



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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Know your Numbers Week!

4th - 10th September is Know Your Numbers Week! Blood Pressure UK are campaigning to encourage adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.

The theme for 2023 is: Measure. Modify/ Manage.

- Measure your blood pressure to see if it's under control.
- Modify your lifestyle if necessary.
- Manage your blood pressure and your health to beat 'the silent killer'.



**Blood Pressure
UK**

Helping you to lower your
blood pressure

120/80

An ideal blood pressure is under 120/80mmHg.

6 million

6 million people in the UK have high blood pressure and don't know it.

350

Every day in the UK, 350 people have a stroke or heart attack that could have been prevented.

We believe every adult in the UK should know their blood pressure numbers in the same way they know their height and weight. When you Know Your Numbers! You can take steps to look after your blood pressure and lead a long and healthy life.

Your diet, exercise levels and weight have a real effect on your blood pressure. If you have high blood pressure, you can start lowering blood pressure today by eating more healthily and being more active.

Signing your prescriptions

We are now asking that all patients must sign and date the back of prescriptions and tick the correct exemption. This was in place before covid however this stopped during that time but now we are asked that each prescription is filled out correctly. Please make sure you know your exemption or whoever is collecting your prescriptions know to. If the incorrect box is ticked this may lead to a fine.

Temporary Closure at Bootle

As of the week commencing Monday 25th September Bootle surgery will be closed till the 6th of October due to essential maintenance work happening in the building. We will open on the morning of Thursday 28th September and Thursday 5th of October for the **collection of medication only**. The telephone lines will be transferred over to Seascale for ordering of medication, appointments and general queries. We apologise for any inconvenience this may cause but we are unable to complete work with patients and staff in the building.

Seascale **019467 28101** Bootle **01229 718711**

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@SeascaleHC

Big Thank You

We would just like to say thank you to Seascale and Bootle charity fund for your donations. With these donations we have been able to replace the main entrance door at Seascale Surgery.



Welcome back

We would like to welcome back Dr Miles after being off on maternity leave. We are all happy to see her back here at the surgery.



COPELAND WELLNESS SERVICE NHS
WHAT MATTERS TO YOU

Pre-Diabetes Information and Support Sessions

Take Control

September

12th 5-6.30pm
21st 3-4.30 pm
28th 5-6.30 pm

EAT HEALTHY

at
Seascale Surgery

Join us for an informal session around understanding Pre-Diabetes and how you can help yourself

Looking at healthier choices, getting more active and your personal wellbeing

Call 01946 599998 to book a place

Thursday 14th September the surgery will be closed from 1pm for Staff Training. Bootle will close at 12:30.



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