

MARYPORT

HEALTH SERVICES



Aneburgh House
Ewanrigg Road
Maryport
Cumbria
CA15 8EL

TELEPHONE **01900 815544**
FAX **01900 816626**
www.maryporthealthservices.co.uk

WELCOME TO MARYPORT HEALTH SERVICES

Our practice has a long-established tradition of providing high quality medical care in Maryport and the surrounding villages. It is our intention that this tradition continues by providing a caring and personal service, whilst keeping up to date with the latest medical developments.

THE DOCTORS

Dr Brian Money	(male)	(London 1978) MBBS MRCGP DRCOG
Dr Alison Overend	(female)	(Bristol 1988) MB ChB MRCGP DRCOG Dip Ther
Dr Andrea Mulgrew	(female)	(Nottingham 1984) BMedSci BM BS DFFP Dip Ther
Dr Mark Steel	(male)	(Newcastle 1987) MBBS MRCGP
Dr Pauline Gage	(female)	(St Andrews 1997) BSc (Hons) MB ChB (Manchester 2002) MRCGP (2006)
Dr Jenny Calvert	(female)	(Manchester 2002) MB ChB MRCGP DFFP
Dr Johanna Langmead	(female)	(Newcastle 2005) MRCGP DRCOG DFSRH
Dr Joe Davis	(male)	BSc (Med Sci) MBChB(2001) nMRCGP (2009) Dip Mt Med (UIAA)
Dr Ross Anderson	(male)	MBChB MRCS(Ed) MRCGP
Dr Sue Dowling	(female)	London 1997 MB BS MA (Dip Rem Health) MRCGP
Dr Sean Hudson	(male)	MBBS MSc FAWM DMM
Dr Daniel J G Berkeley	(male)	(Nottingham 2007) BMBS hon BMed Sci hon MRCGP

Our practice is a training/teaching practice. Our registrars are fully qualified and have a great deal of hospital experience. Registrars are attached to the practice for six months. When booking an appointment you may be asked if you would like a consultation with one of our registrars.

We are also fortunate to have medical students attached to our practice for short periods. If you do not wish to have the student present during your consultation please inform the reception staff prior to seeing the doctor.

PRACTICE STAFF

Practice Manager

Our practice manager, Mrs Sarah Cousins, oversees the day-to-day administration and smooth running of the practice. Sarah will be able to help you with any administrative or non-medical enquiry. She is available to discuss any suggestions or complaints you may have. Contact Sarah on 01900 815544.

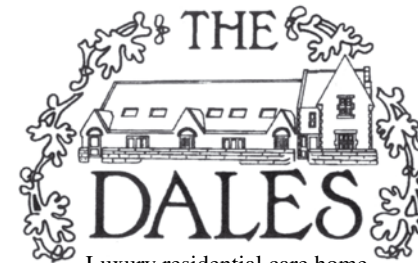
The Nursing Team

Sister Angela Braniff	Sister Julie Skelton	Sister Janice Cox	Sister Jelka Foster
Sister Hayley Gunning	Sister Lynsey Preston-Miller	Sister Gail Mounsey	
Sister Margaret Burney	(Paediatric Specialist Nurse)		
Sister Gemma Hornsby	(Paediatric Specialist Nurse)		
Nicola Barcock	Health Care Assistant		
Barbara Hill	Health Care Assistant		
Angela Kendall	Health Care Assistant		
Diane Moore	Health Care Assistant		
Liz Forsyth	Health Care Assistant		

Our practice nurse team see patients both by appointment and as emergency cases. The nurses are involved in all the screening programmes as well as taking blood samples, ear syringing, routine blood pressure checks, undertaking cardiograms and cervical smears. They can offer advice on numerous health topics such as those listed under Daily Emergency Surgery (see later in booklet).

Please visit our updated website - www.maryporthealthservices.co.uk

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Luxury residential care home,
right in the heart of the community

Established in 1986

Family-run care home
Modern facilities

The latest in mobility aids and adaptations

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Visitors always welcome and encouraged

Still unsure?

Come for a short stay before making any long-term decisions.

*For more information or to have a look round,
call in or call us on*

01900 817977

**The Dales, Main Street
Ellenborough
Maryport CA15 7DX**

**Visit www.thedales.org or
email gpiredale@aol.com**



A Real Home From Home

Established in 1986 and situated in Ellenborough, The Dales is a luxury residential care home that provides long term residential care as well as short term respite care and day-care in a relaxed and friendly environment.

