 at the 11th Annual General Practice Awards! If you think we deserve recognition for our hard work, dedication and patient care, please help us to make the short list!

How to vote

Text: 'CHOICE15' to '60777' standard text message rates apply

Online: www.generalpracticeawards.com/peoples-choice-award-voting-2019

Closing date 16th August- thank you for your support

Surgery update

Although we are in the midst of summer we have started to plan our flu campaign ready for September. Our vaccinations will be delivered throughout September and clinic dates will be advertised, once again there are 2 types of vaccination for <65 and over 65; the surgery will be receiving both of these. NHS England anticipate outbreaks of flu from November so please ensure you are vaccinated before this date but not necessarily in the first week of September!

We will also be working with Cumbria County Council to take part in a falls prevention awareness event which will be held in the town – more information on this and also our flu clinics will be available next month – please check our website, Facebook page or notices around the surgery for dates.

We have been nominated for Practice of the Year award so please do vote for us – let's put Cockermouth on the map – see information in the newsletter for how you can vote.

Baby news!

Congratulations to Dr Hutton on the birth of her beautiful baby girl. **Sending you our best wishes!**



We say farewell to Alison Lopez from our Medicine Management team who has worked for the surgery for 19 years. We wish you well for the future.

We are planning the next Practice **Parkrun 9am Saturday, 10th August 2019** at Whinlatter, doctors and staff will be attending and we hope to see as many patients as possible there to join in the 5K non competitive run, jog or walk. Lets hope we have better weather this time! **More details are available at www.parkrun.org.uk/whinlatterforest**



Meet our Reception team (in their new uniforms!)

Our receptionists provide an important link for patients with the practice and are your initial point of contact for general enquiries. They can provide information on services available at our surgery and direct you to the right person depending on your health issue or query. Please help our receptionists by providing information that will allow them to guide you to the correct clinician.



Goodbye message from Dr Singleton

"Just a little note to say Goodbye to all the staff and patients at Castlegate and Derwent Surgery. It has been my pleasure to work here for the last 3 years and I will be sad to leave in August. I will still be in the local area so if you see me around (probably running with my dog!), please say hello.

Thank you for all your kind words and best wishes. **Rose Singleton.**"



Get one-to-one personalised Dementia Support at the surgery

Philippa O' Callaghan, Dementia support Allerdale will be available in Surgery every 2nd and 4th Wednesday of the month from 9.30am - 11am.

Visit during these times for a chat or contact our reception to book an appointment.



Philippa can offer information and practical guidance to help you understand dementia, cope with day to day challenges and prepare for the future.

- Remain independent and stay active for as long as possible
- Get the information and advice you need to make informed decisions about your wellbeing
- Find other local services which can help to improve your life

More information can be found at www.alzheimers.org.uk or by contacting Dementia Support Allerdale on 01900 607280



Appointments

Throughout May & June our GPs and nurses have seen a total of **13,111** patients.

The number of missed appointments for May & June was **401** making up approximately **76 hours** of appointment time that could be used seeing other patients.



DNA appointments = prolonged waiting times
Help us to provide more appointments to those who need them by calling to cancel if you are unable to attend.

August Bank holiday opening times

Monday 26th August- CLOSED



We would like to remind our patients to order their repeat medications in time for the bank holidays.

When our GP practice is closed, patients should call the NHS 111 service by dialling 111. All calls are free from landlines and mobile telephones.

**Castlegate & Derwent Surgery
Multi-Disciplinary Training Practice
& Primary Care Medical Research
Centre**

Cockermouth Community
Hospital and Health Centre
Isel Road
Cockermouth
Cumbria
CA13 9HT
Telephone: 01900 705750
Prescription line: 01900 705751

www.castlegateandderwentsurgery.nhs.uk

Find us on Facebook & Twitter

**Why not follow us on social media?
Keeping you up to date with all the
latest news and information from
the surgery.**

 @CastlegateAndDerwentSurgery

 @CastlegateSurg2

**Did you get great care today
at Castlegate & Derwent
Surgery?**

**Have your say to improve
your care**

Put us to the test and tell us what is working
and what we can improve. You can say what
you think without giving your name and we
will use the information to plan
improvements to our services.

