



The Village Medical Centre

November 2025 Newsletter

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 TheVillageMedicalCentre

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

Remembrance Day

As a surgery we will be holding two minutes silence in remembrance of those who lost their lives fighting for their country, we invite anyone visiting the surgery to join in the two minutes' silence. This will be held on Tuesday 11th November at 11am.

The Royal British Legion (RBL) is at the heart of a national network that supports our Armed Forces community which has 180,000 members, 110,000 volunteers and a network of partners and charities. To find out more about RBL and/or donate please go to;

www.britishlegion.org.uk

Santa is on his way!

Christmas is only round the corner and it can be a very busy time for all so it is very easy to forget things on the run up to Christmas. Therefore, it is very important you check when your prescriptions will be due over the Christmas period, to ensure you leave enough time for the script to be signed and processed. All requests can take up to 2 working days for a doctor to sign and send the medication to the chemist who can then take on average 7 days to dispense medication.

If you are going away then please take this into account as well, please note down the dates you are away from and till on the request so the doctor can see why you are requesting earlier than normal and ensure you have enough medication to last during your holiday.



If you are unsure when to order your medication, please speak to the admin team.

You can request your medication at reception where you will find some medication request slips; on the NHS app or via our online consultation (PACO GP) via on our website (scan the QR code).

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 have forms in reception to complete.

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





CARE MAINTENANCE FOR GRANDPARENTS

Starting every Thursday from 10am - 12 Noon

Men Too are providing a group for male and female grandparents who offer care to their grandchildren or young people who are aged 0-18 years or up to 25years SEND.

The is time for you to relax, rejuvenate and top up your wellbeing while socialising with other grandparents.

Free drinks and snacks provided in our building in Birkenhead
For more information or to book on please call
07415094194.



HPV (Human Papillomavirus) Vaccination

The Human Papillomavirus (or HPV vaccination as it is more commonly known) is a vaccine which helps reduces a persons chances of getting human papillomavirus (HPV). HPV is a common virus which is spread through skin contact and most types are harmless however, there are some types which are linked to an increased risk of certain types of cancer, such as;

- Cervical Cancer/Mouth Cancer/Anal Cancer/ Penile Cancer/Vulval Cancer/Vaginal Cancer

The HPV vaccine is recommended for children aged 12-13 years old as well as people at a higher risk from HPV. The vaccine is usually given at school however, if you have missed the vaccine you might be eligible to have this in the surgery.

Find out more information: www.nhs.uk/vaccinations/hpv-vaccine/

Movember (Men's Health Awareness Month)

Men are dying on average 4.5 years earlier than women.

There are around 10.8M men (globally) that are facing life with a prostate cancer diagnosis.

One man dies by suicide every minute of every day.

Movember raises fund to help projects fighting/supporting these issues as well as raise awareness of the importance for men to talk to others about their struggles. Find out more about the movember cause at:

uk.movember.com/about/cause

If you are struggling with your mental health or know of someone who is, please speak to our admin team to arrange an appointment with our mental health team.



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