

CUMBERLAND HOUSE NEWSLETTER SPRING 2024

A NEW SERVICE

A new service offered by your local pharmacy called Pharmacy First enables you to take responsibility for your own health. You can walk into the pharmacy for certain conditions including infected insect bites, earache, Impetigo, and sinusitis and many more.



Did you know we are a drop off partner? You can bring any donations to your surgery, and we will take along to the Southport Branch.

NHS Digital Weight Management Programme

<https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/> Criteria for referral is shown on the above link. If you ask our reception we can text the link to you.

WARMER DAYS MEAN BEING MORE ACTIVE

Active Sefton has a whole range of activities available. The booklet which is available in surgery offers cycling, Nordic walks and various activities. See online here <http://activetravelsefton.co.uk> You can attend some activities free of charge after completing a registration form.

You can also become a walk leader. Interested? Pick up a newsletter from various places including cafes or your surgery or call 0345 1400845.

Pastures New

We are happy to say that our highly regarded in-house pharmacist Mark Thornton-Jones will no longer be moving on in June.

Also moving back to her community nursing post, Nurse Buist will be leaving the surgery to return to District Nursing.

I'm sure you will wish Nurse Buist well on her new adventure.

Vaccinate against measles! It's never too late!

Use our blood pressure machine located in our reception area!

Spring COVID-19 booster

The living well bus is touring the local area to deliver boosters to eligible people.

The booster is available to

- ADULTS WHO ARE 75 AND OVER
- RESIDENTS IN CARE HOMES FOR OLDER ADULTS
- INDIVIDUALS 6 MONTHS OR OLDER AND IMMUNOSUPPRESSED

The living Well Bus can also help with checking blood pressure, cholesterol tests and referrals to Talking Therapies. <https://www.cwp.nhs.uk/livingwellservice>