We appreciate your feedback to help us
improve the service we provide our patients.
Surveys are available in our waiting area or
you can complete online.

[Visit our website to take the survey](#)

We would like to remind patients
to turn off or put their mobile
phones to silent during clinician
appointments, thank you



Research studies at the surgery

We participate in a whole range of
research studies and are looking for
patients to take part.

BICS a study of the beta-blocker bisoprolol
in Chronic Obstructive Pulmonary Disease
(COPD) and if flare ups of the condition
could be prevented.

**Irritable Bowel Syndrome with Diarrhoea
(IBS-D)** if you are suffering from IBS-D,
aged 16- 75, available for both males and
females you may be eligible to take part in
our study.

If you fall into the criteria for a study we
will send you an invitation, alternatively
you can contact Jackie Smith our
Research Nurse for further information
about taking part.

**Medicine Matters - A change to Prescriptions for Bath & Shower Gel's
These products will no longer be prescribed for you.**



As part of a continued effort to ensure limited NHS funds are spent in the
most effective way, we regularly review which medicines are being prescribed
to make sure they follow latest guidance and have updated our Practice Policy.

Emollient shower gels and bath additives are now available to purchase from **all
pharmacies** and from **supermarkets**.

Furthermore, they are **not** considered to be any more clinically effective than applying a
moisturiser directly onto your skin. A multicentre trial of the clinical effectiveness of
emollient bath additives in children with eczema showed no overall benefit. These findings
demonstrate that they are neither clinically nor cost effective.

Any cream or ointment can be used instead of soap in the bath or shower (apart from Liquid
and White Soft Paraffin 50:50 ointment) so one product can be used for both washing and
moisturising.

**We will be updating prescriptions in the next 12 weeks and contacting those affected
by this change.**

**Castlegate & Derwent Surgery are supporting Allerdale as a
Breastfeeding Friendly community.** Breastfeeding is good for mums,
babies and the environment, but many women feel nervous about
feeding when they are out and about for reasons such as
embarrassment or negative public attitude. **We will support mum to
feel comfortable whilst feeding at the surgery.**
Speak to our Reception for information.



Don't let measles or mumps ruin your festival fun!

**The MMR vaccine might not be top of your
list for getting festival ready this summer,
but it is very important.**

You can help stop the spread of these diseases by
checking with your GP that you've had
two doses of the MMR vaccine.



missed out on the MMR vaccine when they were younger. It is important that they
check if they are up to date with their GP practice and make an appointment to get caught
up before attending festivals.

**Are you up to date with your
measles, mumps and rubella(MMR)
jabs?**

There has recently been an increase in
measles and mumps cases across
England, particularly in young people and
children. There are also several large
measles outbreaks across Europe.
Measles is a highly infectious viral illness
that can sometimes lead to serious
complications. It can be more severe in
teenagers and adults than in children.
Mass gathering events like festivals can be
hot spots for measles and mumps as they
present the perfect opportunity for the
infection to spread. Two doses of the MMR
vaccine offer the best protection against
measles and mumps. **We know that
people aged 15-25 years may have**

**Don't let measles or mumps ruin your
festival fun!**

NIHR National Institute
for Health Research



**WE'RE CHANGING
LIVES WITH
RESEARCH.**

CAN YOU HELP US?

Carrying out high-quality research helps us to improve
NHS care and find better treatments.

Castlegate & Derwent Surgery is currently involved in
research studies, helping to improve our patients' lives.

You might be asked to take part in a research study.
Alternatively, ask your doctor, nurse or healthcare
professional if there's a study you could take part in.

www.nihr.ac.uk/bepartofresearch

  @NIHRtakepart #bepartofresearch



The Red Box Project

Tackling Period Poverty

We are pleased to be a collection point
for **'The Red Box Project'** in connection
with Cockermouth School.

**The Red Box is located on the left of
our Reception Desk and we would
welcome any donations of Sanitary
Towels and Tampons, also new
knickers/ pants (age 9-10 upwards
and small adults). Thank you for your
support**

More information can be found at
www.redboxproject.org or search
Facebook
@redboxprojectwestcumbria