

SUNLIGHT GROUP PRACTICE

AT PARKFIELD MEDICAL CENTRE AND ALLPORT SURGERY

Winter Newsletter 2024



USEFUL INFORMATION

CONTACT US

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

Wednesday 25th December for Christmas Day

Thursday 26th December for Boxing Day

Wednesday 1st January 2025 for New Years Day

Protected Learning Time Closures

The Practice will be closed the afternoons of:

Thursday 22nd January 2025

Tuesday 25th March 2025

Primary Care Forum

Tuesday 25th February 2025

The practice will be closed between 1-5pm during this time.

The Wirral's GP Out of Hours service will be available on 111 for urgent medical help and advice whilst the practice is closed. In an emergency ring 999.

APPOINTMENTS

WE ARE EXPANDING PATCHS



PATCHS is our electronic consultation service that replaced eConsult. You can use PATCHS to contact us about a medical issue or for administration requests (such as extending fit notes). Once we have received your PATCHS request you will receive a response from the surgery within two working days. These online consultations are available to submit on weekdays between 07:00-12:00 with the administrative forms available throughout the day. This change will come into effect in the New Year, currently our system is only open for medical issues.

NHS APP

- order repeat prescriptions and nominate a pharmacy
- book and manage appointments
- view your GP health record to see information like your allergies and medicines
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number
- use NHS 111 online to answer questions & get instant advice or medical help near you



Find out more about the NHS App → nhs.uk/app

PENSION CREDIT

People of State Pension age (66+) should check their eligibility and apply for Pension Credit, as they could qualify for Winter Fuel Payments, help with housing costs and Council Tax plus, if they are over 75, a free TV licence. Link to Pension Credit Eligibility Checker on GOV.UK: [Pension credit checker](https://www.gov.uk/pension-credit-checker) link to pension credit: [Pension Credit](https://www.gov.uk/pension-credit) or call 0800 99 1234.

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-Fri 9:30am to 4pm

The Gate at Gateway Church

The Gateway Church, Woodchurch Road, Woodchurch, CH41 2UF.
Mon-Fri 9am-11am

Neo Community

Beaconsfield Community House, Rock Ferry, CH42 3YN
Monday, Tuesday, Wednesday, 12pm-3pm. Friday and Saturday. 12pm-2pm

TO FIND MORE CLICK :

<https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=>

COST OF LIVING SUPPORT

CITIZENS ADVICE:

Get help with the cost of living - [Citizens Advice](#) or if you are struggling speak to a trained volunteer at Samaritans by calling 116 123.

COMMUNITY FOOD SUPPORT :

[COMMUNITY FOOD SUPPORT | Wirral InfoBank](#)

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

LOW COST & FREE ACTIVITIES:

[Hobbies and things to do | Wirral InfoBank](#)

MENTAL HEALTH SUPPORT:

[Mental Health | Wirral InfoBank](#)

FAITH GROUPS AND ACTIVITIES:

[Faith groups and activities | Wirral InfoBank](#)

BUILDING WORK



There is currently building work at both sites, clinical rooms are being added to increase appointments for patients.

RSV VACCINE

The RSV vaccine program has now started. It is for patients who are either 26+ weeks pregnant or those aged 75-79. There are clinics running with the nurses at both the Parkfield and Allport site. If you are eligible you will be contacted by the practice to book your appointment. Learn more about the RSV vaccine on our website: <https://sunlightgrouppractice.nhs.uk/> or see additional information below.

What is RSV?

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. The RSV vaccine is a single vaccine and is not yearly.

GP AUTOMATE

We are trialling a new way to communicate with you after a blood test. We will be texting you results of your "normal" results, to save you from calling the practice. If you have an up-to-date mobile number and have consented, you will start receiving messages: We would like to stress, if you have not been contacted, it DOES NOT mean your tests are abnormal. If something needs to be done, practice will contact you in a timely manner. Your results will also be available via patient access or the NHS app.

LET US KNOW

Please let a member of our know if you are a Veteran or Carer, this enables us to provide you with the appropriate care and support.

KEEPING WELL THIS WINTER

Protect yourself from winter viruses. If you have certain health conditions, you could be eligible for a free flu vaccine and a COVID-19 booster. Get vaccinated so you're better able to defend yourself against viruses this winter.

There are lots of things you can do to stay well this winter.,

- Get your winter vaccines when you are invited by the practice
- Keeping your home warm,
- Keeping active
- Make sure you are stocked up on prescriptions ahead of holiday periods.

Check in on family members and friends, people such as older people may struggle more in the winter months. Download the 'staying well this winter' leaflet: [staying well this winter](#) or call Age UK on 0800 169 6565.



DO YOU HAVE QUESTIONS ABOUT YOUR CHILD'S DEVELOPMENT?



Age
0-5

Book an appointment with Samantha Asher from the Neurodiversity Early Years Service to gain advice to support your child's early development. Discussions may explore Autism, ADHD, sensory sensitivities, communication and more!

To book a session, please contact:
thebungalowfamilyhub@grovestreet.wirral.sch.uk



The Bungalow Family Hub
Grove Street Primary School
New Ferry, CH62 5BA
0151 645 2170



UMBRELLA STAY & PLAY

FOR CHILDREN WITH EMERGING
CHARACTERISTICS OF
NEURODIVERSE CONDITIONS

FRIDAY 9.30AM-10.30AM

Ask about a 1:1 session to talk privately with a member of the Early Years Team

Age
0-5

New Ferry Village Hall
Grove St, New Ferry,
Birkenhead
CH62 5AZ

