

**LONGER OPENING HOURS AND IMPROVED SERVICES PROVIDES
EASIER ACCESS TO GPs IN CUMBRIA**

It can be hard juggling your working life with home commitments and many find it difficult to squeeze medical appointments into an already busy schedule.

The NHS Primary Care Trust in Cumbria has listened to people's concerns and has been working closely with local GPs to get agreement for them to stay open for longer, giving you the opportunity to see a doctor early in the morning, during the evening or at the weekend.

Over 90 GP surgeries in Cumbria now offer more flexible and convenient opening hours. On average this means that participating GP surgeries now offer appointments for an extra 1 – 2 hours per week (earlier in the morning, later in the evening or at the weekend), making life easier for you when you have competing work and home pressures.

For more details on local opening hours, contact the [Cumbria Teaching PCT](#) at Cumbria.nhs.uk.

The NHS is investing £250m in new, additional services nationwide, including GP-led health centres, open seven days a week from 8am to 8pm which can be used by anyone. Any member of the public will simply be able to walk in and see a doctor or nurse, or phone and book an appointment in advance. You will not need to be registered with the centre and can use its services in addition to the surgery where you are registered.

This means that wherever you are, and whenever you need it, you will be able to access a GP or nurse. For example, if you work in a city or town in Cumbria

but live further afield, you will be able to see a GP at a health centre near your place of work, saving you and your employer time and money.

Mike Farrar, Chief Executive of NHS North West, said: “We have made excellent progress with increasing the number of practices providing early morning, evening and weekend opening. Well over half the practices in Cumbria have opening at times that are more convenient to patients and we are aiming for that flexibility to become the norm for all surgeries.

“You can expect to be offered a GP appointment within two working days, or an appointment with a practice nurse within one working day. All GP surgeries should also offer you the opportunity to book appointments more than two days in advance, if you prefer.”