



Station House Surgery

NEWSLETTER

Welcome to our Station House Surgery newsletter! This newsletter is here to share important news and updates from our practice. We want to keep you informed about what's happening and give you helpful health tips. We hope you enjoy reading it and find it interesting!

New Starters

We are pleased to announce the addition of two new members to our team.

First, we extend a warm welcome to Dr Daniel Jenks, who joins us as a Salaried GP. Having completed his GP training at our surgery, Dr Jenks is a familiar face and a natural fit for our practice.

Additionally, we are delighted to introduce Elizabeth Graham as our new Treatment Room Nurse. Elizabeth is a newly qualified Registered Nurse, and we are excited to have her join our team, bringing fresh perspectives and enthusiasm to patient care.



WELCOME!

Practice News

Protected Learning Time (PLT) is a dedicated period for staff in general practice settings to focus on development and continuous improvement.

Occurring one afternoon each month, this scheduled time allows teams to engage in training, professional development, and implementing practice-wide improvements. Given the fast-paced nature of general practice, it can be challenging to find time for these essential activities during normal working hours. PLT provides a structured opportunity for staff to enhance their skills and improve the overall quality of care without the pressures of daily practice. This practice aligns with national guidelines followed by GP practices across England.

We will be closed for Protected Learning Time (PLT) from 1pm on the following dates:

- Thursday, 10th October
- Wednesday, 13th November



Christmas and New Year

Please note that the practice will be closed on the following bank holidays:

- Wednesday, 25th December
- Thursday, 26th December

Please remember to order your medications in good time to ensure you have what you need over the festive period.



Patient Feedback

"The doctor was very knowledgeable to my problems and needs. I felt very valued as a patient."

" All staff pleasant to deal with. If appointment needed they try there very best to get one."

"Triage form was recommended and it worked."

"Efficient and courteous service as always."

"Absolutely great experience. Very welcoming, professional and supportive doctor."

"Very reassuring and explained everything in detail to me. Thorough examination and submitted some exercises via email to help strengthen the problem and injury."

"The nurse I usually see is always on the ball. First class in all respects!"



We value your thoughts. Please take a moment to leave us feedback via our [online form](#).

July Performance

Telephone Calls:
6,202

Face to Face Appointments:
1,489

Telephone Appointments:
554

Home Visits:
34

Pathology Reports Reviewed:
1031

Prescriptions Processed:
4,450





Know Your Vaccines

We are now taking appointments for Flu, Covid, and RSV vaccines. Eligible patients can receive their Autumn Flu and Covid vaccines at the practice.

To book an appointment, please use the NHS App or call the practice directly at 01539 722660.

Protect yourself and your loved ones this season by ensuring you're up to date with your vaccinations!



RSV Vaccination

The Respiratory Syncytial Virus (RSV) vaccine is designed to protect against RSV, a common virus that can lead to severe respiratory illnesses, including bronchiolitis and pneumonia.

This is especially concerning for infants and older adults. The vaccine has been added to the routine immunisation schedule to help prevent these serious health complications.

The RSV vaccine is recommended for two main groups:

- **Pregnant Women:** It is offered to women who are at least 28 weeks pregnant. This vaccination helps protect newborns from severe RSV-related respiratory infections during their first six months of life, a crucial period when they are most vulnerable.
- **Older Adults:** The vaccine is also available for adults aged 75 and older. It is particularly important for this age group as RSV can worsen long-term conditions and lead to severe respiratory infections.

Additionally, there is a catch-up programme for those who are already aged 75 to 79 as of September 1, 2024, with the aim to vaccinate as many individuals as possible by the end of October 2024.

Please contact the practice for more information on how to book your RSV vaccine appointment.





Research Hub

We are thrilled to be awarded the opportunity to expand research and make a significant impact on the health and well-being of our community.

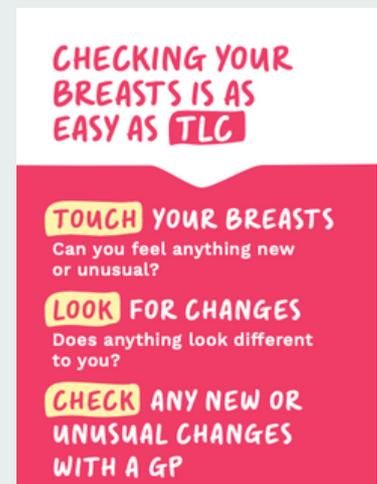
The Research Hub is currently under construction at Station House Surgery and we are hoping for it to be officially ready for use towards the end of November.

We will keep you all informed of progress.

October Awareness Month

This October, we recognise several significant health awareness initiatives that are vital for our community's wellbeing.

- **Breast Cancer Awareness:** Understanding breast cancer and the importance of early detection is crucial for effective treatment. Regular screening and self-examination can save lives, making it essential for everyone to be informed and proactive about their breast health.
- **World Mental Health Day (10th October):** Mental health is just as important as physical health. This day highlights the need to address mental health issues openly, reducing stigma and encouraging individuals to seek help and support when needed. For more information visit: <https://www.nhs.uk/nhs-services/mental-health-services/>
- **World Menopause Day (18th October):** Menopause affects many women, yet it is often a topic that isn't openly discussed. Increasing awareness about its symptoms and treatment options is crucial for supporting women's health during this natural transition.
- **Stoptober:** Quitting smoking is one of the best decisions you can make for your health. Smoking contributes to numerous serious illnesses, and Stoptober provides the support and motivation needed to quit. It's an opportunity for individuals to improve their health and reduce their risk of chronic diseases.





Connect with Us

Stay connected with us! Scan the QR codes below to easily access our website, follow us on social media for updates and health tips, and register as a new patient. Whether you have a question, need to book an appointment, or want to learn more about our services, our digital platforms are here to make your healthcare journey smoother.

Facebook



Website



Register



Wrap Up Cumbria South

As winter approaches, we are proud to support the Wrap Up South Cumbria campaign again this year! This important initiative aims to provide warm clothing, blankets, and essential items to those in need during the colder months.

There is a large collection box in the entrance hall, ready to be filled with your donations of thick, warm coats. Every contribution makes a huge difference. Last year, we had an amazing response, and it would be fantastic to achieve the same success again.



The last day for donations at the surgery is Friday 25th October 2025. Thank you for your support in helping ensure that no one in our community faces the cold alone!

For more information on how you can get involved, please visit the Wrap Up South Cumbria website or speak to a member of our team: <https://wrapupuk.org/wrap-up-area/cumbria-south/>



Local Events

MONEY TALKS

ASK YOUR QUESTIONS ABOUT
MONEY, DEBT AND ENERGY.

DROP-IN SESSION

MONEYCOURSEKDDC@GMAIL.COM
CALL : 07979 463338

Christians Against Poverty
CAP

WWW.KENDALDEBTCENTRE.ORG

Kendal
A Church Debt Centre

The poster features a dark blue background with white and yellow text. It includes an illustration of a piggy bank, a laptop, and a mug. Logos for CAP and Kendal Debt Centre are at the bottom.

This drop-in session allows you to ask your questions about money, debt, and energy.

Whether you're facing challenges with budgeting, seeking advice on managing debt, or looking for ways to reduce your energy costs, CAP's friendly and knowledgeable team is here to help. Join for this informative session and take the first step toward financial empowerment.

For more information, you can reach out via email at moneycoursekddc@gmail.com, call 07979 463338, or visit their website at:

www.kendaldebtcentre.org

Thank you for your continued support and for being a valued patient of the practice!

Best regards,

Your GP Practice Team
Station House Surgery