

Partner GPs

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A warm welcome from
the Millbrook Team!
In this issue, you'll find:

✓ Important updates on medication, travel, and
phone services

🚶 Local events to help you stay
active and meet others

📶 Health tips and reminders to keep you and your
family well

📍 Signposts to community support,
pharmacies, and local initiatives

If you have questions about anything
in this newsletter—or ideas for future
topics—please let us know.
Your feedback helps us keep this
newsletter useful and relevant.

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Practice Newsletter

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Have Your Say!



Healthwatch Knowsley are a voice
for residents and communities
within the local area. They
influence and challenge how
health & social care services are
provided within their locality using
feedback from patients.

If you want to get involved in their
range of activities, why not
contact the team to enquire
further?

Find out more at: healthwatchknowsley.co.uk
or contact the team on 0151 449 3954

Knowsley Carers Hub

Knowsley Carers Centre is now *Knowsley Carers Hub*, offering a wide range of support for unpaid carers.

Services include 1-2-1 and group support,
Carers assessments, advice on benefits,
breaks from caring, access
to health services, local
activities, and more.



For more information, visit:
n-compass.org.uk/our-services/carers/knowsley-carers-hub

Pharmacy Services You Can Count On



Did you know that many local pharmacies provide essential health services beyond just dispensing medicines? Lower House Pharmacy are now offering period delay medication completely **free** of charge, helping you manage your schedule with ease and privacy. Rowlands Pharmacy also provides a convenient contraception service, where you can get advice and have contraception medication prescribed on-site, no need for a doctor's appointment.

Across the country, pharmacies also play a vital role through initiatives like the **Pharmacy First Service**. This national program allows you to consult your local pharmacist for common illnesses such as coughs, colds, sore throats, and minor skin infections.

Pharmacists can assess your symptoms, offer treatment, advice, and even provide medication where appropriate – helping you get quick care without the wait.

From sexual health to minor ailments, pharmacies are becoming your first stop for accessible and expert healthcare support. Don't forget to check what services your local pharmacy offers – you might be surprised how much they can do to help!

Travelling Abroad? Medication Prescribing Update



Heading overseas? NHS prescriptions may only cover you to last until you arrive at your destination. You will then need to arrange a local supply. Large volume prescriptions for travel are not provided by the NHS.

Speak to your GP or practice team in advance of travel so you can make appropriate arrangements.

Return Unused Medicines to Your Local Pharmacy



Do you have unused or expired medicines at home? You can return any unused medication to your local pharmacy for safe disposal.

If they are still in their original packaging and clearly show an expiry date, some items may even be eligible for re-use.

Help keep others safe and protect the environment by not disposing of medication in household waste or down the sink.

Extended Access Service

Did you know you can get a GP appointment in the evening and at the weekend?

Patients in Kirkby can get extra GP appointments during normal surgery hours, in the evening and at the weekend.

The appointments are at times held outside of the practice and we'll try to book you in at a time that works best for you.

The appointments are available at:

- **St Chads Health Centre, St Chads Drive, Kirkby, Liverpool, L32 8RE**
- **St Laurences Medical Centre, Leaside Avenue, Kirkby, Liverpool, L32 9QU**
- **Millbrook Medical Centre, Southdene PCRC, Bewley Drive, Kirkby, Liverpool, L32 9PF**
- **Wingate Medical Centre, Bigdale Drive, Kirkby, Liverpool, L33 6YJ**



Extended Access is available Monday – Friday from 6:30pm–8pm and Saturdays from 9am – 5pm.

To book an Extended Access appointment, ring the practice and ask the Receptionist for an Extended Access appointment. You'll be seen face to face by a GP who can access your GP practice medical records (with your consent).

Phone Line Issues, Let Us Know!



Experiencing technical problems getting through on the phone? We need your help to spot patterns. If you're having trouble with our phone lines, please report it to us.

We can only investigate technical issues when multiple reports are received – typically five or more with the same problem – so your feedback is vital.

Thank you! Patient Feedback

"Doctor that I seen today was very thorough and seem to make time to listen, which is great."

"Everyone was amazing. I was very well welcomed made feel at ease. Every concern of mine was dealt with. I always felt very free and comfortable with every staff member. Thank you for your amazing service to the the people around. God bless you all."

"You all go up & beyond for me including doctors too I would be lost without you all your always so friendly & always there to support me thank you all from the bottom of my heart"

"Got me booked in extremely quickly, seen on time. Reception staff lovely and doctor was fantastic."

This June the Living Well team are visiting a variety of local venues near you. Whether you need routine immunisations, NHS Health Checks, or health and wellbeing advice, the team will be ready to support you.

Living Well Bus

Helping you stay healthy this summer



Date	Time	Location
Thursday 05/06/25	10:30 AM – 4:00 PM	Explore Partnership – The Hub, 16 Camberley Drive, L25 9PU
Friday 06/06/25	10:30 AM – 12:30 PM / 1:00 PM – 4:00 PM	AM: Peacock Pub Car Park, Bigdale Drive, Northwood, Kirkby, L33 6XJ PM: Explore Partnership, The Hub, 16 Camberley Drive, L25 9PU
Tuesday 10/06/25	10:30 AM – 4:00 PM	Prescot Town Centre (Next to Heron Foods), Eccleston Street, Prescot, L34 5QD
Friday 13/06/25	10:00 AM – 3:00 PM	St John Fisher Church, Tithebarn Road, Knowsley Village, L34 0HA
Thursday 19/06/25	10:30 AM – 4:00 PM	Leach Croft Car Park, Stockbridge Village
Saturday 20/06/25	10:30 AM – 4:00 PM	Huyton Town Centre, Derby Road (outside Home Bargains), L36 9UL
Wednesday 25/06/25	10:30 AM – 4:00 PM	New Hutte Neighbourhood Centre, Litchfield Road, L26 1TT
Friday 27/06/25	10:30 AM – 4:00 PM	Peacock Pub Car Park, Bigdale Drive, Northwood, Kirkby, L33 6XJ

Get Active with Parkrun!

Looking to spend more time outdoors, get a little more active, and meet others in your community? Why not give Parkrun a try! You can walk, jog, run, or volunteer – whatever suits you. It's completely free, welcoming, and you don't have to be a runner to take part.

The event is held every Saturday at 9am at:

Croxteth Hall & Country Park **130 Carr Lane East** **Liverpool** **L11 1EH**

Stadt Moers Park **Pottery Lane** **Prescot** **L35 3RG**

Visit www.parkrun.org.uk for full details, or chat to a member of our practice team to learn more.

