

SUNLIGHT AT ALLPORT & PARKFIELD

Winter Newsletter 2023



USEFUL INFORMATION

TELEPHONE: 0151 644 0055

OUT OF HOURS: 111

PRESCRIPTION REQUESTS: Please use the NHS App. A link can be found on the practice website.

WEBSITE: sunlightgrouppractice.nhs.uk

 facebook.com/sunlightgrouppractice

 twitter.com/SunlightGP

Bank Holiday Closures

Please note the practice will be closed
Monday 25th December for Christmas
Day

Tuesday 26th December for Boxing Day

Monday 1st January for New Years Day

Protected Learning Time Closures

The Practice will be closed the
afternoons of:

Wednesday 7th February 2024

Tuesday 30th April 2024

Thursday 20th June 2024

Thursday 17th October 2024

for protected learning time.



KEEPING WELL THIS AUTUMN AND WINTER

STAYING WELL THIS WINTER

Make sure you:

- Get your COVID and flu jab
- Keep your home at 18 degrees celsius or higher if you can
- Keep your bedroom window closed on winter nights
- Wear layers of light clothes
- Keep active when you're indoors
- Take advantage of financial schemes and discounts to help you pay for heating
- Look out for other people who may need a bit of extra help over the winter
- Check your medicine cabinet - ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season.
- Look after your [mental health](#)

[Stay well this winter - NHS Leaflet](#)



If you need urgent medical help, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App. ➡ nhs.uk/111

In an emergency ring 999.



SOCIAL SUPERMARKETS IN WIRRAL

HERE A FEW OF THE SOCIAL
SUPERMARKETS IN THE LOCAL AREA
THAT ARE AVAILABLE FOR USE BY LOW
INCOME HOUSEHOLDS IN THE LOCAL
AREA.

Shaftesbury Youth Club
60 Mendip Road Tranmere CH428NU
Mon, Tue, Thurs 9:30am-3pm
Wed+Fri 9:30am-11:30am

Nightingale's Café, 80/90 Argyle Street,
B/head CH416AG
Mon-Fri 9am-2pm

Charlotte's Brightside Social
Supermarket Molyneux Drive New
Brighton CH451JT Mon+Tue 2pm-4pm
Wed+Thurs 11:30am-1:30pm

TO FIND MORE CLICK :

[https://www.wirralinfobank.co.uk/Search?](https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=)
[h?](https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=)
[keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=](https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=)

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](#)

MARTIN GALLIER PROJECT CHRISTMAS TOY APPEAL

Martin Gallier Project are delighted to launch
their Christmas Toy Appeal for the second year
running

This is designed to ease the pressure on families
during the festive period and bring joy to children
in our local area

There will be a labelled toy box by reception in
Sunlight at Parkfield for any toy donations.

Please note that Martin Gallier Project can only
accept **new toys**.



PATCHS

PATCHS now operates 07:00 - 12:00 Monday to
Friday (excluding public holidays). This allows
those with other commitments to access
PATCHS before the practice opens.

Your PATCHS will be triaged and responded to
within 2 working days, sooner if appropriate.
Any requests or queries not relating to medical
treatment, such as sick note requests, can be
sent to our reception email. Please make sure
you include the relevant information when
emailing so that your request can be processed
accurately and in a timely manner.

Please note that the practice may close PATCHS
earlier than advertised if capacity is exceeded.
If you need to speak to a clinician urgently, on
the day you can phone the surgery.

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.



SUNLIGHT AT ALLPORT AND PARKFIELD MEDICAL CENTRE MERGER - FAQ



Since the clinical systems merged in September, we have some FAQs we would like to share.

WHY ARE THE GP PARTNERSHIPS MERGING?

- Our practices have a long history of working together and this is the logical next step to ensure future viability and to protect and enhance patient services.
- We know from experience that we have like-minded values and share the same ethos and vision for patient services.
- Both practices have a strong reputation in training and we all believe in educating and empowering our next generation of doctors and nurses.
- As a whole team there will be more opportunity to be forward thinking and innovative to ensure we deliver a high quality of care responsive to the needs of our practice population and staff.
- This merger will enable the practices to develop a more sustainable future, investing in new staff, facilities and equipment for our patients.

WILL I STILL SEE THE SAME GP?

You can continue to see the same GPs in the same locations and receive the same high standards of care. You may be offered appointments at the alternative site. Although we will try to accommodate requests to see or speak to the GP of your choice, this cannot be guaranteed as it will depend upon availability on the day.

HOW WILL I MAKE AN APPOINTMENT?

There are no changes to the way patients can make appointments.

WHAT ABOUT MY DATA? IS IT SAFE?

Yes. We will continue to protect your personal information in accordance with regulations. Your medical record will continue to be held in the same secure clinical system and only those individuals who have a valid need to access your record will do so.

WILL PRACTICE BOUNDARIES CHANGE?

No. It was important to us that the individual Practice identities were preserved, and so it was requested that there was no change to the existing boundaries.

DO I NEED TO DO ANYTHING AS A PATIENT TO REMAIN ON THE LIST?

No – patients will be automatically transferred onto the new practice list.

WILL THE TELEPHONE NUMBERS CHANGE?

The telephone number for each Practice will remain the same for now whilst we coordinate with our providers to ensure that any changes don't disrupt your ability to contact us.

WILL YOU HAVE TO LOSE ANY ADMINISTRATION STAFF?

We are all very busy practices and we anticipate expanding services for patients so we will need all our much valued staff.

WHAT IF I HAVE ANY COMMENTS OR FURTHER QUESTIONS ABOUT THE MERGER?

Provide us with Feedback and suggestions on our website form: [Feedback and Suggestions Form](#)

LOCATIONS



SUNLIGHT AT ALLPORT SURGERY

Allport Surgery: 43 Bridle Road, Bromborough, Wirral, CH62 6EE



SUNLIGHT AT PARKFIELD MEDICAL CENTRE

Sunlight Group Practice: Parkfield Medical Centre, Sefton Road, New ferry, Wirral CH62 5HS