

Tarbock Medical Centre

Autumn Newsletter 2025



DNA Appointments Statistics

July 2025 **29** Wasted Appointments

August 2025 **44** Wasted Appointments

September 2025 **25** Wasted Appointments

Please contact the surgery if you wish to cancel, we are doing our best to provide as many appointments as we can.

Bowel Screening

We are fortunate to be offered screening programmes in the UK. Between the ages of 50-75 you are entitled to free bowel screening. The simple test looks for tiny amounts of blood in poo, which can be an early sign of bowel cancer or polyps (small growths) that could develop into cancer. For more information about this screening programme please call the bowel screening helpline on 0800 707 6060.

NHS Choices

Consider the most appropriate path

Ambulance and A&E This is for life threatening injuries and illness.

Urgent Treatment Centres Can deal with most common ailments including sprains, minor burns and minor illnesses.

NHS 111 This can be the quickest way to get help and advice on non life threatening emergencies and can also give advice on any mental health issues.

Pharmacies They can help with health issues and can also prescribe for 7 common conditions please ask.

GP Practice Can help with seeking advice, treatments, vaccinations, prescriptions, examinations and referrals to other services

New Staff at Tarbock

We would like to welcome our new receptionist Danielle who started with us in September. Also joining the team, we have our new pharmacy technician Diane

Vaccinations

We have a range of vaccine programmes that you may be entitled to including seasonal vaccines, childhood vaccines that you may not have yet had and other vaccine programmes including shingles, pneumonia and RSV. For further information about your eligibility you can contact the surgery,

Extended Access

Just a reminder that, we have appointments at the weekend available on a **SATURDAY** at Roby medical centre. You can access these appointments by calling Tarbock Medical Centre and we will book these on your behalf. You can book for reviews, Blood Pressure, diabetic, asthma etc if you are unable to attend the surgery during the week. There are also Saturday appointments for patients who are due to have a smear, and we also have a blood clinic. You can also access these appointments by contacting the surgery.

There are late appointments once a fortnight on a **THURSDAY** at Tarbock Medical Centre. The appointments are between 6.30pm and 7.45pm Again, if you find it challenge to come to the surgery during the day these are available for you to make an appointment.

Healthy Knowsley

Healthy Knowsley is a service that offers support with lifestyle choice which include support with weight loss, health eating, stopping smoking and physical activity and reducing alcohol. They offer a range of support programmes best to suit your current needs. They can also sign post you to other services if necessary. The service can be accessed as an individual or as a family.



For more information

You can call on- **0800 0731 202**

Website- healthyknowsley.co.uk

Bank Holidays

Please note that the surgery will be closed on the following Bank Holidays. Thursday 25th December 2025 and Friday 26th December. We will also be closed on Thursday 1st of January and will re- open as normal on Friday 2nd January.

We now have a new website, please remember if you wish to order medication this way you need to have all the information about each medication items or your order will not be processed. Thank You!

Early Seasons Greetings

Dr Rashid and all the staff at Tarbock Medical Centre would like to take the opportunity to wish all our patients Merry Christmas and a Happy New Year for 2026.



Supporting Local Services



FEELING ISOLATED?

Do you feel disconnected, or find it overwhelming to locate the right activities in your area? The Knowsley Networker Service is here to help.

WE'RE HERE TO HELP!

We help reduce isolation by connecting you with local activities that can improve your well-being and support you in leading a more active and connected life.

COMMON BARRIERS

Lack of information - We can provide up to date information on what's on in your local area

Confidence - We can provide emotional support to help you feel confident and comfortable participating in local activities

Other Barriers - We can help you manage various challenges, such as health, financial, or travel, that may be stopping you from accessing activities

COFFEE HUBS

Tuesdays 12 noon - 1pm @ Bryer Rd
Community Centre, Bryer Rd Prescott. L35
5DW

Mondays 10 am - 11am @ ourHUB, 39
Manor Farm Rd, Huyton. L36 0UB

GET IN TOUCH OR MORE INFO

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