

WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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Reducing Medication Waste-

Wasted or unused medicines is a serious and growing problem within the NHS. It is estimated that as much as £300million is wasted every year on unused or partially used medication.



Wasted Medicines is everyone's responsibility and there are small changes you can make to help reduce the amount of medicine being wasted-

- Only order the medicines that you need- check what medicines you have at home before re-ordering. Only tick and say that medicines that you need.
- Remember that unused medicines cannot be recycled- even if you never open them, once medicines have left the pharmacy, they cannot be recycled or used by anyone else.
- Check your medicines before you leave the pharmacy- open your prescription bag whilst you are still in the surgery; you can return any unwanted medicines to the pharmacy.
- Unused medicines are a safety risk- return unused or out of date medicines so they are disposed of safely.

Here at the surgery we have noticed a considerable amount of medication being wasted this past year. Some of these are unavoidable such as if the patient dies or develops an allergy – but many of these are examples of when the patient has continued to order medication each month but are no longer actually using them – just hoarding them. It's also often when someone else is ordering medication for the patient, such as a friend or relative. These medications add to the total amount of waste in the NHS as we ask you all to do your part to reduce waste, these medications are incinerated, and they cannot be recycled. This can equate to an enormous amount of money being wasted which could be spent on NHS services.

PenCycle-

Don't forget here at Seascale Surgery we want to help support the sustainable use of earth's resources and protect the environment for future generations. This means you can recycle your Novo Nordisk Pens here. Such as –

- Novorapid Flex Pen
- Novo Mix Flex Pen
- Levemir Flex pen
- Victoza Pen



You can collect your Pen Cycle box from Seascale Dispensary and start recycling.

Pen users **must** remove the needle from your pen and make sure your pen is empty before dropping it in to your return box. You **mustn't** include the needle in the return box. The pen cycle return boxes can only hold a **maximum** of 12 pens. Once this box is full you can come back to the surgery dispensary and drop it off and we will then send it off for recycling. There are instructions on the box for guidance.



Food Bank

Netty Barker who collects for the Food Bank has asked me to pass on a big thank you to everyone who has contributed to the collection with donations of food and toiletries. You have been very generous and Netty hopes that you will continue to be again in 2024.

Please consider contributing to the Food Bank Box in the surgery. Next time you're in the shops please think about buying something - tins are particularly useful as they have a very long shelf life.



Dry January

Dry January is the UK's one-month alcohol-free challenge. It isn't about giving anything up. It's about getting something back.

A month alcohol-free has a lot of benefits including:

- Lower blood pressure
- Reduces diabetes risk
- Lowers cholesterol
- Reduces levels of cancer-related proteins in the blood



If you have a smart phone, try downloading the TRY DRY app for helpful tips and resources as well as a diary to keep track of your achievements.



WALK FOR WELLNESS RAVENGLASS

MONDAY 5TH FEBRUARY
11AM

RAVENGLASS RAILWAY STATION
NORTHBOUND PLATFORM

BRING FLAT COMFORTABLE SHOES / TRAINERS, WATERPROOF JACKET AND A DRINK IF NEEDED.

TO BOOK YOUR PLACE PLEASE CALL US ON 01946 599998 OR EMAIL US ON NENCICB-CU.COPELANDSP@NHS.NET

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COPELAND WELLNESS SERVICE

Type 2 Diabetes Information and Support Sessions

Lowther Medical Centre Thursday 11th January 2024 5pm - 6.30pm

Seascale Surgery Thursday 18th January 5pm-6.30 pm

Cleator Moor Health Centre Thursday 25th Jan 4.30pm- 6 pm

Understanding Type 2 Diabetes and how you can help yourself to better manage it
Looking at What puts Blood Sugar up? Healthier choices, getting More Active and looking after your Personal Wellbeing

WEST CUMBRIA

CANCER CARERS WEEKEND SUPPORT GROUP

A friendly non judgemental environment, welcome to family members and partners of people with cancer to talk, listen, share experiences, offer support and vent!

FIRST SATURDAY OF EVERY MONTH 9:30

FAMILY ACTION CHILDRENS CENTRE
 Whinlatter Road, Whitehaven, CA28 8BN

Join us for a cuppa

More Info :
wccc.weekend.group@outlook.com

BOOTLE SURGERY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 ✓	2 ✓	3 ✓	4 ✓	5 ✗	6
7	8 ✓	9 ✓	10 ✓	11 ✓	12 ✗	13
14	15 ✓	16 ✓	17 ✓	18 ✓	19 ✗	20
21	22 ✓	23 ✓	24 ✓	25 ✓	26 ✗	27
28	29 ✓	30 ✓	31 ✓	1 ✓	2 ✗	3



Training Afternoon-

There will be no training in January.

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