

SUNLIGHT GROUP PRACTICE

AT PARKFIELD MEDICAL CENTRE AND ALLPORT SURGERY

Spring Newsletter 2026



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

3rd April for Good Friday

6th April Easter Monday

4th May Early May Bank Holiday

25th May Spring Bank Holiday

31st August Summer Bank Holiday

25th December for Christmas Day

28th December for Boxing Day

(substitute day)

Protected Learning Time Closures

Tuesday 14th April 2026

Thursday 18th June 2026

Wednesday 14th October 2026

The Practice will be closed the afternoons of: 1:00pm-5:30pm

Primary Care Forum

Wednesday 13th May 2026

Tuesday 7th July 2026

Thursday 10th September 2026

Wednesday 18th November 2026

The practice will be closed between 1-4:30pm during this time.

DIGITAL INCLUSION EVENT

On **Thursday 21st May 2026 between 11:00am to 3:00pm** we have a free drop-in session at Parkfield Medical Centre to help our patients use the NHS App! In the session there will be Digital Champions who will be able to support you with ordering repeat prescriptions, managing appointments, symptom checking and viewing your health records. This is a drop-in session so no need to book. Please bring your device and photo ID with you.

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.



NHS

Download the NHS App



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

SPRING BOOSTERS

Care home and housebound COVID19 spring boosters will have began from 1st April. If you are eligible to receive a booster, you will be contacted by the surgery.

MENTAL HEALTH RESEARCH SUPPORT

MENTAL HEALTH AWARENESS WEEK 11TH-17TH MAY

IN A TIME WHEN THE HIGH COST OF LIVING IS IMPACTING FAMILIES ACROSS THE UK, STRESS AND BURNOUT ARE AFFECTING MANY, AND MILLIONS OF YOUNG PEOPLE ARE SEEKING MENTAL HEALTH SUPPORT, CONNECTION IS MORE IMPORTANT THAN EVER. WE BELIEVE THAT EVERYONE HAS A PART TO PLAY IN CREATING A SUPPORTIVE NETWORK THAT PROMOTES GOOD MENTAL HEALTH.



Join us for **Wear It Green Day on Thursday 14 May** during Mental Health Awareness Week – and let's turn the world green for good mental health!

NHS 111 – Option 2 for Mental Health, This service is available 24 hours a day, 7 days a week.

Wirral Mind: 90-92 Chester Street, Birkenhead, Wirral, CH41 5DL



Compañeros Crisis Café: 2a Price Street, Hamilton Square, CH41 6JN. Open 10am - 10pm, 365 days per year.

Samaritans: You can call them free, day or night, on 116 123.

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](#)

We are now a research-active practice. This means that from time to time we may invite our patients to take part in research studies on a range of healthcare issues. These studies help improve treatments and care for the future and support the delivery of the NHS 10-Year Plan. We are also pleased to announce that we have been awarded funding from the National Institute for Health and Care Research (NIHR). This funding will allow us to expand the research opportunities available to our patients and contribute to improving long-term healthcare outcomes.

LONG TERM CONDITION RECALLS (QOF)

Patients will be recalled based on the below, followed by a further invite approximately 2 weeks later. Following this

| Birth Month | Recall Month |
|-----------------------------|--------------|
| April, May, June | April |
| July August, September | May |
| October, November, December | June |
| January, February, March | July |

Other Health Checks
If a patient has no conditions that require an annual review but is:

- A Carer
- Over 40
- ?Over 75 (no payment attached to these so we have never really done them but we could advise them to contact us for a health check)

KEEPING WELL THIS SPRING

Be mindful of the change in weather in spring. The weather can change dramatically from one day to the next during spring. If the sun does happen to make an appearance remember that it is still possible to burn at this time of year. Stay safe in the sun, you can reduce the amount of UV radiation damage from the sun by following some precautions.

Please keep in mind:

- keep covered up in the sun, especially when is at its hottest (11am to 3pm)
- cover up with a long-sleeved shirt
- wear a hat with a flap or brim that protects the ears and neck
- wear sunglasses to protect your eyes from damage
- get into shade when the sun is at it's hottest
- use a sunscreen with at least 4-star UVA protection, and an SPF 30

