

WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
Issue 276 February 2024 www.seascalehc.co.uk

Keep us updated-

If you get a new mobile phone number please let us know so that we can keep in touch with updates and reminders etc. Also, if you move house let us know your new address. If you move out of what has traditionally been our practice area you can stay on with us now if you wish as an Out of Area patient – which means that you can come to the surgery as usual but if you need a home visit you ring 111 and they will put you in touch with a surgery local to you. Alternatively, you can just reregister elsewhere as you could in the past. We do need up to date information in case we need to contact you.



Prescription Requests

This is just a reminder for patients to allow 72 working hours for us to process prescription requests. Orders placed online on a Friday night when the surgery is closed are not picked up until Monday morning meaning the collection day is Thursday. We are seeing increasing numbers of patients calling to collect before the 72 hour time frame and although we try and facilitate where we can, sometimes we are unable to dispense it earlier due to the size of the prescription or we are possibly waiting for an item to be delivered to us.

NHS Pharmacy First Service (PFS)

From the 1st of February 2024 the new pharmacy fist scheme will be available in pharmacies which will enable the management of common infections by community pharmacies through offering self-care, safety –netting advice, and supplying certain over the counter and prescription only medicines via clinical protocol and patient group directions. They can also treat 7 common health conditions.

These conditions are:

- Sinusitis- for children and adults aged 12 & over
- Sore throat – for children and adults aged 5 years and over
- Earache- (Acute otitis media)- for children ages 1-17years
- Infected insect bites- for children and adults aged 1 year and over
- Impetigo- for children and adults aged 1 year and over
- Shingles- for adults aged 18years and over
- Uncomplicated urinary tract infections- in women aged 16 to 64 years

PHARMACY
FIRST

NHS

YOUR PHARMACIST
IS THERE TO HELP

You don't need to wait for a doctor's appointment.

Quick, friendly advice and treatment:



BLOCKED NOSE



SORE THROAT



EAR ACHE



FEVER



COUGH OR COLD



TEETHING PAIN

Other conditions include:
➤ Athletes foot ➤ Sprains or strains
➤ Thrush ➤ Hay fever
➤ Threadworms

Advice from your
pharmacist is always free

Use your
**PHARMACY
FIRST**

What's on guide February 2024



**COPELAND
WELLNESS
SERVICE**
WHAT MATTERS TO YOU

NHS

Thursday 1st - Wellness Walk, Phoenix bridge, Cleator Moor - 10:30 - 11:30
Cosy Café, Skills 4 U, Cleator Moor - 11:30 - 12:00

Creative Journaling 5 week course - week 1, Egremont Methodist Church 13:00 - 15:30 (Pre bookable)

Friday 2nd - Wellbeing walk with still life acrylics, Distington club for young people - 13:30 - 15:30
(Pre bookable)

Monday 5th - Welcome Hub, United Reformed Church, Whitehaven - 10:00 - 13:30

Wellness Walk Ravenglass, Train station Ravenglass - 11:00 - 12:00 (Pre bookable)

Tuesday 6th - Wellness Walk, Fish monument, Whitehaven - 10:30 - 11:30

Wednesday 7th - Learning disabilities craft & social group, Salvation Army, Catherine Street - 10:00 - 12:00

Wellness Walk, Herons food, Egremont main street - 10:30 - 11:30

Thursday 8th - Wellness Walk, Phoenix bridge, Cleator Moor - 10:30 - 11:30

Cosy Café, Skills 4 U, Cleator Moor - 11:30 - 12:00

Creative Journaling 5 week course - week 2, Egremont Methodist Church 13:00 - 15:30 (Pre bookable)

Type 2 Diabetes support group, Lowther Medical, Whitehaven - 17:00 - 18:30 (Pre bookable)

Monday 12th - Welcome Hub, United Reformed Church, Whitehaven - 10:00 - 13:30

Tuesday 13th - Wellness Walk, Fish monument, Whitehaven - 10:30 - 11:30

Wednesday 14th - Learning disabilities craft & social group, Salvation Army, Catherine Street - 10:00 - 12:00

Wellness Walk, Herons food, Egremont main street - 10:30 - 11:30

Thursday 15th - Wellness Walk, Phoenix bridge, Cleator Moor - 10:30 - 11:30

Cosy Café, Skills 4 U, Cleator Moor - 11:30 - 12:00

Friday 16th - Wellness Walk, Walkmill Colliery, Moresby Parks - 11:00 - 12:30

Monday 19th - Welcome Hub, United Reformed Church, Whitehaven - 10:00 - 13:30

Tuesday 20th - Wellness Walk, Fish monument, Whitehaven - 10:30 - 11:30

Wednesday 21st - Learning disabilities craft & social group, Salvation Army, Catherine Street - 10:00 - 12:00

Wellness Walk, Herons food, Egremont main street - 10:30 - 11:30

Thursday 22nd - Wellness Walk, Phoenix bridge, Cleator Moor - 10:30 - 11:30

Cosy Café, Skills 4 U, Cleator Moor - 11:30 - 12:00

Creative Journaling 5 week course - week 3, Egremont Methodist Church 13:00 - 15:30 (Pre bookable)

Friday 23rd - Wellness Walk, Longlands Country Park, Cleator Moor - 11:00 - 12:30

Monday 26th - Welcome Hub, United Reformed Church, Whitehaven - 10:00 - 13:30

Tuesday 27th - Wellness Walk, Fish monument, Whitehaven - 10:30 - 11:30

Wednesday 28th - Learning disabilities craft & social group, Salvation Army, Catherine Street - 10:00 - 12:00

Wellness Walk, Herons food, Egremont main street - 10:30 - 11:30

Thursday 29th - Wellness Walk, Phoenix bridge, Cleator Moor - 10:30 - 11:30

Cosy Café, Skills 4 U, Cleator Moor - 11:30 - 12:00

Creative Journaling 5 week course - week 4, Egremont Methodist Church 13:00 - 15:30 (Pre bookable)

For more information or to book, please call 01946 599998 or email us on
nencicb-cu.copelandsp@nhs.net

West Cumbria Breast Cancer Support Group



(Gosforth, Seascale & Surrounding Communities)

Have you been affected by
a Breast Cancer diagnosis?

We are a small, friendly, informal group offering a warm welcome in a safe environment where we chat, share experiences and offer peer support.

Whether you are facing diagnosis, going through treatment or adjusting to life post treatment we really do understand what you are going through.

For further information, including details of our monthly meet-ups

find us on **Facebook**

@ West Cumbria Breast Cancer Support Group

or **email** us at

westcumbriabusombuddies@gmail.com

Seascale Pharmacy-

From the 1st of March 2024 there will be no pharmacists on the premises on Saturdays. This means prescriptions cannot be collected and over the counter medication will not be available for purchase. The shop side of the pharmacy will be open as normal.



Training Afternoon-

There will be no training
afternoon this month.



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www.seascalehc.co.uk

 @SeascaleHC