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We use the very latest mobility aids and adaptations to make day to day activities such as bathing that much easier and enjoyable, and we also provide the security and support that many people moving into care desire.

All meals are cooked in our kitchen by our skilled and experienced cooks, and are served in our restaurant style dining room, or in residents' own rooms if preferred.

All bedrooms are spacious, single occupancy en-suite, and along with the numerous lounges and sitting areas, truly makes The Dales a "home from home".

For further information, or to arrange a visit to The Dales to see first hand exactly what we have to offer, please contact us on 01900 817977 or email graham.iredale@thedales.org or visit our website at www.thedales.org.uk

ADVERTISING FEATURE

Your Local Plumbing And Heating Engineer


Putting up a couple of shelves is one thing, but trying a bit of DIY on your plumbing or heating system can not only be dangerous and expensive, but could also drop you in hot water with the law!

Many people are happy to do minor jobs like changing a tap washer but for anything else you are best to leave it in the hands of the professionals. DIY interference with plumbing and heating systems can result in serious damage, expensive repair bills and potential health hazards.

Don't take the risk of endangering your property, your own or your family's health or risk breaking the law. For your plumbing and heating problems always call the expert services of your local professional plumbing and heating engineer. To deal with your gas boiler they will need to be Gas Safe registered (formerly Corgi).


From a new outside tap to a new bathroom or full central heating system, talk to the experts who will give you sound advice based on many years' experience.

ADVERTISING FEATURE



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Maryport CA15 8RY**

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www.thomasarmstrong.co.uk

Medicine Manager

The medicine manager can help you with any queries about medication, drugs and repeat prescriptions. You can contact the medicine manager on 01900 815544.

Health Visitors

Health visitors have special responsibilities to mothers and children and are based at Maryport Community Hospital. You can contact the health visitor on 01900 811844.

Midwives

The midwives will look after you during your pregnancy. If you are pregnant, please complete a booking in form and a midwife will contact you. There is no need to see the doctor unless you wish to. The midwives are based in Maryport Community Hospital and can be contacted on 01900 811840. **In an emergency, call the duty midwife on 01946 693181 and ask for the labour ward.**

District Nurses

The district nurses provide care for those patients who are confined to their homes due to infirmity or illness. They work closely with the surgery and are based at Maryport Community Hospital. They can usually be contacted by leaving a message at reception or by calling 01900 811835.

To Make An Appointment With A Nurse Or Doctor

All routine consultations are by appointment, which can be made in person, or by telephone between 8.00am - 6.00pm (with the exception of practice training afternoons – see below). Patients who need to be seen urgently will always be seen at the daily emergency surgery. Many problems can be resolved over the telephone, and telephone appointments are available daily - see overleaf.

Routine GP appointments and routine blood tests can be booked online, register by collecting a form from reception.

SURGERY OPENING HOURS

Monday - Friday 8.00am - 6.00pm

Saturday - Sunday Closed

The practice closes one afternoon per month between 1.00 and 5.00pm for staff training. During this time emergencies will be dealt with by CHoC (Cumbria Health on Call). Please see the practice noticeboard or website noticeboard for a list of the training dates.

DOCTOR AND NURSE AVAILABILITY

Times may vary occasionally subject to doctor availability.

Monday to Friday 8.10am - 12.20pm 2.00 - 5.20pm

Please see note regarding practice training afternoons under Surgery Hours on the previous page.

DAILY EMERGENCY SURGERY

When visiting the emergency surgery you will be seen by either a practice nurse or a GP who will direct you to the best person able to deal with your problem.

For urgent conditions you will be offered a consultation in the Emergency Doctor Surgery or an emergency appointment with the nurse (see below what the nursing team can deal with).

Monday to Friday 9.00 - 11.00am 2.00 - 5.00pm

Please see earlier note regarding practice training afternoons.

ONLY AN URGENT PROBLEM CAN BE DEALT WITH IN THE EMERGENCY SURGERY. THE DOCTOR IS ON DUTY FOR EMERGENCIES AND WILL NOT BE ABLE TO SORT OUT PROBLEMS WHICH HAVE BEEN ONGOING FOR SOME TIME.

Do not use the emergency surgery for sick notes, repeat prescriptions or to obtain results of tests.

