



MAY 2024

The Village Medical Centre

27 Grove Road

Wallasey

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Web:

<https://thevillagemedicalcentre.org.uk/>

Mental Health Practitioner

TVMC is delighted to welcome **Jenna Davies** to the team. Jenna's role as Mental Health Practitioner will help improve access for patients to specialist mental health support.

NEW SERVICES AT TVMC

We are now able to offer **minor surgery** appointments at the practice for the removal of minor skin lesions. Dr Barfield will be running these sessions. We are also in the process of introducing contraceptive **intrauterine coil insertion** clinics, to be led by Dr Behan. Please ask at reception for more information

Welcome..

to The Village Medical Centre's latest newsletter! We're delighted to connect with you and share updates from our practice and valuable health information to support your well-being.

Telephone System

A new telephone system will be installed at the practice over the next few months.

We believe this initiative will help improve access for our patients – for example, patients who may experience delays in getting through during busier periods will have the option for a call back once availability improves. More information will follow on how the new system will work.

COVID SPRING BOOSTERS

Eligible groups are:

- Adults aged 75 and over (before 30th June 2024)
- Immunosuppressed

The clinics are being held at Victoria Central Health Centre, Mill Lane on the following dates:

2nd May - 2.00pm - 5.30pm – walk in appointment only
4th May - 9.00am until 4.30pm
5th May - 9.00am until 4.30pm
9th May - 2.00pm - 5.30pm – walk in appointment only
11th May - 9.00am until 4.30pm
18th May - 9.00am until 4.30pm
19th May - 9.00am until 4.30pm
25th May - 9.00am until 4.30pm

PLEASE CONTACT RECEPTION FOR FURTHER INFO

SOCIAL PRESCRIBING

What is it? It is a way of linking a patient to appropriate non-clinical support in their community. It is recognised that many of life's problems can make us feel unwell. Improving lifestyle or taking control of a practical problem can be very challenging and people often feel daunted at the prospect of change and don't always know where to start.

Social prescribing can help empower and give people the confidence and support necessary to make and sustain a change.

What support is available? The surgery can arrange for you to be connected with a Link Worker who can help patients with a range of practical, emotional and social issues.

Examples of support include:

- **Being a non-judgemental listening ear**
- Referral into a **specialist service** for example for **money advice, drugs or alcohol, gambling, smoking, housing needs, domestic abuse**
- Feeling overwhelmed by life; looking for coping strategies to **manage mild anxiety, depression, disturbed sleep and other mental health support.**
- **Education and learning** would be of benefit
- Referral into a specialist service for **physical and mental health**
- **Combatting isolation and loneliness**
- **Finding a support group** for a specific condition/health need
- Resolving **practical issues** around accessing food, fuel, prescriptions
- Help with the management of **long term conditions including long covid**
- **Target specific groups of patients** who may not be accessing Primary Care

Contact reception for more information.