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| A palm tree on a beach  AI-generated content may be incorrect.  Tarbock Medical Centre  Summer Newsletter 2025 |

HPV Vaccine

If you are entitled to and have not yet had your HPV vaccine the surgery will be in touch to invite you in. It is recommended for male and females between the ages of 12 and 13 years but catch up vaccinations are available up to the age of 25.

For further information about the vaccine please visit: nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine.

DNA Appointments Statistics

April 2025 **32** Wasted Appointments

May 2025 **30** Wasted Appointments

June 2025 **41** Wasted Appointments

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



Foundation Two Doctors

We have two new Foundation Doctors joining us until December 2025. The Foundation Two doctors are fully qualified and experienced doctors, and their GP rotation is an extension of their training. We encourage patients to book appointments with our Foundation Doctors.

Flu Vaccine Programme 2025

It will soon be flu season again if you are entitled to a vaccine, you will receive an invite from the surgery and then you can book in for your vaccine during one of our specific flu clinics. We are yet to receive a date when we can start this programme so when we have further information we will be in touch.

MMR Vaccine

We would like to inform you that there has been a recent outbreak of measles in Knowsley. Measles is a serious illness and is extremely infectious.  It is recommended that 2 doses of the MMR vaccination is received as per the national NHS guidance for protection. If you have not yet had both immunisations then you can contact the surgery, and we can ensure that you get up to date with all your vaccines. Call Tarbock Medical Centre or call in to reception and you can reduce your risk of contracting measles.

Surgery Information

Please note that the surgery will be closed on the following Bank Holiday. Monday 25th August 2025

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!

Local Pharmacy Information

Davey’s Manor Farm

Open from 8.30am-6.15 pm

Closed Saturday and Sunday

Allied Pharmacy

Open from 8.30am-18.30pm Monday- Friday

Open Form 9.00am-17.30pm on Saturday and Closed Sunday.

Extended Access

As previously mentioned, 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, BP, diabetic, asthma etc if you are unable to attend the surgery during the week. There is 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 to access.

**AL-ANON**

Many people will have heard of AA (Alcoholics Anonymous, for people who have problems with alcohol). However, there is another organisation for people who are *affected*by problem drinkers, e.g. family members and friends. This international organisation is called Al-Anon and they have launched their 2025 Campaign ‘You’re not Alone!’ in order to raise awareness of their services. Mutual-support meetings are held for anyone over the age of 18 years, who are living with problem drinkers. They also have meetings (Alteen Meetings) for teenagers (aged 12-17 years) who are affected by similar circumstances, e.g. caused by a parent or close relative with drink-problems. Sometimes these meetings are held online and sometimes face-to-face in a group setting. Because it's a sensitive issue, anonymity is maintained, and members use first-names only - even a pseudonym, if you prefer. In addition, all meetings are strictly confidential. Many members have found that these meetings bring a sense of peace and calm, amidst the turmoil of living with a problem drinker, as well as developing self-confidence for the future. People attending meetings *don't*offer advice on how you can change the problem drinker's behaviour as Al-Anon meetings are for YOU.... to help you deal with the effects of someone else's drinking behaviour.

There are local groups in Prescot (Wednesdays); Hunts Cross (Mondays); Allerton (Thursdays); West Derby (Saturdays) and Bootle (Fridays).

For further information, go to www.[https://al-anonuk.org.uk](https://al-anonuk.org.uk/).  A free, confidential Helpline is available in the UK: 0800 0086 811 (10am to 10pm) - even on Christmas Day.

Staff Development and Future Plans

As part of our on-going staff development, one of our Admin. staff has now qualified as a Health Support Worker and also as a phlebotomist. This means she will be able to help with clinical services in the Practice**. In the future** it is a possibility that this will include taking blood samples and running a blood clinic. This will make it easier to get a blood test and you won't have to "go upstairs" as testing will be carried out on the ground floor.