



Welcome to the latest Castlegate and Derwent Surgery Newsletter where we will aim to keep you informed of changes and new developments taking place within the surgery.

## Surgery update

**We are proud to be a training practice-** Castlegate surgery has been a training practice for many years and unfortunately when Dr Harnor left us last year we lost this status as Dr Harnor was also our trainer. However since then Dr Kinghan has agreed to step into this role and has been working hard to become our GP trainer going forward, along with Dr Rigg who is also an FY2 trainer. From August the surgery will take on a GP trainee, Dr Kerrie Conaway and also a Foundation doctor (FY2) Dr Katie Salucci. GP trainees are doctors who are completing their training to become a GP by spending a year in general practice having worked in hospitals for some years. FY2's are undertaking a post graduate training programme which forms the bridge between medical school and specialist/general practice training and are attached to a practice for 4 months as part of a rotation of posts that they undertake based in local hospitals.

As a practice we feel being involved in training is helping to secure the future of general practice which is under threat due to the lack of GP's, it is important that trainee doctors get to see what general practice is all about and hopefully they will stay within the profession and possibly return to the practice in future years. Trainees work alongside GP's seeing patients, where patients are booked in with a trainee, which will normally be by a clinician, they will always be advised in advance of the appointment.

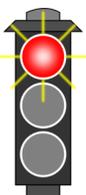
In addition we have also offered to take Physician Associates from September, which is a new programme aimed at supporting doctors in the diagnosis and management of patients. Over the past 2 months we have also had a student nurse on placement with us and also expect to take more in the future who are supported by our mentor nurses – Sophie and Annette.

**Flu Update-** As many of you are enjoying your summer holidays we are busy planning our next flu season here at the surgery which will be upon us in no time! Our clinics will start mid-September and dates will be sent via text, advertised on our website, social media and within the surgery – please keep a look out. Thank you to patients who came to the surgery last year for their flu vaccination, by supporting us you are contributing to the running of your local practice and helping us to maintain our staffing levels.

**Self-Care-** The CCG's in the North East and North Cumbria have agreed to work on a range of initiatives to help promote self-care for common conditions such as acute pain, hay fever and travel medication. Posters and flyers will be on display on the surgery along with a campaign on our social media and website.

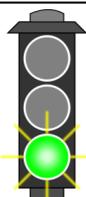
**Prescriptions-** We have been made aware that some patients have been contacted by Pharmacy2U advertising, that they can arrange, dispense and deliver your repeat prescription. Patients are asking how details have been obtained and we can assure you that in no way the surgery has anything to do with this, we would also like to remind patients that we do not accept requests from pharmacies any more and this would include any online pharmacies.

## Missed Appointments



The number of missed appointments for **May & June** is **498** making up approximately **97 hours** of unused appointment time throughout the month.

**Help us to provide more appointments to those who need them by calling to cancel if you are unable to attend.**



Throughout **May & June** our GPs and nurses have seen a total of **15,297** patients.

Provide us with your mobile number and we can send you a text reminder of your appointments. You can cancel appointments using the text service. Speak to our reception team to update your details.



## Staff update

Gayle Clements our Treatment Room nurse will leave at the end of July to begin her maternity leave, we will look forward to her baby news. Good Luck Gayle!

## **An introduction to Dr Andy Rudman who will be working 4 days a week (Tuesday- Friday)**

'I have recently returned to my roots in Cumbria with my wife Emma and two children; Samuel and Beth. Originally from Whitehaven, I studied Pharmacology and then Medicine at the University of Dundee. I then went on to do my GP training in Edinburgh. I have been working as a GP partner in Workington prior to moving to Castlegate & Derwent Surgery. I will be working Tuesday to Friday as a full time GP partner. I have an interest in musculoskeletal medicine and joint injections. I enjoy the outdoors, especially getting out in the fells or on my bike.

## August Bank holiday

**Please note the surgery will be closed on Monday 28th August.** When our GP practice is closed, patients should call the NHS 111 service by dialling 111. All calls are free from landlines and mobile phones.

