

WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
Issue 277 March 2024 www.seascalehc.co.uk



New members of staff-

As you all may have noticed we have a few new faces in the surgery who have just recently joined us. Starting with our new receptionists Georgina and Laura. Our current receptionist are- Kathryn, Emma, Riann, Georgina and Laura.

We also have Lisa who has joined our nursing team who has had 23+years' experience.

Our new GP Assistant Emma will be helping relieve some of the pressures on the GP's. She will be helping arranging admission while the GP can continue with their consultation(s) coding letters, arranging appointments, taking blood pressure, ECGs & Phlebotomy and to support the GPs overall.

We also have a new Frailty Care-Coordinator called Sue who some of you may have seen around. Sue's role is to support patients with mild to severe frailty within the community.

Our current GPs are, Dr Van Bussel, Dr Miles, Dr Carhart, Dr Raghunandana (Raghu) and Dr Chibueze (Joshua) and our Nurse Practitioner Emma Procter.

We have a new mental health nurse Liann starting with us who will be working every Tuesday PM on Telephone calls and the last Tuesday of every month will be face to face appointments.

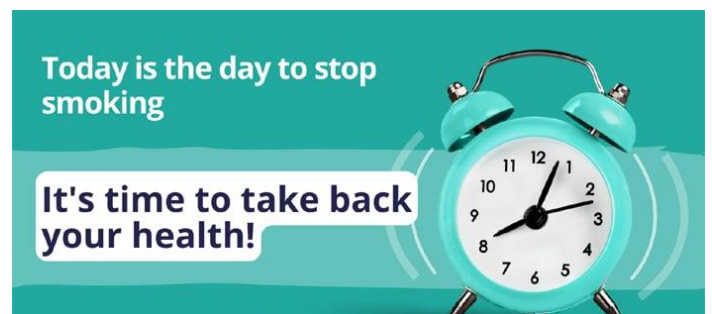
Please bear with our new members of staff.

March National Campaign- No smoking day

We know quitting smoking is a challenge but it's the best thing you can do for your health. It's never too late to quit, and you might notice the benefits sooner than you think.

Better Physical Health

Every time you smoke a cigarette your body is flooded with thousands of chemicals. Many of which are poisonous. The day you stop your



body starts clearing itself of all those nasty toxins and the repair process begins. You'll notice some benefits within days or weeks:

- Your sense of taste and smell improve
- Improved lung function
- Better blood circulation to your heart and muscles which will make physical activity easier

Reduced risks of smoking-related diseases

Your longer term risks of cancer, lung disease, heart disease and stroke will be significantly reduced.

- After 1 year risk of heart attack halves compared to a smokers
- After 15years, risk of heart attack falls to the same as someone who has never smoked

Better for your family and friends

For some people a big reason for stopping smoking is to be there for their family and friends.

Better mental health

You may think that smoking supports your mental wellbeing and helps you to relax and deal with stress but in fact stopping smoking boosts mental health and wellbeing.

Ovarian Cancer Awareness Month-

March is ovarian cancer awareness month symptoms of ovarian cancer can be caused by lots of different things, which can make it hard to diagnose. It is important to contact your GP if things don't feel normal for you, or if symptoms continue or get worse.

More info can be found on-
www.nhs.uk/conditions/ovarian-cancer

Common signs and symptoms of ovarian cancer 

The infographic features five icons in dashed boxes, each with a corresponding symptom description below it:

-  Feeling constantly bloated
-  Feeling full quickly when eating or loss of appetite
-  A swollen tummy
-  Needing to pee more often or urgently
-  Discomfort in your tummy or pelvic area

! It's unlikely you have cancer, but it's best to check with a GP if:

- You are experiencing these symptoms more than 12 times a month
- You have other symptoms of ovarian cancer that will not go away
- You are over 50 or have a family history of ovarian cancer

Measles out Break-

As some of us may know measles cases are rising across England. These highly infectious conditions can easily spread between unvaccinated people. Getting vaccinated is important, as these conditions can also lead to serious problems including meningitis, hearing loss and problems during pregnancy. 2 doses of the MMR vaccine provide the best protection against measles, mumps and rubella. If you have any questions about vaccinations, you can ask your GP surgery or other healthcare professionals for advice

You can also look on the NHS website to find out more information regarding the vaccine-
www.nhs.uk/conditions/vaccinations/mmr-vaccine



NHS

**You can book an appointment
and catch up on the MMR
vaccine at any age**

Getting the NHS MMR vaccine is free
and usually takes just a few minutes



CUMBRIA HEARING AID DROP-IN AT WHITEHAVEN

**Advice on hearing aid maintenance /
looking after your hearing aids,
including re-tubing and batteries.**



**The 3rd Friday of every month, 2024.
Friday 19th January, Friday 16th February,
Friday 22nd March, Friday 19th April, Friday 17th
May, Friday 21st June, Friday 19th July.
10am - 12pm**

**Where?
United Reformed Church,
The Market Place, James Street,
Whitehaven, Cumbria, CA28 7HZ.**



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BID SERVICES



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NHS
North Cumbria
Integrated Care
NHS Foundation Trust

CUMBRIA
COMMUNITY FOUNDATION



What's on Guide March 2024



COPELAND WELLNESS SERVICE
WHAT MATTERS TO YOU

Monday 11th - Welcome Hub United reformed Church Whitehaven 10-13.30

Wednesday 13th - Learning disabilities craft & social group 10-12

Thursday 14th - Whitehaven Wellbeing Harbour walk meet at Fish statue 10.30-11.30

Monday 18th - Welcome Hub United reformed Church Whitehaven 10-1.30

Wednesday 20th - Learning disabilities craft & social group 10-12

Thursday 21st - Wellbeing Walk Cleator Moor-meet at Skills4you BEC building 10.30-11.30

Friday 22nd - Wellbeing Walk at Walkmill woods Moresby- meet at Walkmill Carpark 11- 12

Wednesday 27th - Learning disabilities craft & social group 10-12

Thursday 28th Wellbeing walk at Egremont-meet at Herons foods main street 10.30 -11.30
Happy Easter!

Tel:01946599998 email necicb-cu.copelandsp@nhs.net



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

Remember clocks go forward on Sunday 31st March.

