



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
Issue 273 November 2023 www.seascalehc.co.uk

Medication Requests

Now is the time to start planning ahead before Christmas. Every year the surgery experiences a huge surge in demand over the Christmas period, this includes an influx of prescription requests. November is the month to check how much repeat medication you have and when your December order will fall.

If your December request will fall between the 18th December and 30th December then we would recommend you to order in advance in November to cover the festive period.

My medication falls over Christmas how do I ask for my medication early?

- If you order online, use the free text message on your request to write us a note explaining your order is early due to the Christmas break.
- Handwrite a short note on your repeat slip before dropping it in the box in the hallway
- Patients who order via the telephone at Bootle can ask the Dispensary Clerk for an early order.
- Patients who use the voicemail service at Seascale, please just let us know stating you are ordering early due to the Christmas break.

We will not be accepting 2 months repeat medication requests this year.



Due to the increase in work load and medication request we now ask all patients to allow **72hours** for repeat prescription requests to be processed.

For example- if you put your request in on a Tuesday this now won't be ready until Friday. If you put your request in on Tuesday after 4:30pm this won't be picked up until the following day which means it won't be ready until Monday.

Thank you for your understanding.

National Self Care Week 13 - 19 November 2023

What is National Self Care Week?

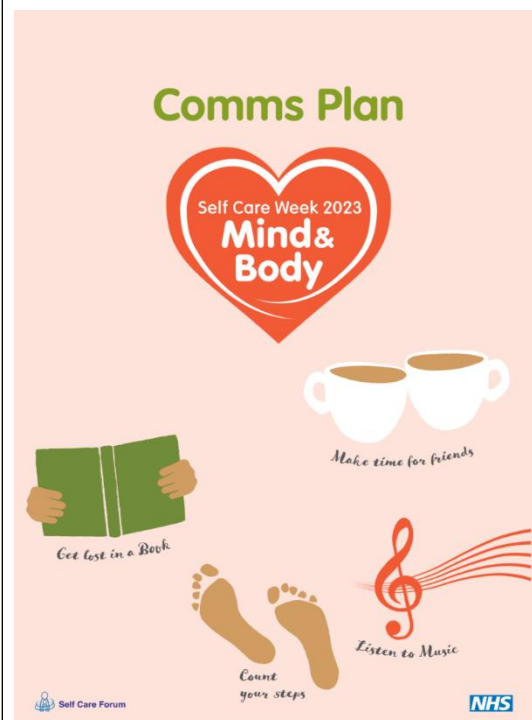
- Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.
- The theme for 2023 is “Mind & Body”
- The Self Care Forum has been organising Self Care Week since 2011

What messages can you promote during Self Care Week?

- A range of health messages can be communicated during Self Care Week including:
 - taking vitamin D supplements, particularly important for those shielding and unable to go outside
 - good nutrition and regular exercise to support general wellbeing and help maximize people’s immunity
 - adopting positive lifestyle choices
 - increasing health literacy levels in the community and in schools
 - supporting mental wellness by keeping connected, ensuring a sense of perspective, and taking further steps to maintain health
 - understanding how to manage minor and long term health conditions
- In addition, Self-Care Week provides an opportunity to promote better use of the NHS by signposting people to the right service relevant to their health needs – in particular, signposting people to pharmacy for accessible health care and advice.

Where should I start?

- The Self Care Forum has resources to help you plan for Self Care Week such as our 8 point plan and comms plan, we also have best practice case studies, posters and of course the Self Care Week icon.
- You could also [subscribe to our newsletter](#) for updates on Self Care Week and all things self-care.
- Or, for more information contact selfcare@selfcareforum.org.



New members of staff-

As I'm sure most of you will know the staff here at Seascale and Bootle surgeries we do have some new unfamiliar faces. We currently have two new receptionist Alicia who started with us in July and Riann who started Monday 23rd October. Our reception team is currently- Kathryn, Emma, Alicia and Riann. We also have a new member in our dispensary team Tracy who started with us in mid-summer. Our current Dispensary team is – Anna, Lisa, Barbara, Abbie and Tracy.

It is important to be **patient** and **kind** with our new members of staff as they are currently in the process of being trained.





MOVEMBER®

Together, we've taken men's health in the UK by the scruff of the neck

Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.

Movember was established in 2003 by a few friends over a beer in a pub just outside Melbourne, Australia. During Movember, men grow a moustache for the month, getting friends, family and colleagues to donate to their effort. Men and women can also chose to Move or Host a Moment. They want men to take action to live happier, healthier, longer lives and do this by investing in these critical areas: prostate cancer, testicular cancer, mental health and suicide prevention.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.



COPELAND WELLNESS SERVICE
WHAT MATTERS TO YOU

Pre-Diabetes Information and Support Session

Take Control

November

7th 5-6.30pm
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 looking after your personal wellbeing

EAT HEALTHY

Call 01946 599998 to book a place



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

Upcoming training afternoon dates-

There is no training in December or January.

Next training afternoon dates-

22nd February 2024

14th March 2024

Advance closures

XMAS & NEW YEAR BANK HOLIDAYS

Monday 25th December – CLOSED

Tuesday 26th December - CLOSED

Monday 1st January - CLOSED

BOOTLE SURGERY CLOSURE DAYS

In addition to the dates above Bootle Surgery will be closed on the following Fridays as normal:

Friday 22nd December

Friday 29th December