

Extended Access Services Available (from your practice)

Please book extended access appointment via your own registered practice

Primary Care Network: Barrow and Millom

Practices Included: Atkinson Health Centre; Abbey Road Surgery; Bridgegate Medical Centre; Burnett Edgar Medical Centre; Duke Street Surgery; Liverpool House Surgery; Norwood Medical Centre; Risedale Surgery; The Family Practice; Waterloo House Surgery

Extended Access Site	Provision
Abbey Road Surgery Alfred Barrow Health Centre, Barrow-in-Furness LA14 2LB	Monday 18:30-19:45 GP appointments Wednesday 18:30-19:00 Practice Nurse appointments Saturday 09:00-10:30 GP appointments (every 4th week) 09:00-09:30 Health Care Assistant appointments (every 4th week)
Ambleside Health Centre (CHOC) Rydal Road, Ambleside LA22 9BP	Tuesday 18:30-21:30 GP appointments 18:30-21:00 Health Care Assistant appointments
Furness General Hospital (CHOC) Dalton Lane, Barrow-In-Furness LA14 4LF	Monday 18:30-21:30 GP appointments 18:30-21:30 Health Care Assistant appointments Tuesday 18:30-21:30 Pharmacist appointments Thursday 18:30-21:30 GP appointments 18:30-21:30 Health Care Assistant appointments Friday 18:30-21:30 GP appointments 18:30-21:30 Health Care Assistant appointments Saturday 09:00-12:30 GP appointments 09:00-14:00 Practice Nurse appointments 09:00-12:00 Health Care Assistant appointments Sunday 09:00-12:30 GP appointments 09:00-12:30 Health Care Assistant appointments 09:00-13:00 MSK appointments
Grange Health Centre (CHOC) Kents Bank Road, Grange-over-Sands LA11 7DJ	Monday 18:30-21:30 GP appointments 18:30-21:00 Health Care Assistant appointments
Lunesdale Surgery (CHOC) Kirkby Lonsdale LA6 2HQ	Monday 18:30-19:30 Health Care Assistant appointments
Waterloo House Surgery Millom Community Hospital, Lapstone Road, Millom LA18 4BY	Wednesday 07:00-08:00 GP appointments 07:00-08:00 Practice Nurse appointments

Extended Access Site	Provision
Westmorland General Hospital (CHOC) Burton Road, Kendal LA9 7RG	Monday 18:30-21:30 MSK appointments Tuesday 18:30-21:30 Pharmacist appointments 18:30-21:30 MSK appointments Thursday 18:30-21:30 Practice Nurse appointments Friday 18:30-21:30 GP appointments 18:30-21:30 Health Care Assistant appointments Saturday 09:00-13:00 GP appointments 09:30-13:30 Health Care appointments Sunday 09:00-13:00 Practice Nurse appointments

GP appointments are for all routine conditions but exclude patients with on-going chronic conditions which require continuity of care from their usual GP, e.g. patients with severe on-going mental health issues.

Practice Nurses provide annual reviews for adults over 16 years old with a long-term condition, e.g. COPD, Asthma, hypertension and cardiovascular disease.

Health Care Assistants can carry out blood testing; basic patient observations (monitoring and recording patients' conditions by taking temperatures, pulse, respirations and weight); blood sugar and urinalysis; new and annual patient health checks; and ECG recording. They CANNOT undertake ear syringing or dressings. HCAs will see children 12 and over if accompanied by an adult and 16 years and over unaccompanied.

Pharmacists can provide routine medication reviews. They are able to arrange repeat dispensing, action medication changes e.g. hospital discharges, re-authorise medications for the year (where suitable) and advise on lifestyle and statins.

Musculoskeletal (MSK) Physiotherapist can help patients by diagnosing problems and can offer clear, specialist advice on muscle, joint, bone and nerve pain including: Muscle aches and pains; Problems with joints e.g. frozen shoulders, tennis elbow; Spine and back problems. They can refer for investigations where necessary.

How to Book: Patients can book any of these appointments via their practice receptionist as usual