The nurse can help you with: wounds, cuts, bites, stings, burns, scalds, infections, hearing problems, blocked ears, vaginal discharge/irritation, nosebleeds, diarrhoea and vomiting, eye infections, "morning after pill", family planning, water infections, sunburn, diet and travel advice.

CONSULTATION ON THE TELEPHONE

Please telephone the surgery and leave your telephone number (preferably landline) with a brief description of your problem with the receptionist. The doctor will call you back during your allocated time.

Please remember to switch off your answerphone if you have one.

If you do not think an examination is required, maybe a telephone consultation can save you a trip to the surgery.

EMERGENCIES

These will be dealt with as soon as possible at all times.

During the day (8.00am - 6.30pm) 01900 815544

At night (6.30pm - 8.00am), at weekends and training afternoons. 03000 247247

In life-threatening emergencies such as severe bleeding, collapse, unconsciousness and severe chest pains, telephone 999.

APPOINTMENT SYSTEM

Routine GP appointments can be booked any day for the current week by telephoning the surgery on 01900 815544 (8.00am - 6.00pm) going online or at the reception desk (8.00am - 5.45pm). **Please see earlier note regarding practice training afternoons.** Appointments for the following two weeks are released a day at a time, which ensures daily appointment availability. This system is in place to reduce the number of patients who 'fail to attend'.

CLINICS

Antenatal Clinic

These clinics are run by the midwife. Please see reception or contact the midwife on 811840 for further details.

Asthma Clinic

These clinics are nurse-led - by appointment only. Please ask at reception for further details.

Remember your annual asthma review.

Baby Clinic

Child Health Clinics run on the first and third Tuesday of each calendar month at Maryport Community Hospital from 1.30 - 4.00pm. No appointment necessary.

Diabetic Clinic

These clinics are nurse-led by appointment only. Please ask at reception for further details.

Remember your routine diabetic review.

Family Planning/Teenage Sexual Health/Sexual Health Clinic

These clinics are offered on a Tuesday and Thursday afternoon from 2.00pm. There is a drop-in service between 4.00 - 5.45pm. Each doctor providing this service and will be happy to discuss individual needs. Anyone requiring an IUCD (coil) will be referred to Dr Mulgrew, Dr Overend, Dr Calvert or Dr Gage (all female doctors) who specialise in this field.

A sexual health clinic is offered on a Tuesday and Thursday afternoon. The doctor and nurse can offer you expert advice and screening for sexually transmitted diseases. If you would like an appointment for this service, please ask the reception team for an appointment in the WiSH clinic (Wellbeing in Sexual Health).

Minor Injuries

The practice nurse will see to any minor injuries between 8.30am - 5.30pm (Monday - Friday).

Minor Operations

The doctors carry out minor surgical procedures by appointment. The minor operation surgery is held on Wednesday in the Maryport Community Hospital.

Counselling

A counselling service is available after consultation with your doctor at the surgery.

FLU VACCINATION

In accordance with Department of Health guidelines, we recommend influenza plus pneumonia vaccination for patients with diabetes, chronic heart, respiratory, lung or kidney disease and residents of nursing and rest homes and their carers, and all patients over 65. The vaccination is usually available from October; please contact the surgery for further details.



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PRACTICE INFORMATION

Home Visits

All requests for home visits must be received by 10.30am. Home visits are for the seriously ill or genuinely housebound patients. Please do not ask your doctor to call unless the patient is genuinely too ill to come to the surgery. All requests for home visits will be assessed based on the individual patient's needs. Please remember that several patients can be seen at the surgery in the time it takes to do a home visit. A much better assessment and treatment can be done at the surgery. If you require a home visit, please call 01900 815544.

Confidentiality

We ask you for personal information so that you can receive appropriate care and treatment. This information is recorded on computer and we are registered under the Data Protection Act. The practice will ensure that patient confidentiality is maintained at all times by all members of the practice team. However, for the effective functioning of a multi-disciplinary team it is sometimes necessary that medical information about you is shared between members of the team and other health professionals. Prescriptions and some of the consultation records are held purely on computer. This enables us to analyse various aspects of health care for audit reasons to ensure appropriate running of the NHS and to produce an annual practice report.

Change Of Personal Details

Please advise reception if you change your name, address or telephone number. It would be a great help if you could always ensure we have your up-to-date telephone number.

