



The Village Medical Centre

September 2026 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

World Alzheimer's Month

Did you know?

Every three minutes another family is affected by a dementia diagnosis.

Dementia is a group of symptoms caused by different diseases that damage the brain. Dementia does not just primarily affect the person living with the illness, it also affects their loved ones. That is why organisations and charities such as Alzheimer's society exist to support all that are affected by dementia.

September is a dedicated month to help raise more awareness of dementia and to increase the knowledge of the help and support to individuals and their families living with dementia.

It is likely that changes to our mental abilities are more noticeable as we age and for the most part this is part of the natural process of ageing. However, it is important to speak to a clinician when you or loved ones start to notice some of the below symptoms:

- Memory Loss
- Confusion And Needing Help With Daily Tasks
- Problems With Language And Understanding
- Changes In Behaviour

You can find out more about dementia and what Alzheimer's Society do on their website:

www.alzheimers.org.uk/about-dementia/types-dementia/what-is-dementia

Contacting the surgery

Some patients have reported to us that they can find it frustrating trying to get through by telephone during our busiest periods, particularly early morning.

For any query or request, please consider submitting a PACO online form.

PACO is our online patient contact system that allows you to submit medical queries, administrative requests and appointment requests directly to the practice without waiting on the phone.

How do I access it?

Simply visit our website and click the **PACO banner on the homepage**. Your request will be reviewed by the appropriate member of our team and we will respond promptly.

Follow TVMC on Facebook

We regularly share practice news, service updates, health information and important announcements on our Facebook page. Following us is an easy way to stay informed about changes to services, vaccination campaigns and other practice updates.

Find us on Facebook: The Village Medical Centre

<https://www.facebook.com/TheVillageMedicalCentre/>

Or alternatively go to Facebook and search for us by name.

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



Help us reduce medicines waste – only order what you need

Did you know that a large amount of medicines are wasted each year in Cheshire and Merseyside? We need your help to tackle this. By only ordering what you need, you can help **yourself, your community, and the environment**.

- **Stay Well & Safe:** Ordering only what you need helps prevent stockpiling. Unused medicines can expire and may not work as intended, and keeping a stockpile at home increases risks for you, your children, and pets. Remember, medicines are prescribed for you and should never be shared.
- **Stay Green:** Medicines account for around 25% of the NHS carbon footprint in England. Once a medicine leaves the pharmacy, it cannot be used by anyone else. By reducing waste, you are helping to prevent pollution in our rivers, seas, and soil.
- **Stay Organised:** Before ordering your repeat prescription, please check what you already have at home. Only request the items you need this time. If you are going into hospital, take your current medicines with you to help staff provide seamless care and avoid unnecessary duplicate prescriptions.

What you can do:

1. **Check before you order:** Review your current medicines at home before requesting your repeat prescription.
2. **Check your bag:** Before leaving the pharmacy, make sure you have only what you need.
3. **Dispose of medicines safely:** Return any unused or out-of-date medicines and used inhalers to your pharmacy for safe disposal.
4. **Attend your medication reviews.**

You Said, We Did (or Are Doing)

Thank you to everyone who completed our recent patient survey. We are carefully reviewing all comments and suggestions.

Feedback has so far highlighted the importance of access, continuity of care and clear communication.

Over the coming weeks we will continue to study your responses and we will use our newsletter, Facebook page and website to provide more information about how we aim to improve our services.

Save Time with the NHS App

Many of our patients are now using the NHS App to manage their healthcare online. The app allows you to order repeat prescriptions, view test results and access parts of your medical record at a time that suits you.

If you have not yet signed up, we encourage you to explore the NHS App and discover how it can help you manage your health more conveniently.

www.nhs.uk/nhs-app/

Physiotherapy team

Are you 16 years or over?

Do you have a problem with any of your muscles, ligaments, tendons or bones?

Have you got a soft tissue injury, sprain, strain or a sport injury?

Do you have lower back, mid-back or neck pain?

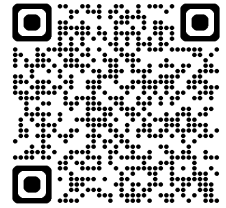
Do you suffer with arthritis, tennis elbow, carpal tunnel syndrome?

In the primary care network (PCN) there are a team of physiotherapists who are able to provide treatment plans and advice about all of the above. There are numerous face to face appointments available at several different practices including the Village Medical Centre.

Speak to the admin team to arrange your appointment with the physiotherapy team.

Warm welcome to Doctor Mohamed who is covering Doctor Milligan's maternity leave. Huge congratulations to Doctor Milligan on the birth of her beautiful little girl.

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



Flu and COVID Vaccinations 2026 2027

The **flu** and **COVID** vaccination season will soon be underway.

For the first time TVMC will be giving eligible patients the Covid vaccine here on our surgery premises. We hope that providing both flu and covid vaccines at the surgery this will be more convenient for our patients.

Over the coming weeks we will be inviting eligible patients for their vaccinations by text message and email.

If you do not have a mobile phone or email address, please do not worry. Our team will also be contacting eligible patients by telephone to ensure everyone has the opportunity to book an appointment. However, feel free to visit us in person to book your appointment.

This year, we will be running dedicated vaccination clinics, including Saturday clinics on the first three Saturdays of **October**, to provide as much flexibility as possible for patients. If you are eligible for both the flu and COVID vaccines, these can usually be given at the same appointment.

If you are unsure whether you are eligible, please contact our admin team who will be happy to advise. A summary below lists the eligibility criteria.

You may be eligible for a COVID vaccination if you:

- Are aged **75 or over**
- Live in a **care home for older adults**
- Have a weakened immune system due to a medical condition or treatment

You may be eligible for a free NHS flu vaccination if you:

- Are aged **65 or over**
- Are **pregnant**
- Live in a **care home**
- Have certain long-term health conditions, such as asthma, diabetes, heart disease, kidney disease or a weakened immune system
- Are a **carer** or the main carer for an elderly or disabled person
- Live with someone who has a weakened immune system

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EMERGENCY SERVICES DAY

BACKED BY THE PRIME MINISTER
AND FIRST MINISTERS OF NI,
SCOTLAND AND WALES, 999 DAY
TAKES PLACE EVERY YEAR ON
9TH SEPTEMBER.

- SAY THANKS TO THE EMERGENCY SERVICES FOR THE WORK THEY DO.
- TWEET YOUR SUPPORT #999DAY
- COME ALONG TO 999 DAY EVENTS.
- LEARN ABOUT 999 VOLUNTEERING ROLES AVAILABLE AND MORE!