



Glenridding Health Centre Newsletter

Website: www.glenriddinghealthcentre.co.uk
Telephone 017684 82297

Practice News

Spring/Summer 2019

Dates for your Diary

Staff Training Afternoons

Thursday 16th May

Wednesday 12th June

Thursday 11th July

Wednesday 11th September

Thursday 10th October

Please note the Surgery will be closed from 11.30am

We now operate an appointments system

Ring us on 017684 82297 to book

Announcements & Notices

Wellbeing Service

A new service that is available to Glenridding Patients

If you are living with a long-term health condition and or have had a recent change of circumstance we may be able to support you

For more information please ask the Doctor who will pass your name onto the Living Well Coach

Over the Counter Medicines

Did you know you do not need to see your Doctor for hayfever symptoms
Many treatments are available for little cost from a pharmacy or local shops

Our current patient

list size is 821



MyGP App—to book appointments for you and your family, anytime, anywhere

Ask at reception for more details

Reception Opening Times

Monday	8.30—11.30	2.30—6
Tuesday	8.30—11.30	2—5
Wednesday	8.30—11.30	Closed
Thursday	8.30—11.30	2—5
Friday	8.30—11.30	2.30—6

For Help When The Surgery Is Closed

Telephone **111**—This is a non emergency number to call out of hours. It is FREE to call from landline or a mobile phone. Trained staff will direct your call to the appropriate service. If you are experiencing chest pain or any other life threatening symptoms please ring 999.