



# February 2025 Newsletter

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 ...

## Calling All Carers: We're Here to Support You!

*Are you a carer?*

We understand the vital role you play and the challenges you face. We are committed to supporting you and encourage all carers to come forward and advise us of your carer role. By doing so, we can better understand your needs. You can also access a range of local services designed to support you in your caring role.

In addition to our services, we recommend Wired, a local organization dedicated to supporting carers. Wired offers health checks, emotional support, information on respite care, and connections to local carer support groups.

You can contact Wired at [0151 522 7990](tel:01515227990) or visit their website at [wired.me.uk](http://wired.me.uk) for more information.

## Living Well Service

This is a service which supports the local communities in various ways.

They help support the Wirral community to live well through:

- Blood Pressure
- Pulse Checks
- Cholesterol Checks
- Blood Glucose Checks
  - BMI Checks
- Direct Referrals To Talking Therapies

You can find out more information about what the service offers and where the bus will be at: [www.cwp.nhs.uk/livingwellservice](http://www.cwp.nhs.uk/livingwellservice)

## 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



## Wirral InfoBank

This is a website which provides information about local services and support for residents in Wirral. Such as:

- Care And Support For Adults
  - Winter Support
- Children, Young People And Families
  - Mental Health
  - Physical Health
  - Staying Safe
  - Cost Of Living
- Employment, Education And Training
  - Faith Groups And Activities
  - Keeping Fit And Active
  - Hobbies And Things To Do
  - Out Of Hours Support

You can find out more by visiting their website:

[www.wirralinfobank.co.uk](http://www.wirralinfobank.co.uk)

## Organ Donor Month

February is organ donor month, we encourage everyone to make their wishes known by registering their choice on the organ donor website. We encourage everyone to discuss their decision with their family and make sure the family are aware of their wishes.

By spending two minutes registering you could save up to 9 lives,

It is important to note the change of law which now requires you to opt out of being an organ donor otherwise it will be considered that you agree to become an organ donor when you die.

Find out more below:

[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

Do not forget, you now need to **book your x-ray's** for Arrowe Park / Clatterbridge/St Catherine's / Victoria Central Hospitals. You can do this by calling **0151 604 7165**, Option 5 or visit [wuthnhs.simplybook.cc/v2/](http://wuthnhs.simplybook.cc/v2/)



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