**WWW**

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.

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**COVID Vaccination Update**

**From Thursday 17th June all adults aged 18+ are now eligible** and as below can book their appointments through the National Booking System. <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

There are two ways to get your covid vaccine:

*•    Your GP will invite you for the vaccine*

*•    You will receive a letter from the National Booking Service and you will be able to book at a community pharmacy or a Large Vaccination Centre*

1)    Our Primary Care Networks – groups of GPs working together – call their patients when they receive vaccine and can book people in. They will call people in line with the cohorts decided by the JCVI. You can wait to be called locally your practice will be in touch when it is your turn.  
2)    The National Booking Service is also sending invite letters to people when their cohort becomes eligible. This letter offers bookable opportunities.  
  
In North Cumbria the bookable options are now:

•    **Seascale Pharmacy**

•    Carlisle - Boots   
•    Carlisle – Pharmacy at St Paul’s Church, Lonsdale Street (near the bus station)  
•    Carlisle – Harraby Community Centre  
•    Cockermouth - Allison’s at The Globe Hotel    
•    Kirkby Stephen – Upper Eden Baptist Church – Green Tree Pharmacy, Victoria Square  
•    Penrith Auction Mart Vaccination Centre  
•    Penrith – Conference Centre at the Rugby Club   
•    Workington - Pharmacy2U at Dunmail Park   
•    Whitehaven - Seacliffe Pharmacy in Kells

Flatt Walks in Whitehaven are vaccinating those aged 18+. Appointments can be made by calling 01946 599998, please be patient the lines can be busy.

**Practice COVID Measures**

At both Seascale & Bootle we are still asking patients that attend the surgery to wear a mask. We are also requesting patients arrive as close to their appointment time as possible, patients who arrive early may be asked to wait outside or come back closer to their appointment time to avoid the waiting area being too full. We know sometimes Clinicians can run behind. The Receptionist will notify you if your appointment is slightly delayed and request that you step outside until the waiting area is at a safe capacity.

**Cumbria County Council and NHS Test and Trace are asking every person living and working in Cumbria between the ages of 12 and 30 to get a PCR test for COVID-19, even if they do not have symptoms.**

COVID-19 infections have risen sharply over recent weeks – particularly among younger age groups.

Tests will be conducted using PCR test kits, not the rapid result Lateral Flow Device tests that are used for regular weekly testing.

* People not at school can attend any of Cumbria’s testing sites between 8am and 8pm from 19 June 2021. You do not need to book your test, simply walk-in and you will be tested.
* Parents/carers will be informed of testing arrangements for school age children by their child’s school.
* If you cannot attend a test site you can get a test kit delivered to your home via [https://www.gov.uk/get-coronavirus-test](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTA2MTguNDIxMTk0NDEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ2V0LWNvcm9uYXZpcnVzLXRlc3QifQ.cMukYfZNrA0tUUZiZEIhs72aRo-bBNJYjqovYlLgn_8/s/495133560/br/108151299924-l). Choose the “I have been advised to get a test by local Public Health officials” option.

**Test site locations:**

* Carlisle RTS, Carlisle Lake District Airport, Irvington, Carlisle, CA6 4NW
* Carlisle Cecil Street LTS, Cecil Street Car Park, Carlisle, CA1 1NX
* Penrith Sandgate Car Park LTS, Penrith Sandgate Car Park, 32 Albert Street, Penrith, CA11 7XA
* West Cumbria Allerdale House LTS, Allerdale House Overflow Car Park, Workington, CA14 9SA
* Barrow-in-Furness Town Hall LTS, Barrow Town Hall Courtyard, Cornwallis Street, Barrow, LA14 2LG
* Copeland Castle Meadows LTS, Castle Meadows Car Park, Whitehaven, CA28 7RG
* Kendal County Hall LTS, Kendal County Hall Car Park, Busher Walk, Kendal, LA9 4RQ

If you test positive, develop any symptoms, or are contact traced following contact with someone who tests positive, you should self-isolate immediately.

**Why this is happening**

Infections have risen from 35 cases per week at the end of May to 250 per week now, and concerns have grown that many Cumbrians remain vulnerable to the virus.

Nearly 150,000 Cumbrians have not been vaccinated yet and around 85,000 people have so far only received one dose of the vaccine. People who have only had one dose have significantly less protection from the new Delta variant of the virus which is now circulating.

**Visit**[**cumbria.gov.uk/stopthespread**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTA2MTguNDIxMTk0NDEiLCJ1cmwiOiJodHRwczovL3d3dy5jdW1icmlhLmdvdi51ay9zdG9wdGhlc3ByZWFkIn0.BAYRSynt7OntXtA_rIN9sAiYu_pkLxpEsU7bk1QkDME/s/495133560/br/108151299924-l)

**Dispensary Queries**

We are aware some patients feel they are not able to speak to Seascale Dispensary with medication queries. To update, we have always accepted calls with any medication queries and continue to do so, however since the change in system and only having one phone in dispensary these calls are currently being transferred via Reception. **Note: Prescription requests transferred as queries will not be accepted these must be left on the voicemail at Seascale (option 3).**

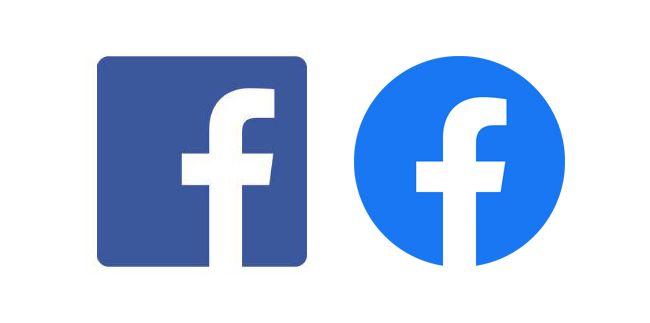
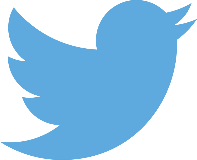
Medication queries can also be left on the voicemail and someone from Dispensary will be back in touch the same day to assist. We are looking into the idea of having a query only line to speak with a Dispenser however we are not able to do this until we have a second phone in Dispensary. We will update when/if this can be made possible.

There is no change to the Bootle phone line.

**Kooth**

Kooth is a BACP accredited service commissioned by Cumbria County Council and provides young people aged between 11 and 18 years old, with online counselling and emotional wellbeing support 365 days per year.

Kooth is completely free, safe and anonymous. There is no referral process, so young people can sign themselves up and access support from trained professionals and peers through moderated forums and articles. Visit [www.kooth.com](http://www.kooth.com) to sign up.

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Follow us on social media for regular updates: **@SeascaleHC**

**Thursday 15th July the surgery will be closed from 1pm for Staff Training. Bootle will close at 12:30.**