[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=&url=https://www.broadwaymedicalcentre.nhs.uk/patient-access/&psig=AOvVaw0eBKW_OQ_yKHDCLG4Q86Ab&ust=1566992289677384)





**FOOD BANK**

EVERY WEDNESDAY BETWEEN **12-2PM** AT THE COMMUNITY HUB LOCATED AT THE SHOPS STOCKBRIDGE VILLAGE

PLEASE SEEK ADVICE FROM STOCKBRIDGE

VILLAGE HOUSING TRUST REGARDING

VOUCHERS BEFORE YOU ATTEND.





**HEALTHY KNOWSLEY SERVICE**

Healthy Knowsley Service can support you to make small changes to your lifestyle that will result in a big difference to your health and wellbeing.

Do you need help in- Healthy Eating

Becoming more active

Weight management

Sensible drinking

Preventing diabetes

You can self-refer by phoning a free phone number 0800 0731 202

Or see your GP or Health care professional for a referral.

Once your referral has been received a wellbeing advisor will be in contact with you to discuss your options

ASK RECEPTION FOR A REGISTRATION FORM

Held Monthly on Tuesdays

10.30am-11.30am

AT STOCKBRIDGE VILLAGE LIBRARY

3rd Sept/1st Oct/5th Nov/

3rd Dec

**READING GROUP FOR ADULTS**



**CROXTETH HALL PARKRUN**

**5K TIMED RUN**

**FREE EVENT**

Croxteth Hall Country Park

L12- 0HB

Every Saturday at 9am

Register online first at www.parkrun.org.uk

C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0195384.wmf

**CLASSES AT VOLAIR GYM**

**STOCKBRIDGE VILLAGE**

MONDAYS 10.20AM- 11AM LOW CIRCUIT

THURSDAYS 10.30AM- 11.30AM FITNESS PILATES

FRIDAYS 10.45AM-11.30AM ZUMBA

ASK A MEMBER OF STAFF AT YOUR LOCAL GYM FOR MORE INFORMATION

**TEA AND TECH** EVERY THURSDAY 10.30AM AT STOCKBRIDGE VILLAGE LIBRARY

\*Advice and help on using a computer, tablet or mobile phone

\*Searching/applying for jobs

\*How to surf the internet

**Thursday 19th September**

**Carers come and meet your carers champion**

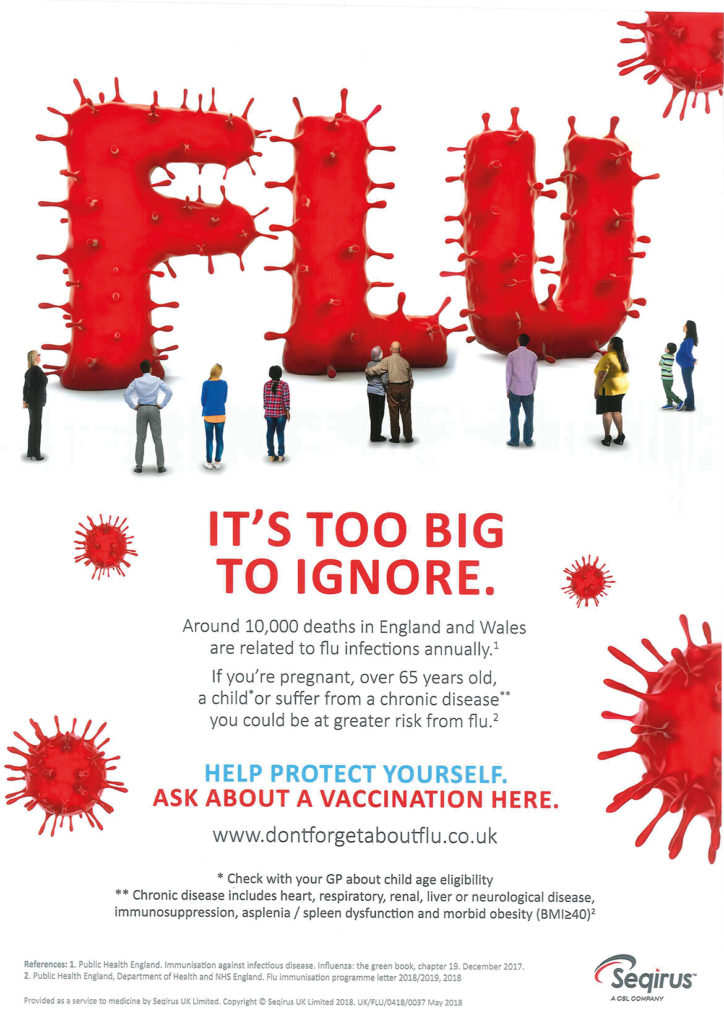
**5-7pm**

**Old school House, St Johns Road, L36 0UX**



CARERS COFFEE MORNING



[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiXhZ7S-6fkAhU0tHEKHQu8CWgQjRx6BAgBEAQ&url=https://www.hastingsindependentpress.co.uk/well-being/health-and-environment/one-flu-over-the-top/&psig=AOvVaw06QiGgvX9EN1YxfMqkfGiD&ust=1567164005575009)

