

CUMBERLAND HOUSE NEWSLETTER SUMMER 25

PHARMACY FIRST

A 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, sore throat, earache, Impetigo, sinusitis and many more.

We may refer you from surgery if you call with one of these conditions. Medication can be prescribed.



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.

Drop off can also be made at Howards Funeral Directors on Roe Lane. A dedicated Area by the front gates.

SUNSHINE.....IS HERE

Active Sefton has a whole range of activities available. The booklet which is available in surgery offers wellbeing walks and cycle rides all free of charge. Nordic walks and various activities. See online here <https://activelifestyles-sefton.co.uk/>

You can also become a walk leader. Interested? call 0345 1400845.

Use our blood pressure machine located in our reception area!

Please see our Monthly Spotlight board in surgery or our website here

<https://www.cumberlandhousesurgery.co.uk/monthly-spotlight/>

Each month we will have various topics to offer information and assistance to our patient community.

Would you like to be a member of our Patient Participation Group?

A valuable role that can help shape our local services. Please drop in or email us your interest

In surgery we have introduced a suggestions/compliments slip and also a privacy slip if you don't like to speak in the reception area. Located in our main reception area.

