



August 2024 Newsletter

A few dates for your calendar:

- ◆ 1st August is cycle to work day— an event that encourages people to cycle to work and experience the benefits of everyday cycling. 
- ◆ 18th July to 17th August is South Asian Heritage Month—Find out more at— www.southasianheritage.org.uk/2024-sahm-theme/#
- ◆ 1-7th August—World Breastfeeding Awareness
- ◆ 9th August— National Womens Day
- ◆ 21st August—National Senior Citizens Day
- ◆ 28th August—National Bow Tie Day
- ◆ Hair loss awareness month— Learn more at www.daysoftheyear.com/days/national-hair-loss-awareness-month/
- ◆ Psoriasis Action Month
- ◆ Spinal Muscular Atrophy Awareness Month
- ◆ National Golf Month
- ◆ National Wellness Month
- ◆ National Panini Month

If you would like to find out what else is celebrated in August, feel free to visit: www.daysoftheyear.com/days/aug/

Welcome to The Village Medical Centre’s latest newsletter! We’re delighted to connect with you and share updates from our practice and valuable health information to support your well-being. This months edition contains information about

August is a very busy month for many, school has officially broken up and many are setting sail to various parts of the country or world. It is very easy to get swept up in everyday life and this is where we are here to help.

If you are going away whether that be inside or outside of the country we advise to ensure you are ordering your medication a week before you go away to give the doctors and pharmacies time to check your prescription and dispense the items. If your prescription is not due, do not worry, you can still request your medication by adding the dates you are away from and till to the request. With this information the doctor will be able to see why the request is early, if there are any issues with the prescription the admin team will get in touch with you. We also have a black letterbox to the right of the sliding doors which can be used to post prescriptions if we are closed, this box is checked first thing and regularly throughout the day.

With the help of the NHS app you will be able to keep track of any appointments you have at the GP surgery and with the hospital. If you are unable to make a GP appointment you can cancel this appointment via the NHS app or the reminder text that is sent out prior to the appointment by the surgery. We recommend speaking with the hospitals directly should you need to cancel an appointment otherwise it could result in you being discharged.

We know the holidays have only just begun and we do not want to bring the mood down but we wanted to address the back-to-work/school blues. It can be quite daunting going back to work/school after having time off, sometimes it is difficult to get back into the swing of things and get into that regular routine again. It is important to recognise these feelings to ensure you are not getting too overwhelmed.

Please see the link for some top tips to help: www.mind.org.uk/information-support/your-stories/my-tips-on-returning-to-work-after-the-holiday/

It can also be difficult for children/young adults to go back to school/college sometimes more so when it is a new school/college. For tips on how to help them please see the link: www.youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety/

We also have our mental health nurse Jenna available at the surgery on Monday’s and Friday’s, speak to the admin team about booking an appointment. Jenna offers face to face appointments as well as phone calls. There are also a number of different resources available in the wider community.

www.insightiapt.org/locations/wirral/

Samaritans- 116123

Crisis line- 0800 145 6485

Have you downloaded the NHS app?

Did you know you can now view your GP results on the NHS app?

Did you know you can see the pending hospital referral and appointments?

Did you know you can view and book GP appointments?

See the next page for more details.

Do more with the NHS App!

-  Order repeat prescriptions
 -  Book appointments
 -  View your records
- And much more...



www.nhs.uk/nhs-app/

More information about the NHS app...

This account can be accessed via the NHS website or you can download the NHS app via the Apple store (for Apple devices) or Google play (for android devices). You do not need any log in details from your surgery to make an account, the app might ask you to prove your identity by providing photo ID otherwise no other details are required.

You can also link your profile with anyone under your care whether that be your children or family member. By linking the profiles you will be able to act on their behalf to order their prescriptions and book appointments for them. In order to set up a linked profile both yourself and the other person will need to be registered at the same surgery. You will then need to visit the surgery with the appropriate identification and the admin team can link the profiles.

For further details/help regarding linking profiles please visit
www.nhs.uk//nhs-app/nhs-app-help-and-support/linked-profiles-in-the-nhs-app/

If you ever have any issues with the NHS app or other applications and you need to order medication, you can do this via our online consultation patches which is on our website:

www.patches.ai/login

Or alternatively click 'contact my GP' in the NHS app to be taken straight to the site.

Are you looking after a family member, partner, or friend who needs help due to illness, disability, or other reasons?

We want to support you! Registering as a carer with our practice ensures you receive the help and resources you need. Please notify us of your carer status so we can provide the best possible care for you and your loved ones.

Contact us today to register!

Dr Omokimi Omolokun (Dr Kimi) will be leaving us on Monday 5th August after completing her year of GP speciality training. We will definitely miss her being part of the team but wish her all the best with her future endeavours.

Did you know?



In the last 5 years GP practices have lost funding worth over £660 million.

We're not allowed to use the poor funding we have to recruit more GPs or more practice nurses.



This is why you struggle to see your GP

**General Practice is being broken.
We know you deserve better than this.
GPs Are On Your Side.**

Find out more at: www.bma.org.uk/gpsareonyourside

We would love to hear your thoughts!

We have an online form which allows you to freely type your feedback about any aspect of the surgery. Alternatively, we also forms in reception to complete.

Scan the QR code on the right to complete your feedback now →

