



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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Entering the Surgery

At Seascale we are asking patients not to enter the building unless they have a booked appointment or they are collecting a prescription.

Prescription requests can be placed in the box in the hallway, they don't need to be brought to the dispensary counter for processing. The box is emptied twice a day and there is a pen and slips to write on above the request box in the hallway for those who have not brought their repeat slips with them.

All queries can be dealt with over the phone as well as appointments that need to be booked.

Many surgeries across Cumbria have completely closed their doors and are only letting patients in who have appointments, we are not able to do this due to having a Dispensary on site.

Please minimise trips into the surgery, protecting yourself and others. Thank you.

COVID-19 Vaccine

There has been a lot of talk of different COVID-19 vaccines in the media recently and we are slowly getting guidelines and information through from NHS England. The vaccinations for the Seascale population and surrounding areas will highly likely be provided as part of a wider Copeland vaccination programme due to constraints through the guidance. As soon as there is further information about how the COVID 19 vaccination programme will be run we will let you know.

Have a thought for those alone at Christmas

Christmas can be a lonely time of year for some under normal circumstances. This year is going to be very different for some who may not be able to be with family or friends due to COVID. Almost a million older people say they feel lonelier at Christmas (**based on research by Age UK**), and half a million older people can go up to a week without seeing or speaking to anyone.

Sometimes a small gesture of kindness goes a long way to someone who may be lonely this Christmas.

- Stay connected – Call your friends, colleagues and relatives on the phone to see how they are.
- Maybe you know a neighbour or friend who is going to be alone this Christmas, you might not be able to enter their home but maybe you can support them by dropping off food parcels or essential supplies if they are unable to get out.
- Christmas cards – These are a small way you can let someone know you are thinking of them and they aren't forgotten.

Food Bank

A thank you from Netty Barker for the donations to the food bank, there has been an overwhelming amount of donations during COVID-19 and they are hugely appreciated.

Be self-care aware!

NHS

Compare the costs below

Where you visit	Self-care (Pharmacy or Supermarket)	GP & Pharmacy	Walk-in Centre	A&E
Indigestion & Heartburn	£3.99	£35.28	£43.43	£69.99
Hay Fever	£2.50	£33.79	£42.04	£65.50
Blocked Nose	£3.99	£35.28	£43.53	£66.99
Pain (paracetamol)	£0.59	£31.88	£40.13	£63.59

Do you really need to visit us, or could your minor illness/aches & pains be resolved at home with self-care such as rest and paracetamol?

Take a look at the cost comparison - think twice before attending A&E/GP/Walk In Centre!

(The cost of the Paracetamol is based on a pack size of 16 tablets)

There is no Training Afternoon in December



Make the right choice for YOU and YOUR NHS

Choosing to **self-care** when you suffer from a minor illness can help you and the NHS.

Its **simple, quick, easy** and **considerate.**

Find out more about self-care at: www.nhsstaywellderbyshire.co.uk

Be self-care aware

XMAS & NEW YEAR BANK HOLIDAYS

Friday 25th December – CLOSED
Monday 28th December - CLOSED
Friday 1st January – CLOSED

BOOTLE SURGERY CLOSURE DAYS

In addition to the dates above Bootle Surgery will be closed on the following days:

Thursday 24th December
Wednesday 30th December

We are sorry for any inconvenience this may cause.

Flu Jabs

We have now received guidance from the Government that we are able to start vaccinating the 50-64 **not at risk** age groups with effect from the 1st December.

We are currently waiting delivery of additional vaccines. Once we have a delivery date we will be able to start making appointments for patients.

Please help us to contact you quicker with updates and Flu clinics times by ensuring we have an up to date mobile number for you. At the moment Text messaging is the quickest and easiest way of making contact with you. The postal service is operating on reduced deliveries and sometimes it can take a while for correspondence to reach you.

Seascale & Bootle Surgeries would like to wish all of our patients a Merry Christmas & a Happy New Year!