

# SUNLIGHT GROUP PRACTICE

Winter Newsletter - December 2022



## USEFUL INFORMATION

TELEPHONE: 0151 644 0055  
OUT OF HOURS: 111  
PRESCRIPTION REQUESTS/ QUERIES:  
[cmicb-wi.prescriptionssunlight@nhs.net](mailto:cmicb-wi.prescriptionssunlight@nhs.net)

WEBSITE: [sunlightgrouppractice.nhs.uk](https://www.sunlightgrouppractice.nhs.uk)  
 [facebook.com/sunlightgrouppractice](https://www.facebook.com/sunlightgrouppractice)  
 [twitter.com/SunlightGP](https://twitter.com/SunlightGP)

## HAVE YOUR SAY...

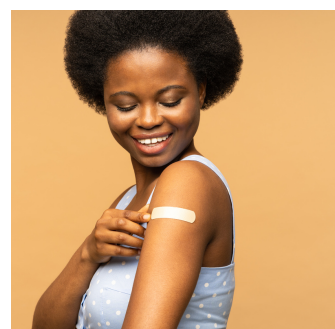
AS A PRACTICE WE VALUE YOUR OPINIONS AND WOULD LOVE FOR YOU TO HELP US IN SOME DECISION MAKING PROCESSES INCLUDING HELPING US CHOOSE OUR NEW LOGO.

TO JOIN OUR PATIENT PARTICIPATION GROUP (PPG)  
REGISTER HERE:  
<https://forms.gle/HwTV2PRZLnuNU5wF7>

## KEEPING WELL THIS WINTER

### WINTER VACCINATIONS

It is not too late to book your flu and COVID vaccinations. If you still wish to have your vaccination, please call us on 0151 644 0055 to book in. To check you are eligible, please visit the following website: [nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations)



### #EVERYMINDMATTERS

if you are feeling low this winter period there are a number of ways you can get the support you need. The NHS website provides an array of helpful information alongside support lines that can help in your time of need. **Every Mind Matters - NHS** ([www.nhs.uk](https://www.nhs.uk))



# WARM HUBS IN WIRRAL

HERE A FEW OF THE WARM HUBS IN THE LOCAL AREA THAT ARE AVAILABLE FOR USE BY ANYONE IN THE LOCAL AREA.

**INVOLVE NORTHWEST** - The Community Village, 330-334 New Chester Road, Rock Ferry, CH42 1LE  
**CONTACT : 0151 644 4500**

**ST MARKS CHURCH** - St Mark's Church Hall, 23 New Chester Road, New Ferry, CH62 1DG  
**CONTACT : 0151 645 2638**

**LIFE CHURCH** - 1a Old Chester Road, Bebington, Wirral, CH63 7LA  
**CONTACT : 0151 645 5955**

## TO FIND MORE CLICK :

<https://www.wirralinfobank.co.uk/SouthWirralWarmHubs>

# COST OF LIVING SUPPORT

FIND BELOW SOME USEFUL LINKS FOR SUPPORT IF YOU ARE STRUGGLING WITH THE COST OF LIVING CRISIS

## CITIZENS ADVICE:

Get help with the cost of living - Citizens Advice

## COMMUNITY FOOD SUPPORT :

COMMUNITY FOOD SUPPORT | Wirral InfoBank

## WIRRAL FINANCIAL SUPPORT SCHEME :

Wirral's Financial Support Scheme - Wirral Borough Council | Wirral InfoBank

## LOW COST & FREE ACTIVITIES :

Hobbies and things to do | Wirral InfoBank

# STREP A GUIDANCE

**Strep A is a common type of bacteria. Most strep A infections are mild and easily treated, but some are more serious.**

Common symptoms of strep A include:

- flu-like symptoms, such as a high temperature, swollen glands or an aching body
- sore throat (strep throat or tonsillitis)
- a rash that feels rough, like sandpaper (scarlet fever)
- scabs and sores (impetigo)
- pain and swelling (cellulitis)
- severe muscle aches
- nausea and vomiting

Most strep A infections are not serious and can be treated with antibiotics.

But rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS).

What to do if your child is unwell

It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts.

You know better than anyone else what your child is usually like, so you'll know when something is seriously wrong.

If your child does not seem to be seriously ill, you can usually look after them at home. They should feel better in a few days.

# ECONSULT

eConsult is a online form consultation and triage platform that collects your non-urgent medical or administrative request and sends it through to your GP practice to triage and decide what the right care is for you. Once received, your eConsult will be reviewed and you will receive a response within 48 hours.

# PRESCRIPTIONS

Please be mindful of any upcoming bank holidays or closures when sending in your prescription requests, leaving plenty of time to ensure you have any medication you may need.

FROM ALL AT SUNLIGHT PRACTICE GROUP