**SHINGLES VACCINATION**

**Do you qualify for the shingles vaccination are you aged 70,71,72,73,74,75,78 and 79**

**If you are aged 76 and were born after 1/9/1942 you will also qualify**

**CHILD VACCINATIONS**

**Is your child up to date with their vaccinations?**

**Please ask at reception.**

**Our baby clinics are MONDAY & WEDNESDAY AFTERTOON 1.30PM TILL 4PM**

**DO NOT FORGET YOUR FLU JAB**

**AT STOCKBRIDGE VILLAGE HEALTH CENTRE**

**ANYONE 65 OR OVER CAN ATTEND ON THE**

**10TH OCTOBER 2019**

**FROM 1PM- 3.30PM**

(SUBJECT TO DELIVERY & AVAILABILITY)

**ANYONE 65 OR UNDER**

**WHO IS ELIGIBLE**

**CAN ATTEND ON THE**

**28TH NOVEMEBR 2019**

**FROM 1PM-3.30PM**

(SUBJECT TO DELIVERY & AVAILABILITY)

**PPG**

**P**ATIENT **P**ARTICIPATION **G**ROUP

If you would like to be elected to join our PPG please pass your information to reception.

The PPG discusses topics relating to our practice and your health. We meet every 3-4 months at the surgery.

We meet every 3-4 weeks.

Welcome to our winter 2019 newsletter. We all hope you have had a lovely summer. Our newsletter contains hints and tips for looking after yourself and living well. We have included many local services who are here to help you get the most out of life and your community.

**NEWSLETTER**

**WINTER**

**2019**

**WHY** **E CONSULT ?**

Help us to help save you time and use eConsult instead of the phone to:

**ASK FOR ADVICE**

**REQUEST A SICK NOTE**

**GET SELF-HELP ADVICE FOR HUNDREDS OF COMMON CONDITIONS**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjBxK71sNrjAhVkzoUKHfPZCP8QjRx6BAgBEAU&url=https://www.fordingbridgegps.co.uk/econsult&psig=AOvVaw0ZB4q_KzXga6vyucFCeY7H&ust=1564498391520494)

**APPOINTMENTS**

At the moment we realise that it is very hard to get an appointment, this is very frustrating for both yourselves and us also. We understand why you would like to see one of your normal doctors, but this is not always needed. Below is a list of alternative options.

**LOCAL WALK-IN-CENTRES-** They can help treat a wide range of problems and they will assess you to the exact same level as we would.

**EXTENDED ACCESS-** Various clinics locally with qualified GPs can see your records to understand your problems.

**E-CONSULT**- See our website page, submit a problem and you will get a response by the end of the next working day.

**CLINICAL PHARMACIST-**We have a pharmacist at the practice, who can deal with medication queries eg- medication you’ve not had for a while or bring the dates of your medication in line.

www.stockbridgevillagehealthcentre.nhs.uk

STOCKBRIDGE VILLAGE HEALTH CENTRE