

SUNLIGHT GROUP PRACTICE

AT PARKFIELD MEDICAL CENTRE AND ALLPORT SURGERY

Summer Newsletter 2025



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

25th August Summer Bank Holiday

25th December for Christmas Day

26th December for Boxing Day

Protected Learning Time Closures

The Practice will be closed the afternoon of:

Wednesday 15th October 2025

Primary Care Forum

Thursday 18th September 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.

DIGITAL INCLUSION FOCUS GROUP

Need Help with PATCHS, the NHS App or Online Health Services?

We understand that using online services can be challenging. We're planning to run Digital Inclusion Sessions here at the surgery to support patients who need help with:

- Patches
- The NHS App
- Booking appointments
- Accessing test results and medical records digitally

Dates and times are still to be confirmed, but we'd love to know if this is something you'd be interested in.

Please speak to a member of the Reception Team or fill out a quick interest form at reception.



BACK TO SCHOOL SUPPORT

Please see below from Citizens Advice Wirral. Support is available with the cost of school uniforms.

Wirral FUSS

Provides free, good-quality second-hand uniforms for local schools across Wirral.

Call 07731 831 936 or visit wirralfuss.co.uk to request uniform items for your child's school.

Uniformerly

A free online marketplace where parents, schools, and PTAs can buy, sell, or give away preloved uniform items. Register at uniformerly.co.uk

Supermarket Uniform Deals

Most supermarkets offer low-cost uniform basics like polo shirts and trousers.

Check Money Saving Expert for the latest offers and helpful tips.



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](#)

FLU VACCINES

Flu vaccinations will start in September, please wait to be invited in to the surgery if you are eligible for a vaccine.

NHS 111

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App. nhs.uk/111

KEEPING WELL THIS SUMMER

Be mindful of the change in weather in summer.

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Tips for coping in hot weather

- Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm
- Avoid exercise or activity that makes you hotter
- Wear a hat with a flap or brim that protects the ears and neck
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks
- Have a cool shower or put cool water on your skin or clothes.
- Use a sunscreen with at least 4-star UVA protection, and an SPF 30
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down

For more information visit: <https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

Hay Fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

How to help hay fever symptoms:

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms, such as antihistamines.