**Castlegate & Derwent Surgery**  
 Cockermouth Community Hospital and Health Centre  
 Isel Road  
 Cockermouth  
 Cumbria  
 CA13 9HT  
**Telephone: 01900 705750**  
**Prescription line: 01900 705751**

[www.castlegateandderwentsurgery.nhs.uk](http://www.castlegateandderwentsurgery.nhs.uk)

**We now have a Castlegate & Derwent Surgery Facebook page, keeping you up to date with all the latest news and information from the surgery. Find us on Facebook & Twitter**

 @CastlegateAndDerwentSurgery  
 @CastlegateSurg2

**Did you know you do not need to see the doctor for hayfever symptoms?**

**Community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever**

You do not need a prescription for hayfever medicines. Many treatments are available for little cost from a community pharmacy

**Please help us save NHS resources which could be invested in improving local healthcare services.**

**PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.**

**The Strictly For Fun... Parkinsons Dancing Community Group is up and running.**

We meet at the Riversmeet Hub (now Kings Church) in Marketplace Cockermouth on a Wednesday afternoon doors from 2.30, the class from 3.00 - 4.15.



**Birth Month Review System for Repeat Medication**

At Castlegate and Derwent Surgery we have in place a system for reviewing patients on repeat medication with long term conditions using your birth month. This means that you will have your appointment with a Health Care Assistant for any blood pressure and blood tests that may be required prior to a clinic review. This may then be followed (if required) by a medication review with your doctor (possibly by telephone) - all in the month that you were born. Some medications will require more frequent reviews than the default birth month review system and we will alert you to this via stickers on your prescriptions.

Some patients on repeat medication will not require any follow up in their birth month. You can discuss your requirements with a member of our Medicines Management team. Again, we will try and communicate your requirements by attaching stickers to your prescription. It is always good practice to review your medication regularly for safety and to ensure they are still appropriate and particularly if you are prescribed several different medications/or are over 65.

If you anticipate running out of your regular medication prior to your birth month review please contact our Medicines Management Team who will be happy to ensure you have an adequate supply of medication prior to your review appointment. Please do not make arrangements to speak to your doctor regarding this as this places additional demands on our appointment system.

"Patient Access" is a simple and convenient way to order your prescriptions if you have access to a computer – please ask a member of the Medicines Management or Reception team to help with your registration if you would like to try it – for more information visit our website. [www.castlegateandderwentsurgery.nhs.uk](http://www.castlegateandderwentsurgery.nhs.uk)



**Research update**



**All Heart Research** - is continuing to recruit patients to take part in the study. This is for patients with Ischemic heart disease who are over the age of 60. Recent research suggests that taking allopurinol (used for years for the treatment of gout) may have positive effects on the cardiovascular system.



**The FAST trial** in which we are comparing the effects of two different treatments for gout, For patients who are already on medication for their gout are being given the opportunity to join this trial which will compare the effects of a current therapy(allopurinol) with a newer treatment called 'febuxostat'(Adenuric).

**Have you been diagnosed with Heart Failure? Do you take regular medication for your heart failure? Have you had an ECHO, MUGA scan, CT scan or MRI in the last 12 months?**

If so you may be eligible to take part in a research study looking at how physical activity has an effect on your heart failure. **Contact Jackie Smith for further details.**

**When will my prescription be ready for collection?**

We will work hard to have your medication ready for you to collect within 48 hours of receiving your request. Please use the table below to determine when your order will be ready for collection from the pharmacy of your choice.

Occasionally there may be a delay where medication has to be specifically ordered or we need to discuss your request with a clinician.



Ordering day	Prescription available to collect				
	MON	TUES	WED	THURS	FRI
MON			After 4pm		
TUES				After 4pm	
WED					After 4pm
THURS	After 4pm				
FRI		After 4pm			
SAT		After 4pm			
SUN		After 4pm			