



WWW

Welcome to *WellWellWell* from Seascale and Bootle Surgeries.
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Christmas Holiday Closure Dates –

Bootle surgery will be **closed** from 12:30pm on Monday 23rd Dec and will **re-open** again on Monday 6th January at 09:00am.

Seascale Surgery will be **closed** from 18:30pm on Tuesday 24th December and will **re-open** on Friday 27th December at 08:00am. The surgery will also be **closed** on the Wednesday 1st January.

Please check your repeat medication supplies prior to the closure and order accordingly. If you find yourself with no medication when the surgery is closed you must phone 111 who can assist you and send a prescription to a Community Pharmacy that is open on the bank holidays.

Staff News-

Great news, we now have two new receptionists who have joined our team here at the surgery Charlotte and Chloe. Please be patient with them as they are currently being trained and the reception team are trying their best during this busy time of year.



Sad news, Dr Raghu is saying goodbye to Seascale surgery after 2 years and 12 years at Fell View. His last week at Seascale Surgery will be the 23rd December. He is moving all the way to Sydney in the New Year to start a new job down under.



Steph the physiotherapist will also sadly be leaving the surgery after 30 years of being here! Steph's last week will be the week of the 9th of December. We wish Steph lots of luck for the future.

Food Bank-

Netty would like to thank all who have donated to the food bank this year. There has been many generous items received. The box will remain in the corridor as you come into the surgery for further donations in the New Year and throughout.



Blood Results

We have had a number of patients not happy that we have not contacted those regarding recent blood tests. Please be advised we will **only** contact you if the doctor needs to either speak to you or recall you for further tests.

If you do not hear from us you can call our receptionist and they will be happy to give you your results.

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 in a new surgery near to where you live. We do need up to date information in case we need to contact you.



Do you have muscle or joint problems?

The free GetUBetter app has been designed in collaboration with local health professions and is now available for people across north cumbria to download.

The app will offer tips, advice and exercises tailored to you and your stage of recover.

The symptom checker will allow the app to give you specific advice based on your main issues. It covers back neck, shoulder, elbow, hi, leg, knee and ankle pain as well as tendinopathy.

It will give you the tools to self-care your condition at home and even better, around your own schedule. It will also redirect you to the appropriate service where more specialist treatment is required.

Find out more and download the app-

ncic.nhs.uk/news/free-app-self-care-your-muscles-and-joint-probmls-home



Training Afternoon-

There will be no training in December.



Seascale & Bootle Surgeries would like to wish all of our patients a Merry Christmas & a Happy New Year!

