



The Village Medical Centre

July 2026 Newsletter

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 TheVillageMedicalCentre

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. This month's edition contains information about

Breast Screening

If you are registered at this practice, Breast Screening appointments will shortly be sent out to women aged 50 and upwards to their 71st birthday. You will automatically receive an appointment for your Breast Screening this will be at Clatterbridge Hospital or St Catherines Health Centre. If the time or date is not convenient, please contact the Breast Screening Office on 0151 482 7661 and we will do our best to provide an alternative.

If any reasonable adjustments are required for your appointment due to a disability, please call and we can make longer appointments to accommodate.

If you are transgender or non-binary and you would like to be invited for breast screening, talk to your GP surgery. They can advise if you can have breast screening. Find more information please click on the following link- information on screening for transgender and non-binary people.

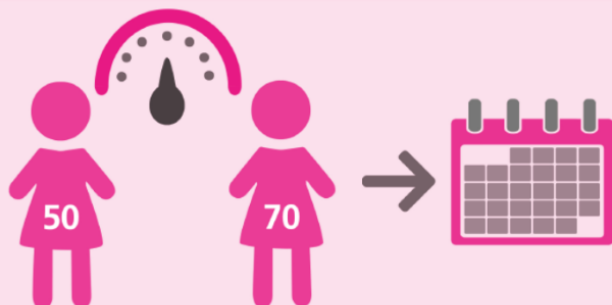
If you are aged 71 or over, you are still at risk of breast cancer. Although you will no longer receive screening invitations after your 71st birthday, you can still have breast screening every 3 years- Please ring the **Breast Screening Office** on

0151 482 7661.

For more information, please click on the following link: [Wirral and Chester Breast Screening Programme | Wirral University Hospital NHS Foundation Trust \(wuth.nhs.uk\)](#)

Breast Screening Saves Lives

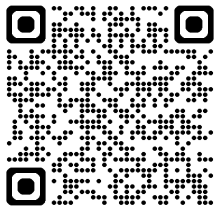

Wirral and Chester
Breast Screening
Programme



Breast screening is taking place for patients registered with our practice now!

You will automatically receive an appointment for either Clatterbridge Hospital or St Catherines Hospital, but please feel free to ring the Breast Screening Office on 0151 482 7661 if the hospital or time/date is not convenient and we will do our best to provide an alternative.

Sign up for our newsletter to receive a copy straight to your inbox:



Surgery Announcements

Huge congratulations to Doctor Hemingway who has officially tied the knot last month. She looked absolutely beautiful and defiantly had the best weather for her and her husbands special day.

Wishing all the best to Doctor Milligan who is going off on maternity leave from Thursday 2nd July to have her second baby. We will defiantly miss her while she is off enjoying her new bundle of joy.

Women's Health Clinics

These clinics are available throughout the primary care network and offer telephone and face to face appointments. These clinics are designed to support a wide range of women's health needs—speak to the admin staff today to find out more.

Samaritans Awareness Day 24/7 #TalkToUs, 24th July

Samaritans is a charity that prevents suicide through the power of human connection. They connect people in crisis with trained volunteers who will always listen, and they connect people calling for change with those who need to listen. They answer a call for help every ten seconds.

Samaritans Awareness Day takes place on the 24th of July to highlight the fact that Samaritans are available to listen 24/7. It is a day to help raise awareness and funds to prevent suicide today, because tomorrow could be too late.

You can help by donating or fundraising to help keep their call centres open and staffed by highly-trained volunteers. There are lots of fundraising ideas and resources on their website:

<https://www.samaritans.org/support-...your-own-fundraising/fundraising-inspiration/>.

Or you can visit their volunteering page, <https://www.samaritans.org/support-us/volunteer/>, to get involved as a regular fundraiser, support the work of Samaritans in other ways, or even become a volunteer listener yourself.

We would love to hear your thoughts!

We have an online form which allows you to freely type your feedback about any aspect of the surgery. Alternatively, we also forms in reception to complete. Scan the QR code on the right to complete your feedback now



Alcohol Awareness Week (6-12th July)

This years alcohol awareness week theme is 'Alcohol and me'. Alcohol is the cause of many health problems including:

- Insomnia
- Low Energy
- Increased Anxiety
- General Feeling Of Ill Health
- Liver Disease
- Stroke / High Blood Pressure And Cancer

The effects of alcohol on our brain can also lead to issues which can snowball into much worse such as:

- Inability To Work Or Low Productivity
 - Financial Problems
 - Relationship Problems
 - Hurting Loved Ones
 - Homelessness

During this awareness week, Alcohol Change UK want to help people understand their own relationship with alcohol, and how they might cut down, or even go alcohol-free. They will provide:

- Tools To Help You Learn More About How Alcohol Might Be Affecting You Health And Well-being And What—If Anything—You'd Like To Do Next
 - Top Tips For Cutting Down
 - Stories Of Change

It only takes two minutes to explore the role alcohol is playing in your life, and although exploring your relationship with alcohol might feel uncomfortable, that's okay. But it might be a sign that this is just the right time to learn more, get advice and take a step forwards.

Find out more at: [**alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1**](https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1)



Tim

"The positive impacts showed up quietly at first – clearer thinking, a sense of pride coming back, deeper connections with the people I love."

Take two minutes to explore the role alcohol is playing in your life and consider if you'd like to make a change.

Check your drinking – quick, free and non-judgemental

alcoholchange.org.uk

