

WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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We would like to wish all of our patients a Happy New Year, we hope everyone enjoyed their time over Christmas even if it was different to usual!

COVID Vaccinations

COVID vaccinations got underway at Flatt Walks (Red Centre) in Whitehaven on Tuesday 15th December. Volunteers from various NHS organisations across North Cumbria were involved including staff, nurses and GP's from Seascale Surgery. We were allocated 140 vaccinations for our patients to be vaccinated on this date. We still have a lot more over 80's to contact when we are allocated more vaccines.

Please ensure that the surgery has up to date contact details for you including a mobile telephone number if possible. You can do this via the website, go to the 'Patient Information' section and choose 'Updating your Details'.

Please do not contact the surgery to enquire when you will be offered the COVID vaccine. We have a list of patients that we are working through which is being worked through by our secretary staff. The Reception Team have no involvement in the booking of COVID vacs.

No further dates have been given to us yet, rest assured we will contact patients when it is their turn. We understand the frustrations of many who are eligible for the first wave of vaccines and have not yet had a phone call, we can only contact you when the vaccines have been made available to us.

Lockdown Restrictions

On Monday 4th January the Government announced another national lockdown and have reintroduced shielding. If you had a letter from NHS England during the first lockdown to advise you that you are on the shielding list you should follow these rules:

- do not go to work, school, college or university
- limit the time you spend outside your home
- only go out for medical appointments, exercise or for essential reasons



If your circumstance has changed since the last lockdown and you think you are now on the shielding list, NHS England should send you a letter this time to confirm this – note: this is done centrally and not routinely provided from us here at the GP surgery.

For more information on shielding visit <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/advice-for-people-at-high-risk/>

We are expecting patients to contact us regarding collection of their medication if they are on the shielding list and cannot collect it themselves. Where possible, a family member, friend or neighbour should be asked if they can collect on your behalf providing they are not on the shielding list also. Please ensure the person collecting for you has your name and address so the prescription can be released, without two pieces of patient identifiable information the dispenser on duty will be required to refuse collection.

During the last lockdown we had a list with a local group of volunteers, we are in the process of updating this list so we can offer the number of a local volunteer to those who have nobody else who can collect for them. If you would like to become a volunteer please contact the surgery to enquire.

If you intend to use the volunteer service for yourself or your household please try and make sure all medication is ordered together, preventing multiple trips for the volunteer. While we are unable to double up prescriptions during COVID-19 we can help facilitate medication alignment where some items may fall out of sync with others, speak to a Dispenser to assist with this.

Those at high risk from coronavirus can also get help with food and medicine deliveries from an NHS volunteer. Call **0808 196 3646** (8am to 8pm) to get help from NHS Volunteer Responders.

Patient Participation Group

What is it? Do you want to help Seascale and Bootle surgeries to provide excellent services to all their patients? If so, you can become a member of the Patient Participation Group.

This is a small group of volunteers who meet regularly (usually four times a year) with the Practice Manager and a GP. They act as a 'critical friend' to the practice, giving the patient point of view on the development and improvement of services, bringing in new ideas, helping to find solutions to problems and, where possible, taking in part in activities to support good health in our area. If you want to know more about Seascale and Bootle Surgeries Patient Participation Group please email Eileen Turner at turners.home@btinternet.com

Follow us on social media for regular updates:



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Thursday 21st
January the
surgery will be
closed from 1pm
for staff training

