

KING ST AND LANCASTER UNIVERSITY MEDICAL PRACTICE NEWSLETTER SUMMER/AUTUMN 2013

KING ST PHONE 01524
541651

UNIVERSITY PHONE
01524 387780

Visit us at www.kingstandunipractice.co.uk



BABY BOOM 2013!

Dr. Pru Knight has had a baby boy, Hugh
Dr. Hilary Ainsley has had a baby boy, Fraser
Dr. Heather Smith has had a baby girl
Dr. Kirsty Hagan and Victoria Smith (nurse

Practitioner) are both due to have their babies in October!



Travel and Vaccination advice.

We Provide a full range
of travel vaccinations
and travel advice for all
destinations.

Please book a travel
advice appointment with
our Practice Nurses as
soon as you know you
are travelling so that
you have time to com-
plete your course of
vaccinations in time.

Some Vaccinations are
free under the NHS but
charges will apply for
others.

We will advise you of
the cost of the vaccina-
tions at your travel ad-
vice appointment.



Download our app to- day!

Go to iTunes or Google
Play and search for
"king St and University
Practice" or scan the
code from the posters
in reception or waiting
areas at both sites.

WORKING TOGETHER TO IMPROVE YOUR HEALTH

Free NHS check—
available at the surgery
Are you aged 40-74 and
DO NOT have any ongo-
ing health problems.?
We are offering appoint-
ments to patients with the
practice nurse to maintain
a healthy lifestyle by re-
viewing your exercise,
diet and alcohol intake.
Contact us and check
availability today.

WHOOPIING COUGH
There is a lot of
whooping cough
around at the mo-
ment , the NHS rec-
ommends that preg-
nant women over 28
weeks should have a
pertussis vaccina-
tion. (Whooping
cough vaccination)If
you are a new mum
up to eight weeks
post-natal and you
have not had the
vaccine before, you
are also recommend-
ed to have the vac-
cine.

AUTOMATED BP MACHINE IN RECEPTION



If you need a blood pres-
sure check you may be
advised and encouraged to

use the automated blood
pressure machine available
in the reception area at
King St and in the Waiting
room 1 at the University
site.

It's quick and easy to
use .and you can hand in
the reading to the Recep-
tion staff so that your med-
ical records are updated for
you.

SEXUAL HEALTH CLINIC

Free and confidential sexual
health clinics held at Uni site
by appointment during term
time. Phone 01524 541653 to
book. Includes Sexually trans-
mitted infection screening and
HIV testing services. You do
not have to be a patient to be
seen at these clinics but if you
are, nothing is entered into
your medical records held by
the Practice.