



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.  
Issue 225 May 2019 [www.seascalehc.co.uk](http://www.seascalehc.co.uk)



### **Bank Holiday Weekends.**

May sees us with 2 bank holidays, Monday 6<sup>th</sup> and Monday 27<sup>th</sup>. We are **CLOSED** on these days – so please, get your repeat medications organised and avoid the surgery for routine matters on the day before and after the holidays as it will be extremely busy.

### **Bootle Closure – Thursday 16<sup>th</sup> May**

In order to comply with current Electricity Regulations in Bootle we will need to close **Bootle branch surgery** on Thursday 16<sup>th</sup> May. Can you please ensure any medication is collected on Wednesday 15<sup>th</sup> May, there will be **no staff** at **Bootle** on the Thursday.

Prescriptions can be ordered as usual on line or by calling Seascale Surgery. The surgery will reopen at 9:00am Monday 20<sup>th</sup> May.



### **Are you travelling abroad this summer on holiday? Are you on medication?**

What would you do if your return travel plans were disrupted by air traffic control strikes or any other unplanned reasons?

We advise that wherever possible you travel with at least an extra week's worth of medication (in the original packets) to reduce the chance of you running out.



### **Is it your birthday? Do you have a Chronic Disease?**

If the answer to the questions is Yes, then please contact the surgery to make an appointment for your Annual chronic Disease Review. At Seascale and Bootle Surgeries we try and align your annual check to your birth month. This makes it easier for you to remember and eases the pressure for staff as the appointments are shared out across the months

# Make May Purple for Stroke Month

Please remember Seascale pharmacy is offering free BP checks for over 40s.

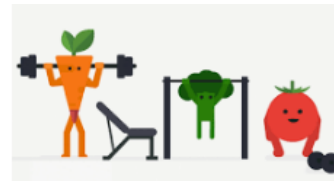
You can have a one off BP measurement to those of you over 40, who haven't had a BP check in previous 6months and not already diagnosed with a chronic medical condition. If it is a normal result they will be giving out info leaflets from BHF on BP, cholesterol and smoking, if it is a raised result then they will be offering you a 7 day home BP monitor. The results of both HBPM and random BP will be sent to the practice so they can be coded for the notes (even if normal). The GPs will only need to action if an undiagnosed hypertension is found and medication is needed.

## Fancy some Gentle Exercise for ½ hr followed by tea and chat :

Pop into

Abbeyfield - Thursday 10.30am

Millom Guide Hall - Mondays 2pm (Not Bank Holidays)



## Accurix messages

If you have given us your mobile number you will possibly receive text messages from us. These are showing on your phone as Accurix. These are genuine messages from the surgery.

If you would like to receive these messages please check with Reception that we have your correct details on file.

**Half Day training.** The next half days when the surgery will close for essential training at 1.00pm are; **Thursday 16<sup>th</sup> May and Wednesday 12<sup>th</sup> June**

When we are closed, emergencies are dealt with by CHOC so please ring 111 and you will be directed to CHOC if necessary. We reopen the next morning at 8.00am and Dispensary is also closed at this time



**Half day Training sessions for the rest of the year.** Thu 11th July, No August PLT, Wed 11th September, Thu 10th October, Wed 13th November, No December PLT, Thurs 16th January 2020, Wed 12th February 2020, Thu 19 March 2020