

# AINSDALE MEDICAL CENTRE



## SPRING NEWSLETTER 2026

### Practice news



Dr Uju Oyolu



Dr Uju Oyolu will be leaving the practice in April. Dr Oyolu has been with us since April 2019 and has been a much-valued member of our team throughout that time. She has given so much to the practice and will be greatly missed by both patients and colleagues.

While we are very sad to see her go, we would like to thank her for all her hard work and dedication over the years, and we wish her every happiness and success in her new adventure.

At the same time, after an incredible 29 years at Ainsdale Medical Centre, our wonderful secretary Carolyn will be retiring at the end of this month.

Carolyn has been a valued and much-loved member of the team for many years. Her hard work, dedication, and support have meant so much to colleagues and patients alike, and everyone at the practice will miss her greatly. We want to thank Carolyn for her outstanding service over the past 29 years and wish her a long, happy, and well-deserved retirement.

We have two new admin staff members: Steph, who started on 9th March, and Hazel, who will begin on 23rd March. They will be in training, so we appreciate your patience when contacting the practice.

Our current Mental Health Practitioner, Kate Heathcote, is on maternity leave, so we have a new Mental Health Practitioner, Helen Sharples, covering. She is due to start in mid-March and sees patients who have seen/spoken to the GP and have been referred into the service.

We received a certificate recognising the practice as an approved unified learning environment from the Sefton Locality Training Hub.

The staff participated in a Christmas jumper day, organised a charity bake sale and raffle to raise funds for Queenscourt Hospice, and raised over £100. We are planning to take part in another event in April.

### Important Notice: Flu Vaccinations for 2026

Ainsdale Medical Centre will not be offering flu vaccinations to patients aged 18 and over for the 2026 flu season.

We understand this may be disappointing to some, but we want to reassure you that we are still committed to ensuring everyone has access to the flu vaccine. We will liaise with local chemists, inform them, and ensure they are prepared to vaccinate our patients aged 18 and over.

We will continue to vaccinate children aged 6 months to 17 years with long-term health conditions. Visit [www.nhs.uk/vaccinations/child-flu-vaccine](http://www.nhs.uk/vaccinations/child-flu-vaccine) for more information.



We're proud to support both our military veterans and carers, offering guidance and access to a range of helpful services. If you're a carer or have served in the Armed Forces, please let us know—so we can ensure you receive the support you need to look after your own health and wellbeing



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## SENSORY PACK AVAILABLE AT RECEPTION

We're happy to let you know that sensory packs are available at our practice!

This pack is perfect for anyone who might feel a bit overwhelmed or needs extra support during their visit. It includes helpful items like ear defenders, a stress ball, fidget toys, an eye mask, and colouring activities.

If you think a sensory pack would help you during your appointment, just ask at reception.

We want to make our practice a welcoming and accessible place for everyone.



## DIABETES UK SUPPORT GROUP

**DIABETES IN SOUTHPORT AND ORMSKIRK AND THE SURROUNDING AREAS INCLUDING WEST LANCASHIRE**

If you are living with diabetes, it can be tough. But you are not alone. We are the Southport and Ormskirk Diabetes UK Support Group, and we are here to support anyone living with, or affected by diabetes.

**Come along to our regular meetings (see below for details)**

**Get in touch**  
Peter Lloyd (Support group Lead volunteer): petelloyd2003@yahoo.co.uk  
Diabetes UK North of England team: 01925 653281 north@diabetes.org.uk

**Why come along to our meetings?**

- You will meet people who are living with pre-diabetes or living with diabetes, with the opportunity to support and learn from each other.
- Find out about a range of local services and agencies from invited guest speakers.
- Relax in our free, friendly, and informal space, with ample free parking space.

**We meet regularly on the first Monday of the month at 7pm at:**  
The Richmond Hotel, 234 Scarisbrick New Rd, Southport PR8 5HL

**We meet regularly on the first Monday of the month at 7pm**

**Our meetings are open to anyone living with or affected by different types of diabetes. Our venue offers free parking. We look forward to welcoming you.**

Diabetes UK Support Group for People Living with Diabetes in Southport, Ormskirk, and Surrounding Areas including West Lancashire

We meet regularly on the first Monday of the month at 7pm at:

The Richmond Hotel, 234 Scarisbrick New Rd, Southport PR8 5HL



## STOP SMOKING SUPPORT

If you're ready to quit smoking, Smokefree Sefton offers free, expert-led services available to anyone living, working, or registered with a GP in the area.

Call Smokefree Sefton on 0300 100 1000 to self-refer visit the website [www.smokefreesefton.co.uk](http://www.smokefreesefton.co.uk)



 **DOWNLOAD THE NHS APP TODAY**



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## Lung Cancer Screening

If you are aged 55 to 74 and you smoke, or have previously smoked, you will be sent an appointment for Lung Cancer Screening when the mobile scanning unit is in your area and when it is your turn. The appointment with the Lung Cancer Screening team will arrive with you in a text message or letter through the post. This appointment will take place over the telephone with a member of the screening team who is specialised in delivering the assessment. It is important that your GP surgery knows your history of smoking and that it is noted correctly in your NHS records so that you receive a Lung Cancer Screening appointment. If you are not sure if it is noted correctly, please check with your GP surgery. If you have not been invited for a screening and believe that you are eligible, please contact the team on 0151 254 3032.



**Pharmacy First** is a quick and convenient way to get expert advice and treatment for common health conditions without needing to see a GP. Local pharmacists are trained to help with issues like sore throats, earaches, skin rashes, and more—often with same-day support. This frees up GP appointments and helps you get the care you need faster.

### **NHS BOWEL SCREENING AVAILABLE FROM AGE 50**

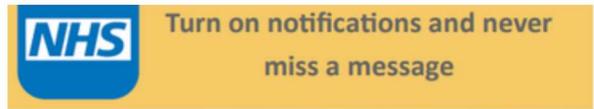
The NHS bowel screening includes everyone aged 50 to 74 in England. Eligible individuals will receive a free FIT home test kit every two years—no need to see your GP. Those aged 75 and over can still access the kit by calling 0800 707 60 60

**Our normal surgery opening times are  
Monday - Friday 8am to 6.30pm**

**Please call 111 or use 111 online for advice when the surgery is closed**

**Always call 999 in the case of a life-threatening emergency**

**Visit our website at [www.ainsdalemedicalcentre.nhs.uk](http://www.ainsdalemedicalcentre.nhs.uk)  
Follow us on Facebook - Ainsdale Medical Centre**



### Send and Receive Messages in the NHS App

GP practices and other parts of the NHS can send you secure messages in the NHS App.

You might get appointment reminders, prescription updates or invitations to important cancer screenings. You can also use the App to contact your GP.

Make sure you don't miss anything by turning on notifications in the app and in your phone's settings. Here's how:

- **Open the NHS App** on your smartphone.
- Tap the **Account & settings** icon (usually in the top right).
- Select **Manage notifications**.
- Tap **Go to device settings** (this opens your phone's notification options).
- In your phone settings, **allow**

