The Village Medical Centre

NEWSLETTER

Nov 2026

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PRACTICE NEWS & TEAM UPDATES

Welcome to Our November 2026 Issue

Welcome to the November edition of The Village Medical Centre newsletter! This month, we highlight essential clinical updates and expanded local services.

SOCIAL MEDIA & DIGITAL ACCESS

Follow TVMC on Instagram & Facebook!

We are excited to formally launch our official Instagram page alongside our established Facebook channel!

- **Instagram (@thevillagemedicalwallasey):** Visual health guides, team introductions, seasonal wellness advice, and family health tips.
- **Facebook (@TheVillageMedicalCentre):** Official practice announcements and operational notices.
- **NHS App & PACO System:** Order repeat prescriptions, view lab results, and submit non-urgent routine medical queries without calling.

DOCTOR CLINIC UPDATES

Going forward from November, Doctor Stokes will now be working Tuesday, Wednesday and Friday's. Doctor Behan will be working Wednesday, Thursday and Friday's.

Doctor Behan has also completed her training to complete joint injections; she will be completing a few clinics alongside Doctor Barfield this month.

AUTUMN FLU & COVID VACCINATIONS

Mop-up Clinic's Available

All our Saturday clinics have now passed however, if you have not been able to have your vaccination, we are still booking appointments into smaller clinics with the nurse. Please speak to the admin team to arrange an appointment.

ORDERING MEDICATION

We have many ways in which patients can order their prescriptions such as:

- Through the NHS app/website.
- Through our online consultation platform, PACO GP.
- Paper Requests:
  Using the right-hand white slip attached to your last prescription, ensuring you always only tick the items you require.
  We also have slips at reception which can be filled out or alternatively you can write down the items you need on plain paper along with your name and date of birth.
  All the above can be dropped off at the surgery in either or letterbox outside the surgery or in our prescription request box in reception.

COMMUNITY HEALTH & WELLNESS

Purple Tuesday – Tuesday 3rd November 2026

This is an annual day with the aim of highlighting the importance of accessibility to all and raising awareness of what each organisation offers.

Places such as Liverpool One are raising awareness of their accessibility initiatives:

- Free sensory bags are equipped with ear defenders, sensory toys & more.
- Accessible and stoma friendly toilets.
- Quiet hour every Friday morning, 10am – 11am, in over 35 stores.
- Hearing Loop and BSL interpreting services.

Find out more on their website: www.liverpool-one.com/en/accessibility

Carers Right Day – Thursday 19th November 2026

There are around 5.8 million unpaid carers in the UK, this day is designed to raise awareness of the rights they are entitled to, and to help them get the recognition they deserve.

It is important to let our admin team know if you are a carer or being cared for as we can then send out more direct information.

We have our own carers champion in the admin team, Abi, who is more than happy to navigate you to any support you are looking for.

REDUCING MEDICINES WASTE

Order Only What You Need

Unused prescription medicines cost the NHS millions each year. Please review your repeat prescription list and tick only the items you currently require before submitting your monthly request.

MOVEMBER – MEN'S HELATH AWARENESS MONTH

The Movember initiative started 22 years ago as a simple idea: get a few mates to grow moustaches in November and start a serious conversation about men's health. Today Movember and the Movember Institute of Men's Health partner year-round with communities, researchers and governments to help men live healthier, longer lives, and raise millions to help fund prevention-focused work across mental health and suicide prevention, prostate cancer and testicular cancer.

You can join in the 'classic' way by growing a moustache during November and raising money through sponsorship. You can also 'Move for Mental Health', pledging to walk or run 60km during November, all at once, or spread across the month, to highlight the fact that 60 men are lost to suicide globally every hour. Or you can raise funds your own way by hosting events or anything else you can think of. Make a 'Growmitment' to donate or raise funds on the Movember website: https://uk.movember.com/support-us, where there is also lots of information about the appeal, the ways your money is spent, and what else you can do to champion men's health.

If you are concerned about your own health, or the health of a man you know, the Movember website also has lots of helpful information on men's mental health, testicular and prostate cancer, and general men's health and issues. You can also find out more about these issues by visiting,

https://mentalhealth-uk.org/mens-mental-health/, https://www.cancerresearchuk.org/about-cancer/mens-cancer,

and

https://andysmanclub.co.uk.

GOOGLE REVIEWS & PATIENT FEEDBACK

Your Voice Helps Our Practice Grow!

We strive to provide high-quality, compassionate healthcare to Wallasey Village. If you have had a positive experience with our team, please consider leaving us a 5-star review on Google!