Disabled Access

Car parking spaces for the disabled are marked at the side of the surgery. Wheelchair access to the building is through the main door. There are two disabled patients' WC, one is near the main entrance and the other is adjacent to the orange waiting area. If access proves difficult to any of our disabled patients we would be happy to consider any suggestions for improvement.

Freedom Of Information Act Publication Scheme

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available.

This scheme is available from reception.

Health Promotion

The aim of promoting health is to try to identify risk factors at an early stage and prevent them from causing ill health. For this reason we will ask about drinking and smoking habits and measure your blood pressure and weight from time to time. This is especially wise in people with a family history of heart disease, diabetes or stroke.

Laboratory Specimens

Specimens are sent to the hospital each weekday Monday to Friday. If you are asked to bring a specimen on those days please ensure that we receive it before 12 noon.

Stay in touch with our website - www.maryporthealthservices.co.uk

Medical Examinations

Medical examinations for special purposes, such as fitness to travel, pre-employment, insurance, driving medicals etc are undertaken during normal surgery hours. A fee will be payable. Please contact the surgery to make an appointment. Fees are clearly displayed in the reception area.

New Patients

It is necessary for all new patients wanting to register with the practice to book an appointment for a health screening examination with the practice nurse.

Cumbria Health on Call (CHoC) Out-of-Hours Providers

The practice out-of-hours cover is provided by CHoC. CHoC can be contacted on 03000 247247.

Your call will be answered by a trained operator at CHoC headquarters in Carlisle who will arrange the most appropriate action for you. Your call may be answered or managed by a triage nurse or a duty doctor. You may be asked to visit the primary care centre (Whitehaven) or a visit from a mobile doctor may be arranged, if necessary. Your calls to CHoC will be recorded.

Results Of Medical Tests

You will be contacted about your test results if there is any action required. If you need advice about your results please contact 01900 815544 between 2.00 and 4.00pm. **Please see earlier note regarding practice training afternoons.**

Repeat Prescriptions

Please use the right-hand page of your prescription slip or the re-order form available from reception to order your repeat prescriptions. You can also use our on-line re-ordering facility by collecting a form at reception to register.

Please allow two complete working days before collection from the surgery or from a local pharmacy. Make allowances for weekends and public holidays. **Please do not order drugs that you no longer require.**

Staff Protection

A zero tolerance policy towards violent, threatening and abusive behaviour is now in place throughout the National Health Service.

The staff in this practice have the right to do their work in an environment free from violent, threatening and abusive behaviour and everything will be done to protect that right.

At no time will any such behaviour be tolerated in this practice. If you do not respect the rights of our staff we may choose to inform the police and make arrangements for you to be removed from our medical list.

Suggestions Or Complaints

We are very happy to receive constructive comments and suggestions for improving our service to patients. Similarly, if you have a complaint we will deal with it in a constructive way. Any complaint or concern raised will not affect the care you receive from the practice. Please write or speak to our practice manager.

Please visit our updated website - www.maryporthealthservices.co.uk

TRAVEL ADVICE

Our practice nurses will be pleased to give advice to those patients going abroad. Allow adequate time in order for the vaccine(s) to be effective. Certain vaccines will need to be paid for - please ask at the time of booking.

Before You Go

Well before travelling abroad, check with your travel agent or the tourist office/embassy of the country you intend to visit on any special precautions you may need to take.

At least two months before departure discuss any vaccination requirements with the practice nurse. Pack a small first aid kit containing adhesive dressings, insect repellent, antiseptic cream and water purification tablets etc; ask at the pharmacy.

When Abroad

Check on the quality of the drinking water. If in doubt either drink only bottled water or use water purification tablets. Avoid ice in drinks as this may well have been made from suspect water. Raw vegetables, salads and fresh fruits should be carefully washed in clean water. If in doubt stick to freshly cooked food.

Beware of the sun! Use a high factor sunscreen particularly in the first few days of exposure. Children in particular should be closely monitored in this respect.

In hot climates, drink plenty of non-alcoholic drinks. If you are not passing water regularly you are not drinking enough.

On Your Return

If you fall ill, don't forget to tell your doctor that you have travelled abroad.

If you have received treatment abroad, tell your own doctor on your return.

When donating blood, tell the transfusion staff which countries you have visited.

WHAT TO DO IN TIME OF BEREAVEMENT

What To Do If Someone Dies

It is a legal requirement for a doctor to confirm that someone has passed away. There is no need to move the patient. If a doctor has recently seen the patient, a death certificate can normally be issued. However, in the event of unexpected death, the doctor will need to notify the coroner.

