

STORRSDALE MEDICAL CENTRE NEWSLETTER

AUTUMN - ISSUE #3

WELCOME FROM OUR PRACTICE

Located in the heart of Liverpool, Storrsdale Medical Centre is committed to providing high-quality NHS healthcare to our community. As proud members of the Swagga Primary Care Network, we offer a wide range of services including vaccinations, women's health support, and chronic condition management. Our mission is simple: Caring for the Community.

STRIVING FOR A LEARNING DISABILITY FRIENDLY PRACTICE

Storrsdale Medical Centre is committed to becoming a Learning Disability Friendly Practice. Efforts are underway to create an environment that is welcoming, accessible, and supportive for individuals with learning disabilities and mental health needs. The practice is actively working towards achieving the SWAGGA GP LD Friendly Award, which recognises excellence in providing care and support for patients with learning disabilities. This commitment reflects a dedication to inclusivity and continuous improvement in patient care.

CELEBRATING OUR TEAM:

Storrsdale Medical Centre is proud to celebrate the dedication and spirit of our staff **Emma and Kay** who participated in the **Race for Life, organised by Cancer Research UK**. Their commitment to raising awareness and funds for cancer research is truly inspiring. Congratulations to our team members who not only took part but also achieved fantastic results. Thank you for representing our practice and making a difference in the fight against cancer.



ASTHMA GROUP CONSULTATION: A SUCCESSFUL INITIATIVE

We are delighted to share the success of our first Asthma Group Consultation. This innovative approach brought together patients and healthcare professional to discuss asthma management, share experiences, and provide mutual support. The positive feedback and outcomes from this session have encouraged us to extend group consultations to other chronic conditions in the future. Stay tuned for more information on upcoming group sessions for various long-term health concerns.



NHS
Cheshire and Merseyside



MODERNISING GENERAL PRACTICE

Modern general practice is the foundation of a transformation journey to better align capacity with need, improve patient experience, and enhance the working environment for general practice staff.

Modern general practice utilises digital tools, transformation support, funding, and incentives as part of a system-wide delivery plan. This approach also includes the expansion of clinical pharmacy and improvements across the primary care-secondary care interface, supporting general practice sustainability and primary care transformation.

By embracing these changes, general practice is better equipped to meet the evolving needs of patients and staff, ensuring a more responsive, efficient, and sustainable healthcare system for the future.

SOCIAL PRESCRIBERS: HOLISTIC SUPPORT FOR HEALTH AND WELLBEING

Social Prescribers connect people to community-based support services, taking a holistic approach to health and wellbeing. Recognising that factors such as loneliness, isolation, and financial difficulties can significantly impact physical and mental health, Social Prescribers help address these wider issues. Contact the practice to book an appointment with our Social Prescriber or Wellbeing Worker and access the support that best meets your needs.

WOMEN'S HEALTH UPDATE

The Women's Health Hub in SWAGGA PCN provides a range of services to patients within our network. Operating since 2021, the hub aims to improve access to women's services in our local area. Services include insertion and removal of Long-Acting Reversible Contraception (coils and implants), with coils offered for all indications (contraception, heavy periods, and as part of Hormone Replacement Therapy). The hub also provides ring pessary insertions and changes, as well as a small, limited specialist HRT & menopause service (one clinic per month).

Access to the Women's Health Hub services is available via your GP surgery—reception can refer you directly, or you can ask a healthcare professional to book you a telephone triage appointment. An online Coil & Implant clinic self-referral form is also available on our website. You can also scan the QR code below to access the self-referral forms:



ANNUAL PATIENT REVIEWS : BOOK YOUR APPOINTMENT

Having a single annual review is the quickest and most convenient way of monitoring long-term conditions. Without regular check-ups, conditions can worsen, and complications might arise that damage your health.

If you have one of the following conditions, then often you are required to attend the Surgery for an annual health check:

- **Diabetes**
- **Impaired Glucose**
- **Heart Failure**
- **Stroke**
- **Hypertension (high blood pressure)**
- **Atrial fibrillation**
- **Coronary Heart Disease**
- **Asthma**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Long term mental health problems**
- **Learning Disabilities**
- **Dementia**

From April 2025 – we have been inviting in a new system where your annual reviews and/or blood test monitoring to coincide with your BIRTHDAY month.

You will be contacted by the Practice either via text message or letter when your annual health check is due. A blood test may be required depending on your condition. Please call reception between 10-6.30pm to book your appointment.



As winter approaches, protect yourself and your loved ones from flu and COVID. Storrsdale Medical Centre is offering vaccination for eligible patients.

Most patients become eligible from **October 1, 2025**.

All our housebound patients will be offered joint vaccination for Flu and COVID.

Flu and COVID can cause serious illness. Vaccination is the best way to stay safe, reduce hospitalisations, and protect vulnerable people in our community.

Support Your Surgery: Getting vaccinated at Storrsdale helps support your local GP practice and keeps essential services running.

Invitations to go out end of this month.

You can also contact us to book.

Let's stay well together this winter —

Thank you for the support

Need Help or Advice?

 Call us: 0151 724 2396

 Visit:

<https://www.storrsdalemedicalcentre.nhs.uk/>

 Use: 111.nhs.uk or call NHS 111 (24/7 non-emergency medical advice)

Together, let's keep our community healthy and reduce unnecessary hospital visits.

JOIN OUR PATIENT PARTICIPATION GROUP (PPG)

Storrsdale Medical Centre values the voices of our patients. The Patient Participation Group (PPG) is a fantastic opportunity for patients to get involved, share ideas, and help shape the services we provide. If you are interested in making a difference and working with us to improve patient care, please consider joining the PPG. Your input is invaluable in helping us serve the community better.



HALF DAY CLOSURES FOR STAFF TRAINING

To ensure the highest quality of care, our staff participate in regular training sessions. The practice will be closed for staff training on the following wednesday for the remainder of the year:

- 24th September 2025
- 29th October 2025
- 26th November 2025

On these dates, the practice will be closed from 1:00 pm to 6:30 pm. Normal service will resume the following day at 8:00 am.

We hope this newsletter brings you helpful insights and supports your journey to better health.

**Warm regards,
STORRSDALE MEDICAL
CENTRE TEAM**

