



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.

Issue 303 July 2026 www.seascalehc.co.uk

Practice Car Park

We are seeing a number of the public using the practice car park to go to the shops or library. The car park is for practice staff and patients attending the surgery only. Please do not use the car park to visit the library or the shops.

Also please do not park against the surgery where the windows are this causes difficulty for people to pull out of the bay parking.

Electronic Repeat Dispensing Patients (ERD)

When you are on your last issue of ERD please let us know before you run out of medication as you will more than likely need an appointment with the nurse for bloods. We cannot re start your ERD until you have had your bloods done this is due to us needing to know if the dose of medication you are on is still sufficient.

Do you have muscle or joint problems?

The free GetUBetter app has been designed in collaboration with local health professions and is now available for people across north cumbria to download.

The app will offer tips, advice and exercises tailored to you and your stage of recover.

The symptom checker will allow the app to give you specific advice based on your main issues. It covers back neck, shoulder, elbow, hi, leg, knee and ankle pain as well as tendinopathy.

It will give you the tools to self-care your condition at home and even better, around your own schedule. It will also redirect you to the appropriate service where more specialist treatment is required.

Find out more and download the app-

ncic.nhs.uk/news/free-app-self-care-your-muscles-and-joint-probmles-home



Which GPs Are In Which Days

GP	Monday	Tuesday	Wednesday	Thursday	Friday
Dr Carhart		Clinic AM	Clinic AM		
Dr Miles	Clinic AM		Clinic AM	Clinic AM	
Dr van Bussel	Clinic All Day	AM Bootle Clinic PM Seascale Clinic		Clinic All Day	
Dr Joshua	Clinic All Day	Clinic All Day	Clinic All Day		Clinic All Day
Emma Proctor (Nurse Practitioner)				Clinic All Day	Clinic All Day

Contact us online-

We are trying to get patients to use our website (<https://www.seascalehc.co.uk/>) for any online admin requests you have.

The admin requests that we accept via the website are as followed-

- Doctor's letters,
- Fit (sick) notes,
- Test results
- Referral follow-up
- Prescription Queries
- Routine care
- Anything else admin related.

Please see example below on how to use –

Seascale Health Centre

Partners in the North Cumbria Primary Care Alliance

NHS Providing NHS services

Search ...

Home Appointments Prescriptions Services About Team Contact us

Welcome to the Seascale Health Centre

Important messages

- 1 Important Update: Continued Access to Services at Your GP...
- 2 IMPORTANT INFORMATION REGARDING WEIGHT...
- 3 WEIGHT LOSS INJECTIONS – June 2025

Test results

Getting your test results If your test results show that you need more tests or treatment, we will contact you. Once a doctor has reviewed your test results, you can...

Sick (fit) notes

If you've been off sick for more than 7 days To request a sick note: use our sick note request form, Monday to Friday when we are open. We will...

Register with the surgery

Catchment area Before filling out a registration form, check you are in our catchment area. Find out which GPs you can register with on the NHS website. Registering with the surgery...

Friends and Family Test

Please let us know how likely you are to recommend our GP practice to your friends and family.

Complaints

If you have a complaint about the practice, please call the Practice Manager. If you prefer, you can write to us. We will answer your concerns as soon as possible....

Changing your contact details

To update details like your name, address, phone numbers or email address: fill out the change of contact details form below phone or visit the surgery, when we are open...

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Date last updated: 7th April, 2026

Sick (fit) notes

If you've been off sick for more than 7 days

To request a sick note:

- [use our sick note request form](#), Monday to Friday [when we are open](#). We will respond within during opening times.
- [use your Patient Access account](#)
- phone or visit the surgery [when we are open](#)

If you've been off sick for 7 days or less

If you're off work sick for 7 days or less, your employer should not ask for medical evidence that you've been ill. Instead, they can ask you to confirm that you've been ill. You can do this by filling in a form yourself when you return to work. We call this self-certification.

[Find out more about sick notes](#) on the NHS website.

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Form available all day

Select an option

- ☐ Repeat prescription
Order a prescription or ask a question about your medication
- ☐ Fit (sick) note
A medical statement about your fitness to work
- ☐ Routine care
Including long-term condition and medication reviews, vaccinations and screening
- ☐ Test results
Ask about the results of a recent test
- ☐ Referral follow-up
Ask about an existing referral
- ☐ Doctor's letter
Including private, insurance and educational letters
- ☐ Other admin request

Back

Continue

What would you like help with?

⚠ This service is for routine queries and should not be used for urgent problems. This will be read by a member of the team within 3 working days.

If you need more urgent help, call your GP practice. If it's closed, visit [NHS 111 online](#) or call 111. In an emergency [call 999](#)

Available options

I have a health problem Available 8am to 6:30pm →

Contact your GP about a new or ongoing problem

I have an admin or routine care request Available all day →

Includes fit (sick) notes, repeat prescriptions, reviews, screening and vaccinations

I want to read online advice

Read NHS information on conditions, symptoms and treatments

I want to self-refer →

Find local services you can access without a GP referral

Use NHS login to submit your request faster

NHS Continue with NHS login

[NHS login help centre](#)

Upcoming Bank Holiday Closure

Both sites will be closed on Monday 31st August.

Please check your medicine supplies prior to the closure and order appropriately. If you find yourself without your repeat medication during the closures you are advised to contact 111 who can assist you and send a prescription to a Community Pharmacy that is open during the bank holiday.



There is no training afternoon in July.

Seascale 019467 28101 Bootle 01229 718711

@SeascaleHC



www.seascalehc.co.uk

