



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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NCPC Update

Seascale Health Centre has chosen to be one of the first GP practices to join **North Cumbria Primary Care**, an initiative designed to safeguard the future of GP services in North Cumbria.

North Cumbria Primary Care is part of the NHS led by GPs and built on co-operative principles with the aim to create a network of great general practice working with healthcare partners, voluntary organisations and the University of Central Lancashire in West Cumbria.

North Cumbria Primary Care is a not for profit organisation which means that if we make surpluses they will be reinvested in patient care.

There is a national shortage of GPs and the problem of recruitment is worse in remote and rural areas like ours. Part of the problem is that newly qualified doctors prefer not to have the business responsibilities or the expense of owning a GP practice. North Cumbria Primary Care will take on the business responsibilities leaving our GPs to do the job they are good at, effectively treating their patients.

Four practices in Copeland and Allerdale have already joined North Cumbria Primary Care. We are one of two practices that joined in March 2020. Five other practices in Workington and Carlisle are due to transfer in April/May.

We believe that joining North Cumbria Primary Care provides the best solution for our patients, our staff and the long term future of our practice.

We'd like to emphasise we are changing how the practice is managed not what it does. We believe that this represents a very positive opportunity for the patients of Seascale Health Centre and all of the staff who work here.

No Smoking Day – 13th March 2020 is No Smoking Day. Many smokers want to quit but aren't sure about the best way to go about it. There's lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of quitting. For smart phone users there is an app available called Smokefree which can be downloaded for free providing resources and advice on quitting. You can also visit your nearest Smoking Cessation service to get advice and help, enquire with your local Pharmacist about this service.



Blood Results – We are receiving an increasing number of patients trying to obtain blood results or other information regarding family members. This is a polite reminder, the receptionists **cannot** give any information out unless the patient in question has specifically given consent to share their information with their family member. If you would like to update your records so a certain family member can contact us on your behalf we must receive written consent so we can put this in place for future queries.



Care and support
through terminal illness

The Great Daffodil Appeal

Grab yourself a daffodil this March to support the appeal and help nurses care for people living with a terminal illness. Most convenience stores will have daffodils available!

Corona Virus -

The best way to protect yourself and others is:

- Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.
- Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have recently arrived back from specified areas follow the returning traveller advice.

Check the list of areas and find out more at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



Training Days

Half Day Training: The next half day when the surgery will close for essential training at 1.00pm is; **Thursday 19th March.**

When we are closed, emergencies are dealt with by CHOC so please ring 111 and you will be directed to CHOC if necessary.

We re-open the next morning at 8.00am and Dispensary is also closed at this time.

