



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
Issue 279 May 2024 www.seascalehc.co.uk



Bank Holiday Closure

Both sites will be closed on the following dates

- Monday 6th May
- Monday 27th May

Please bear this in mind when ordering your repeat medication to ensure you do not run out or leave it last minute to order.

If you find yourself without your repeat medication during the closures you are advised to contact 111 who can assist you and send a prescription to a Community Pharmacy that is open on the bank holiday.

National Walking Month- Take to Your Feet

Walking is one of the easiest ways to improve physical and mental health and stay connected to our community, helping us feel less lonely and isolated. And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money and keep active in the process!



Did you know that a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes?

Staff News

Kathryn will be leaving us on the 24th of May. Kathryn has been with us as part of the reception team since 2018 and has now decided it's time for a change. We are all sad to see Kathryn go however we wish her all the best of luck in her new job and hopefully we will still see her around!



NHS Prescription Charge

The NHS prescription charge has now increased to £9.90 as of 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 has also increased:

- £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.



What's on Guide
May 2024

Wednesday 1st - Learning Disabilities Craft and Pop-in group - 10-12 pm Salvation Army Catherine street Whitehaven - New members ring for availability

Thursday 2nd - Whitehaven Harbour Walk- 10.30 from the Fish statue.

Friday 3rd - Making dreamcatchers session at Parton Village hall 1-3pm. Booking essential through Eventbrite

Wednesday 8th - Learning Disabilities Craft and Pop-in group - 10-12 pm Salvation Army Catherine street Whitehaven - New members ring for availability

Thursday 9th -Egremont Wellbeing walk- 10.30 from Herons Foods Shop

Monday 13th -Welcome Hub- United Reform Church Whitehaven 10 - 1.30 pm

Wednesday 15th - Learning Disabilities Craft and Pop-in group - 10-12 pm Salvation Army Catherine street Whitehaven -new members ring for availability

Wednesday 15th Dementia friendly wellbeing walk. Whitehaven Harbour at 10.00 from the Fish statue.

Thursday 16th- Cleator Moor Wellbeing walk meet at Skills4you 10.30

Monday 20th -Welcome Hub- United Reform Church Whitehaven 10 - 1.30 pm

Wednesday 22nd - Learning Disabilities Craft and Pop-in group - 10-12 pm Salvation Army Catherine street Whitehaven - new members ring for availability

Thursday 23rd - Seascale wellbeing walk 10.45 at beach car park

Wednesday 29th - Learning Disabilities Craft and Pop-in group - 10-12 pm Salvation Army Catherine street Whitehaven - new members ring for availability

Thursday 30th- Distington Wellbeing walk meet outside Distington Community centre 10.30

Friday 31st- Walkmill Woods Moresby wellbeing walk - 11 am meet at Walkmill Woods carpark

For further information please ring 01946 599998 or email: nencicb-cu.copelandsp@nhs.net

COPELAND WELLNESS SERVICE
WHAT MATTERS TO YOU



Thursday 16th May
the surgery will be closed from 1pm for Staff Training. Bootle will close at 12:30pm