



January 2025 Newsletter

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 month's edition contains information about ...

Targeted Lung Health Checks

Patients aged 55-74 years old, who currently smoke or have ever smoked are now being invited to have a lung health check, which is a simple check up to see how well your lungs are working.

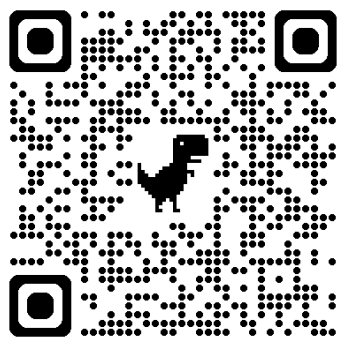
If you are eligible, you will receive a text message with an appointment. If you have not received a text message and believe you are eligible then please contact the targeted lung health check team on 0151 254 3032.

It is important your GP surgery knows your smoking history to ensure you are invited to the appropriate health checks, if you would like to check your records are up to date then please speak with the admin team.

Your lung health check will be a 30 minute phone call to complete a series of questions about your health and lifestyle including any personal or family history of lung cancer as well as your smoking history. From these answers your risk of developing lung cancer will be assessed, if you are deemed to have an increased risk of lung cancer you will be offered a low dose CT scan, which is a type of X-ray which takes an image of your lungs. The results will then be sent to you and your GP about 4 weeks after the scan.

You can find out more information at the Liverpool heart and chest hospital website:

www.lhch.nhs.uk/lung-health-check



Keeping your contact details up to date:

It is very important to make sure your contact details are up to date to enable effective communication from the surgery for both medical updates as well as administrative ones. If you need to change your name, address, number or title, you can do this on our website by visiting the link below or scanning the QR code provided.

thevillagemedicalcentre.org.uk/change-of-personal-details



Sign up for our newsletter to receive a copy straight to your inbox:

January is blood donor month, we encourage anyone who fits the eligibility criteria of donating blood, to donate. Blood saves lives, find out more below:
www.blood.co.uk

X-Ray Appointments

From the 6th January 2025 patients will be asked to book an appointment for x-rays rather than attend as a walk-in.

To do this you can call 0151 604 7165 and option 5 or visit wuthnhs.simplybook.cc/v2/ to book an appointment for both x-rays and blood tests.

For your x-ray appointment you can attend Victoria Central, Clatterbridge, St Catherines or Arrowse Park Hospital.

Need an X-Ray?

From January 2025, Wirral patients who have had an x-ray requested by their GP will now have to book an appointment slot.

You can do this, hassle free at any of our hospital sites;

- Arrowse Park Hospital
- Clatterbridge Hospital
- St Catherines Hospital
- Victoria Central Hospital

If your GP has requested an xray, book your slot today via any of the following:

- <https://wuthnhs.simplybook.cc/v2/>
- 0151 604 7165 Option 5
- Or scan the QR code

Dry January

Dry January is celebrated by either giving up alcohol for the first 31 days of the year or to reduce alcohol intake. There are a lot of **benefits** to dry January, such as:

- **Energy and mood boost**—Alcohol is a depressant so by reducing or cutting out alcohol consumption it can help to promote a better mental attitude and reduce fatigue.
- **Weight loss and bloating reduction**—there are a lot of empty calories in alcoholic beverages so by reducing or cutting out alcohol consumption people often lose weight.
- **Increased Hydration**—alcohol has a tendency to cause dehydration so by reducing or cutting out alcohol people can stay hydrated more easily and feel better.
- **Improved Liver Health**—alcohol can cause inflammation by reducing or cutting out alcohol it can help to reduce this inflammation which promotes better health.

Find out more information below:

www.keepingwellnwl.nhs.uk/news/dry-january-top-tips-success

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