If Death Occurs At Home

1. Telephone the doctor. They will visit to confirm death has taken place.
2. Contact the funeral director to inform them that their services will be required.
3. Collect the doctor's certificate from the surgery. (You will be told when this will be available for collection.) This will not be possible if it is necessary to involve the coroner.

If Death Occurs In Hospital

1. Contact the funeral directors to inform them that their services will be required.
2. Collect the doctor's certificate from the hospital.

Then...

1. Take the death certificate to the registrar's office for the area in which the death took place. You will also need to take the deceased's medical card if available.
2. Take the green form to the funeral directors who will take over complete responsibility for arranging the funeral.

Stay in touch with our website - www.maryporthealthservices.co.uk

PATIENT PARTICIPATION GROUP

Maryport Health Services has a voluntary patient participation group attached to it. This group meets on a regular basis to discuss ideas which may be useful to the practice and patients of the practice. This group is open to any patient who may wish to join. Please contact our reception supervisors, Julie or Carol, for further details on 01900 815544.

SELF TREATMENT OF COMMON ILLNESSES AND ACCIDENTS

For many common symptoms YOU DO NOT NEED TO CONSULT THE DOCTOR.

Many simple remedies can be bought from the chemist. Generally, ask for the drug by its proper name rather than a brand (eg ibuprofen rather than nurofen). It will be identical and much cheaper.

Rashes

Most rashes are difficult to diagnose early on AND ARE RARELY SERIOUS if you are feeling well in yourself.

If itchy, try CHLORPHENIRAMINE (piriton is a brand) - AVAILABLE FROM THE CHEMIST.

Back Pain

Initially be sensible and take things easy. Keep moving and take simple painkillers such as paracetamol and ibuprofen (can be taken together). If matters do not improve, your doctor may well prescribe stronger drugs. See the doctor if you develop any numbness or difficulty moving your legs or any problems with bowels and passing urine.

Aches And Pains In Limbs Or Joints

If there is no obvious abnormality to see, it is unlikely the doctor will be able to offer more than painkillers and sympathy.

TRY SIMPLE PAINKILLERS LIKE PARACETAMOL, CO-CODAMOL OR IBUPROFEN. See the doctor if pain is not settling or getting worse.

MANY INFECTIONS ARE CAUSED BY A VIRUS - ANTIBIOTICS DO NOT HELP

Colds

There is no magic cure for the common cold. Go to bed and take plenty of drinks. If you have a headache or are feverish, take paracetamol. Antibiotics will not help, unless you happen to have a secondary bacterial infection.

Coughs

Coughs usually cure themselves in one to two weeks. Antibiotics DO NOT USUALLY HELP.

Diarrhoea And Vomiting

Usually due to a viral infection or a sudden change of diet. The best treatment is to rest, drink plenty of clear fluids. Young children and babies need careful attention. If diarrhoea persists for more than three days or you pass blood or continue vomiting then seek advice from your HEALTH VISITOR, PRACTICE NURSE OR DOCTOR.

Earache

Usually caused by a virus. This can often be helped by paracetamol and measures to decongest (including steam and inhalations like Karvol). Children with persistent earache should see a doctor after three days or if they are very unwell.

Sticky Eye (conjunctivitis)

Many cases clear up with just cleansing with clear water. You can now get antibiotic CHLORAMPHENICOL drops from the chemist. If the condition persists more than three days or is painful, see the doctor.

Fever

Cooling down hot children will make them feel better. Ibuprofen liquid can also be given in place of or in addition to paracetamol to relieve pain and temperature.

1. Give paracetamol suspension (Calpol or Disprol) regularly four times daily.
2. Strip the child down to light underwear and bathe with a tepid sponge if still hot.
3. Plenty of fluids by mouth will help replace the fluid lost by sweating.

SEEK ADVICE IF THE TEMPERATURE STAYS HIGH (over 39 degrees) OR IF THE SKIN LOOKS MOTTLED, bluish or purple.

IF YOU SUSPECT MENINGITIS OR SEPTICAEMIA - GO STRAIGHT TO THE ACCIDENT + EMERGENCY DEPARTMENT.

Sore Throat

Almost always caused by a virus, antibiotics therefore have no place in the treatment. Generally a sore throat lasts five to ten days. Plenty of cold drinks and paracetamol taken four times a day will help.

