



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.  
Issue 269 May 2023 [www.seascalehc.co.uk](http://www.seascalehc.co.uk)



### **Bank Holiday Closure**

Both sites will be closed on the following dates

- Monday 1<sup>st</sup> May
- Monday 8<sup>th</sup> May
- Monday 29<sup>th</sup> May

Please bear this in mind when ordering your repeat medication to ensure you do not run out or leave it last minute to order.

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 on the bank holiday.

### **National Walking Month- Take to Your Feet**

Walking is one of the easiest ways to improve physical and mental health and stay connected to our community, helping us feel less lonely and isolated. And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money and keep active in the process!

Did you know that a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes?



### **Staff News**

Cherise will be leaving us on the 24<sup>th</sup> of May. Cherise has been with us as part of the reception team since August 2021 and has now decided it's time for a change. We are all sad to see Cherise go however we wish her all the best of luck in her new job and hopefully we will still see her around!



## **Exemptions**

If you're requesting someone else whether that is a friend or family member to collect your prescriptions from the Dispensary can we ask that they know which box they tick on the back of the prescription. If the information given is incorrect then there may be a charge to pay of up to £100 as well as the prescription charge.



**Wednesday 17<sup>th</sup> May  
the surgery will be  
closed from 1pm for  
Staff Training. Bootle  
will close at 12:30.**