



The Village Medical Centre

# March 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 ...

## National No Smoking Day—11th March

Would you or someone you know like to quit smoking?

You can access the NHS website where there is a dedicated page to help find local services to help you quit as well as other useful information about quitting smoking:

[www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/find-your-local-stop-smoking-service/](http://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/find-your-local-stop-smoking-service/)

Alternatively, you can contact the local ABL smoking cessation service directly on **0151 541 5656** or you can access help via [www.smokefreewirral.co.uk](http://www.smokefreewirral.co.uk)

Please keep the surgery up to date with your smoking status to ensure you receive relevant health checks.

## Living Well Bus Service

This is a walk-in service which offer routine health checks such as blood pressure and blood glucose checks. On occasion the bus will offer specialised clinics such as immunisations and cervical screening. The next cervical screening bus will be at:

Leasowe Medical Practice—Hudson Road, Leasowe, CH46 2QQ on Tuesday 17th March 10:30-16:00

Find more dates and information at: [www.cwp.nhs.uk/livingwellservice](http://www.cwp.nhs.uk/livingwellservice)

## Smear and Immunisation Clinics

The primary care network are running smear and immunisation clinics for patients who may find it difficult to attend during the normal practice hours. If the day/times are suitable for yourself then please contact the surgery to arrange an appointment.

### **Smear Clinic**

Wednesday 11th March, Hoylake and Meols Medical Centre, 6-8pm

Saturday 14th March, Liscard Group Practice, 9-12pm

### **Immunisation Clinics**

Saturday 7th March, Moreton Group Practice, 9-12pm

Saturday 28th March, Liscard Group Practice, 9-12pm

## 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



## Endometriosis Action Month—1st-31st March

Endometriosis affects 1 in 10 women and can affect everyone differently. Endometriosis occurs when cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body. These cells can grow and change in response to hormones in the menstrual cycle, this can cause inflammation, pain and scar tissue. The most common symptoms are:

- Pelvic Pain
- Painful Periods That Interfere With Everyday Life
  - Heavy Menstrual Bleeding
  - Pain During And After Sex
- Painful Bowel Movements/When Having A Poo
  - Pain When Urinating/Peeing
  - Difficulty Getting Pregnant
- Fatigue (with one or more of the above symptoms)

If you have some of the symptoms above then please book in with one of our doctors or into the women's health clinic ran by the primary care network to discuss the symptoms in more detail.

Find out more about endometriosis on the website below:

[www.endometriosis-uk.org/what-is-endometriosis](http://www.endometriosis-uk.org/what-is-endometriosis)

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



Sadly Dr Chukwuka from the primary care network has now left, we want to wish her all the best.

The primary care network have two new doctors: Dr Natasha Haran and Dr Younis Maghraby. Dr Haran and Dr Maghraby will be running clinics throughout the week at different surgeries in the primary care network. Dr Haran will be running a clinic at our surgery every Wednesday.

We also have a new registrar Dr Okoli who is in her third year of speciality training and will be with the surgery for the next 12 months to complete her training.