STANDARDS OF CARE

The practice is devoted to achieving and maintaining a quality health service to meet your requirements.

GPs' Responsibilities

You will be treated as an individual and will be given courtesy and respect at all times. You have the right to be treated confidentially.

Respect for religious and cultural beliefs will be honoured.

Normally we will answer the telephone promptly and courteously.

You have a right to information about your own health (illness and treatment, possible side effects, prevention or recurring illness etc). We will offer medical advice and information for promotion of good health. You have the right to see your own medical records subject to the limitations of the law. A charge may be made.

Home visits will be made when requested and if a doctor feels that you are not well enough to attend the surgery. The final decision rests with the doctor.

We may give you test results when you telephone the surgery for them, or you may be asked to make an appointment with the doctor to discuss them.

On registering as a new patient, you will be offered a health check with the nurse.

If your doctor believes that you need a second opinion, then they will arrange this.

You will be given a time to see a doctor in accordance with the system used in this practice. If there is a substantial delay for any reason, you will be given an explanation.

Repeat prescriptions will normally be ready within 48 hours from the surgery, or for collection from a local pharmacy following your written request arriving at the surgery.

Routine referral letters for hospital appointments will normally be dispatched within three working days of the referral being agreed with the doctor. Urgent referrals for hospital appointments may be faxed, telephoned or provided as a handwritten note for the patient to take to the hospital.

If you are 75 years or older, you will normally be offered an annual health check.

Change To Registration Process

Although you will have an individual doctor's name on your medical card, in line with national directives you will actually be registered with the practice and not an individual GP. Therefore you are able to make an appointment with a doctor of your choice subject to availability of appointments.

Patients' Responsibilities

We ask that you treat our doctors and all practice staff with courtesy and respect.

The first hour of the morning can be extremely busy. Please keep telephone calls brief. If possible, leave routine calls until later in the day.

You are responsible for your own health and that of your children. Please take the advice given to you at the practice.

Let us know immediately if you change your address or name and remember to give your phone number and postcode.

Please speak to a member of the practice staff if you wish to see your medical records. This can then be arranged with your doctor. There may be a fee payable.

Please contact the surgery between 8.30 and 10.30am for a home visit during the day.

Please ask for a night visit only if it is truly necessary.

If tests are ordered for you, please ask your doctor or a member of staff about receiving the results.

Please read our practice booklet to get the best out of the services available.

You can discuss any medical matter with the doctor, including asking for a second opinion.

Please let us know if you are unable to keep an appointment. We can then offer this appointment to someone else.

Please check our patient information booklet for the procedure for getting repeat prescriptions.

Where an appointment or acknowledgement of a routine referral for a hospital appointment is not received within six weeks, contact the hospital concerned.

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USEFUL TELEPHONE NUMBERS

Maryport Health Services.....	01 900 815544
(fax)	01 900 816626
Out-of-Hours Service (CHoC).....	03000 247247
NHS England.....	01 228 603500

Hospitals

West Cumberland Hospital.....	01 946 693181
Cumberland Infirmary.....	01 228 523444
Workington Community Hospital.....	01 900 705000
Maryport Community Hospital.....	01 900 812634
Carleton Clinic, Carlisle.....	01 228 602000
Royal Victoria Infirmary, Newcastle.....	01 91 233 6161
Middlesbrough Hospital.....	01 642 850850

Pharmacists

Dobies Chemist.....	01 900 812662
Normans Chemist.....	01 900 812615
Alneburgh Pharmacy.....	01 900 819111
Boots (Workington).....	01 900 602405
Whelan's (Workington).....	01 900 603332

Dentists

Maryport.....	01 900 819222
Maryport.....	01 900 812109
Workington.....	01 900 604270
New Dental Direct Service.....	01 228 603900

Other Useful Numbers

Choose and Book.....	0845 6583131
Air Liquide.....	0800 373580
Hopegill Centre.....	01 900 324200
Alcoholics Anonymous.....	0845 769 7555
PALS (Patient Advice and Liaison Services).....	0800 0320202
Red Cross.....	01 900 65093
Registrar of Births and Deaths.....	01 946 506191
Social Services.....	01 900 706325
Samaritans.....	01 946 694266
UNITY (North Cumbria Addictive Behaviours Services).....	01 900 873791

THE PRACTICE AREA

