Cumberland House

NewsLetter WINTER24/25

# as the nights draw in……………..

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| 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, and sinusitis and many more. |
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| 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. |

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 <http://activetravelsefton.co.uk> You can also become a walk leader. Interested? call 0345 1400845.

## FLU CLINIC 2024

We are holding our annual Saturday flu clinic. Come and visit the surgery for your flu vaccination. We like to see our patients and you will be supporting your surgery.

COVID Vaccinations available at your local pharmacy –

https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/

Use our blood pressure machine located in our reception area!

#### October is breast cancer awareness month

* Come down to surgery on the morning of Wednseday 16th October for our cake sale to rasie funds for Breast Cancer Now
* We will be supporting ‘Wear pink to work’ on 18th October

RSV Vaccination offer - respiratory syncytial virus vaccine

**An invitation has been sent from NHS England**

**The RSV vaccine is recommended if: you're pregnant – from 28 weeks onwards or you're aged 75 to 79 – see the website https://www.nhs.uk/vaccinations/rsv-vaccine**

**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.**

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