

# LANGBANK MEDICAL CENTRE NEWSLETTER

AUTUMN - ISSUE #3

## WELCOME FROM OUR PRACTICE

Located in Norris Green, