



Station House Surgery

NEWSLETTER

We hope you enjoy reading this edition of our Patient Newsletter! Your thoughts and ideas are important to us, and we'd love to hear from you. Is there a topic you'd like us to cover? Tips or resources you'd find helpful? Let us know!

Please feel free to share your suggestions or feedback to help us make this newsletter as informative and engaging as possible. Send us an email to lscicb-mb.shs@nhs.net or let the front desk team know.

Wrap Up Cumbria South

Thank you for all the support and donations of warm coats. We received a lovely letter of thanks from Kendal Rotary:

"Just a brief note to thank you for once again allowing us to place a collection box in your building. The first indications are that it has been another successful campaign. So once again, thank you for the help you have given us. Many people in South Cumbria will benefit from these warm coats"



FLU & COVID vaccines

In October, the staff at Station House Surgery worked extremely hard in delivering Flu and Covid vaccination programmes.

Flu vaccines
given:
1900

COVID vaccines
given:
1800



Practice Closures

We will be closed for essential staff training from 1pm on Wednesday 13th November.

Christmas and New Year - 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

"Station House GPs and all staff there are second to none in my opinion. So helpful, kind, and very efficient."

"My personal needs listened to and acted upon in a highly professional manner."

"Always had excellent advice etc at the surgery."

"Brilliant service from the reception to pharmacy."

"Appointment on time, friendly reception from doctor, which puts you at your ease, and immediate action to make referral."

"Excellent session. Really spoken to with sincerity and feeling. Thank you."



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

July Performance

Telephone Calls:
6,695

Face to Face Appointments:
1,734

Telephone Appointments:
600

Home Visits:
42

Pathology Reports Reviewed:
1,115

Prescriptions Processed:
4,955





Spotlight on the NIRH Clinical Research Hub at Station House Surgery

We are thrilled to announce that Station House Surgery has been chosen to host a NIRH Primary Care Clinical Research Hub, funded by the NIHR Clinical Research Network North West Coast (now the Research Delivery Network- RDDN) and, is set to officially open in November.

This designation is a significant milestone for our Practice and community, underscoring our commitment to advancing healthcare through research. It enables us to offer our patients access to innovative treatments and therapies on the cutting edge of medicine.

As a Clinical Research Hub, Station House Surgery will play a vital role in delivering a range of high-quality research studies in key areas like chronic disease, mental health, population health and preventative care. Patients who participate will contribute to the future of healthcare. Participation is always voluntary, with our dedicated research team providing full support and guidance.

Since 2012, we have been engaged in research, achieving RCGP Research Ready Accreditation in 2019. We look forward to expanding our work to benefit our patients and the broader.

If you would to find out more information about participating in a research study or have a query about Research please get in touch with our Clinical Research Nurse by contacting the surgery at 01539 722 660 or emailing lscicb-mb.researchshs@nhs.net

Thank you for helping us pave the way to a healthier future!

What to expect on a study - <https://bepartofresearch.nihr.ac.uk/take-part-in-research/what-to-expect-on-a-study/>

Armed Forces veteran friendly accredited GP practice

We are proud to support our Armed Forces community as a veteran-friendly GP practice.

If you are a veteran patient, please let us know that you have served so that we can make sure we understand your health needs.



**Armed Forces veteran
friendly accredited
GP practice**



Supporting Local Charities - How You Can Help

Station House Surgery is proud to support local charities and community groups, recognising that even small gestures can significantly impact lives around us.

As we move into the colder months, we are focusing on two important causes: Kings Food Bank and Springfield House, which support community members facing food insecurity and difficult personal circumstances. Here's how you can help:



Here's how you can help and make a difference:

Kings Food Bank: Make a Food Donation

Kings Food Bank provides food assistance to individuals and families in need by offering them essential items to help alleviate the burden of food insecurity. Many people in our community rely on this service, and with your help, we can ensure their shelves remain stocked through the winter months.

What to Donate: Non-perishable food such as canned goods, dried pasta, rice, cereal, and other long-lasting items. Consider picking up an extra item or two during your next shop. Every contribution counts.

Springfield House: Supporting Survivors of Domestic Abuse

Springfield House offers crucial support services for people affected by domestic abuse, providing safe, supportive accommodations and a therapeutic environment for both women and men in the South Lakeland area. They accept nationwide referrals and are available 24/7, offering an immediate, safe place for survivors and their families to recover and rebuild.

What to Donate: Toiletries for men and women, including shampoo, toothbrushes, toothpaste, deodorant, shower gel, shaving products, and sanitary items. Non-perishable sweet treats and new socks/underwear for all ages are also welcome.

Drop-off Donations: Bring donations to Station House Surgery, and we'll ensure they reach the appropriate charity.

Spread the Word: Share with friends, family, and colleagues. Every effort helps.





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



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

Best regards,

Your GP Practice Team
Station House Surgery