



March 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

Closed

The practice will be closed from **1pm** on **Tuesday 25th March** due to staff training.

The surgery will **reopen** for the **extended hours appointments ONLY** from 6:30pm. Please ring 111 for medical advice. Or ring 999 in case of emergency.

Normal opening hours (8am-6:30pm) resume from Wednesday 26th March onwards.

No Smoking Day

On Wednesday 12th March it is no smoking day, if you are a current smoker you can access free advice on how to quit by downloading the free NHS quit smoking app. By learning how to quit smoking you can make your life better for both yourself and those around you. There are various other benefits to quitting smoking you can find out more information on the NHS website:

www.nhs.uk/better-health/quit-smoking/

Alternatively you can contact the ABL smoking cessation service on **0151 541 5656** or by visiting www.smokefreewirral.co.uk

New Staff

Please help us give a warm welcome to Mel who has joined the admin team.

And Dr Griffith who is covering for Dr Hemingway's maternity leave.

We also want to welcome back Dr Milligan from her maternity leave.

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



Norovirus (Vomiting Bug)

Norovirus or the winter vomiting bug as it is also called, is a bug which causes vomiting and diarrhoea. The main symptoms of norovirus usually start suddenly and can include any of the following:

- Feeling Sick
- Being Sick (Vomiting)
- Diarrhoea

The symptoms usually get better in about 2 days and there are a few things you can do to help norovirus yourself:

- Stay At Home And Get Plenty Of Rest
 - Drink Lot Of Fluids, Such As Water Or Squash—Take Small Sips If You Feel Sick
 - Eat When You Feel Able To—It May Help To Avoid Foods That Are Fatty Or Spicy.
- Take Paracetamol If You Are In Discomfort—Check The Leaflet Before Giving It To Your Child

If you or your child (aged 5 years or over) have norovirus as well as, dehydration or a weakened immune system then speak with your local pharmacist who might advise an oral rehydration powder.

If you have norovirus it is important to wash your hands with soap and water (alcohol hand gels do not kill norovirus) after using the toilet or before preparing food. Avoid contact with others as much as possible and clean bathroom surfaces regularly. Also keep any soiled laundry separate from other laundry. It is very important you do not go to school/nursery/work or visit hospitals/care homes until you have gone two days without any vomiting or diarrhoea.

For more advise please visit the NHS website:

www.nhs.uk/conditions/norovirus/

To book x-ray's call 0151 604 7165,
Option 5 or visit wuthnhs.simplybook.cc/v2/



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