



WWW

Welcome to *We//We//We//* from Seascale and Bootle Surgeries.
Issue 278 April 2024 www.seascalehc.co.uk

NHS Prescription Charge

The NHS prescription charge will increase to £9.90 on May 1st. Those not exempt will be charged the new price when collecting medication on or after this date even if the prescription was generated before May 1st.

The pre-payment certificate charge will also increase from May 1st:

- £31.28 for 3 months – **this will increase to £32.05**
- £111.60 for 12 months – **this will increase to £114.50**
- HRT £19.30 for 12 months- **this will increase to £19.80**

If you receive one or more items each month you would be better off purchasing a pre-payment card for the year which will cover all of your prescriptions including any extra you may require such as anti-biotics.

You can visit the NHS prescription costs for more information.

Contact us online-

We are trying to get patients to use our website (<https://www.seascalehc.co.uk/>) for any online admin requests you have instead of using the NHS app.

The admin requests that we accept via the website are as followed-

- Doctor's letters,
- Fit (sick) notes,
- Test results
- Referral follow-up
- Prescription Queries
- Anything else admin related.

Please see example below on how to use –

COVID-19 - [Get the latest advice about coronavirus on NHS.UK](#)

Seascale Health Centre

Partners in the North Cumbria Primary Care Alliance

Seascale Health Centre
019467 28101
Booth Surgery
01229 718711

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CONTACT YOUR GP

ONLINE SERVICES

ONLINE ADMIN REQUESTS

WHO SHOULD I SEE?

APPOINTMENTS

REPEAT PRESCRIPTIONS

SICK/FIT NOTES

SELF CARE

Outside of core hours

⚠ Seascale Health Centre is unable to take Medical Requests via this service, this service is only for Admin requests such as, Doctors letters, Fit Notes, Prescription Requests etc.

For urgent help, contact your GP. If they are closed, visit [NHS 111 online](#) or call 111. In an emergency [call 999](#)

What would you like help with?

Admin query

This includes: fit (sick) note, test results, repeat prescription or anything else admin related.

Online advice

See NHS advice and guidance on conditions, symptoms and treatments.

Self-referral

Refer yourself to local services.

I need more urgent help

Use NHS 111 online, or call 111

Admin query

Confirm this is not an emergency

Adults Children

Call 999 or go to A&E now if you or someone has any of these:

- **signs of a heart attack** (chest pain, pressure, heaviness, tightness or squeezing across the chest)
- **signs of a stroke** (face drooping on one side, cannot hold both arms up, difficulty speaking)
- **sudden confusion or delirium** (unsure of own name or age)
- **suicide attempt** (by taking something or self-harming)
- **severe difficulty breathing** (not being able to get words out, choking or gasping)
- **a serious accident, or severe injuries burns or scalds**
- **heavy bleeding** (spraying, pouring or enough to make a puddle)
- **severe injuries** (after a serious accident or assault)
- **a seizure or fit** (shaking, jerking, or unconscious & can't be woken up)
- **sudden, rapid swelling** (of the lips, mouth, throat or tongue)

British Sign Language (BSL) speakers can [make a BSL video call to 999](#)

Deaf, hard of hearing or speech-impaired people can use 18000 to contact 999 using text relay or a textphone.

⚠ In an emergency DO NOT use this form as your request will NOT be seen immediately.

If you require medical help right now, please call your GP. If your GP is closed, visit [NHS 111 online](#) or call 111.

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I confirm, none are present

Admin query

Select an option

Doctor's letter

This includes: private, insurance, educational letters etc.

Fit (sick) note

Tell us if you need a medical statement about your fitness to work.

Referral follow-up

Repeat prescription

Test results

Something else

Back

Continue

Admin query

Who is this request for?

Myself

Someone else

Back

Continue

Admin query

Your details

Provide details so we can identify who this request is for.

First Name

Minnie

Last Name

Mouse

Date of birth

For example 26 2 1956

Day

01

Month

01

Year

1965

Postcode

CA20 2RN

Your phone number

A mobile number is preferred.

How would you like to be contacted? (Select all that apply)

While we do our best to follow your preferences, this may not always be possible

Text message

Phone call

Do you want to verify your identity by receiving an access code?

This will help process your request faster.

Yes, verify

No, skip this step

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Continue

Review request before submitting

Your request will be sent to:

Seascale Health Centre

Seascale Health Centre, Gosforth Road

Seascale, CA20 1PN



Minnie Mouse

Date of birth: 01/01/1965

Phone number: [REDACTED]

Postcode: CA20 2RN

Query: Fit (sick) note

Have you previously had a note about this?: No

Briefly describe your illness or medical problem: Broken foot

When should the sick note start?: 16/04/2024

When should the sick note end?: 17/04/2024

Can your employer do anything to help you return to work sooner?:

Work from home

Contact method preference: Text message

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Submit request

✓ Request submitted!

What happens next?

The practice will review your request within 3 working days

For urgent help, contact your GP. If they are closed, visit [NHS 111 online](#) or call 111. In an emergency [call 999](#)

[How was your experience with this request form?](#)

Accurx created this form and regularly seeks feedback to improve it. Click here to share your thoughts with them.

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.

Contact us
Tel 01768 868510
Text 07872 400078 / 07545 540182
Email cumbria@bid.org.uk



BID Cumbria,
The Office, Mardale Road,
Ponrith, Cumbria, CA11 9EH.
Tel 01768 868510 Email cumbria@bid.org.uk
Website: www.bid.org.uk

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Seascale Pharmacy Reminder-

As from the 1st of March 2024 there is 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.



Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 16 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)

Visit your
Pharmacy First!



Training Afternoon-

There will be no training
afternoon this month.