



WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
Issue 274 December 2023 www.seascalehc.co.uk

Flu and Covid Jabs

A reminder that patients can get their flu and covid jabs at your local pharmacy. You can book your vaccinations for the local pharmacies by visiting:

FLU- <https://www.nhs.uk/conditions/vaccinations/book-flu-vaccination/>

COVID- <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>

As with the last booster programme those eligible and without online access can call 119 to book an appointment. Lines are open Monday- Friday 08:30am-5pm.

Have a thought for those alone at Christmas

Based on research by Age UK approximately 1 million older people will be eating dinner alone on Christmas Day and 3.5 million older people are not looking forward to Christmas.

Sometimes a small gesture of kindness goes a long way to someone who may be lonely this Christmas.

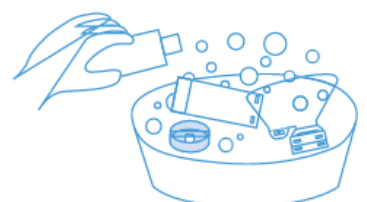
- Stay connected – Call your friends, colleagues and relatives on the phone to see how they are.
- Maybe you know a neighbour or friend who is going to be alone this Christmas, they may appreciate you dropping off food parcels or essential supplies if they are unable to get out.
- Christmas cards – These are a small way you can let someone know you are thinking of them and they aren't forgotten.

If you or someone you know needs support, Age UK is here for you. Call the Age UK Advice Line on 0800 169 6565, 8am to 7pm, every day of the year.

Do you use a spacer device?

Did you know?

- You should clean your spacer at least once a week. Regular cleaning will prevent powder accumulation inside your device.
- The back piece of your spacer should be removed and the other parts disassembled prior to cleaning
- All parts of your spacer should be soaked in lukewarm water for approximately 15 minutes with liquid detergent
- After 15 minutes rinse in clean water
- Shake out the excess water, you should not rub dry.
- Let it air dry in a vertical position
- Reassemble your device when all the components are completely dry.



Page 1 of 3

Be self-care aware!

NHS

Compare the costs below

Where you visit	Self-care (Pharmacy or Supermarket)	GP & Pharmacy	Walk-in Centre	A&E
Indigestion & Heartburn	£3.99	£35.28	£43.43	£69.99
Hay Fever	£2.50	£33.79	£42.04	£65.50
Blocked Nose	£3.99	£35.28	£43.53	£66.99
Pain (paracetamol)	£0.59	£31.88	£40.13	£63.59

Make the right choice for YOU and YOUR NHS

Choosing to **self-care** when you suffer from a minor illness can help you and the NHS.

Its **simple, quick, easy** and **considerate.**

Find out more about self-care at: www.nhsstaywellinbyshire.co.uk

Be self-care aware

Do you really need to visit us, or could your minor illness/aches & pains be resolved at home with self-care such as rest and paracetamol?

Take a look at the cost comparison - think twice before attending A&E/GP/Walk in Centre!

(The cost of the Paracetamol is based on a pack size of 16 tablets)

EE WiFiCall 07:34 97%

Home NHS Help More

Once they approve your prescription, you'll need to collect it from your GP surgery.

What you can do next

- Await approval**
The request will either be approved or rejected. If rejected please contact your Healthcare Professional.
- Collect prescription**
Once approved, it can take 3 to 5 working days for a nominated pharmacy to prepare your prescription.

Give Feedback

Advice Appointments Prescriptions Your health Messages

Rejected medication-

If ordering your medication via the NHS app and it states that your medication is rejected please **ignore** the 'if rejected please contact your Healthcare Professional' message.

You do **not** need to contact the surgery we will contact you if there are any issue regarding your medication.

Reminder

Please remember to leave 72hours for your repeat prescriptions to be processed.

If you're ordering early for Christmas please allow a week for your prescription before you come to collect from the dispensary.

Thank you for your understanding during this busy time of year.



Training Afternoon-

There will be no training in December.

Our next training afternoon will be the 22nd February 2024.



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 dates normal:

Friday 22nd December

Wednesday 27th December

Thursday 28th December

Friday 29th December



Seascale & Bootle Surgeries would like to wish all of our patients a Merry Christmas & a Happy New Year!



Please check your repeat medication supplies prior to the closure and order accordingly. If you find yourself with no medication when the surgery is closed you must phone 111 who can assist you and send a prescription to a Community Pharmacy that is open on the bank holidays.