



January 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

Happy New Year!

We hope everyone has had a good bank holiday break. We wanted to thank everyone who gave the team Christmas cards and gifts; this was very thoughtful and very much appreciated.

Dry January:

The dry January challenge involves not drinking any alcohol for the entire month. This can help give your fitness goals a boost and even put a few pounds back in the bank account. Over the four weeks of the challenge you will start to notice other benefits such as more energy and better concentration; some notice a reduction in acid reflux (burning sensation in the throat also known as heart burn). You can notice a healthier-looking skin, lower blood pressure, better immune system as well as weight loss.

You can find out more information at: alcoholchange.org.uk

This page outlines all the stages of the challenge and promotes an app to help keep you motivated during the month.

Living Well Service

This is a free NHS mobile health clinic which you can simply drop in without an appointment for any of the following:

- Vaccinations (MMR/Flu/Routine Jabs)
- Health Checks (Blood Pressure/Cholesterol/Blood Sugar/Pulse/BMI)
- Wellbeing Support (Advice & signposting for mental health and healthy living)
 - Cervical Screening (available at selected sessions).

You will find the bus at:

Birkenhead Town Centre, CH41 2XY on Wednesday 31st December 10:30-16:00

Tesco Bidston, CH43 7AA on Saturday 3rd January 10:30-16:00

Rock Ferry Library/One Stop Shop, CH42 3TD on Monday 12th January 10:30-16:00

Floral Pavilion, CH45 2JS on Saturday 24th January 10:30-16:00

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 have forms in reception to complete.



Scan the QR code on the right to complete your feedback now

Ramblers Walking Group

The Ramblers walking group is a charity which prides themselves on removing barriers so everyone can enjoy walking in green spaces as well as to preserve tracks and trails across England, Scotland and Wales. The charity runs over 500 walking groups in various different locations and organises over 50,000 group walks a year for all abilities. These walks all have a walk leader who can provide more information about the trail and if it is dog friendly.

They also have free wellbeing walks which do not require booking, they are for all mobilities and the duration ranges from 10 minutes or longer with different walking paces. If you would prefer to walk with a known group then you can also use the website to find a walking route (over 4,000 to choose from) which have been tried and tested by the Ramblers themselves.

Find out more on their website:

www.ramblers.org.uk

Welcome to
new admin
member,
Courtney.

Sadly, Dr Griffith
will finish her
maternity cover
this month, we
will miss her and
wish her well in
her new
venture.

Useful numbers:

Moreton & Meols & Wallasey Wellbeing Primary Care Network (PCN)	0151 317 4225 moretonandmeols-wallaseywellbeingpcn.nhs.uk
PCN Frailty Team	0151 317 4206
Arrowe Park Hospital	0151 678 5111
Clatterbridge Hospital	0151 334 4000
Alder Hey Hospital	0151 228 4811
Choose & Book Booking Office Arrowe Park	0151 604 7501
CAMHS (Self-Referral)	0151 488 8453
Health Visitor (0-19 Service)	0151 514 0219
Smoking Cessation (ABL)	0151 541 5656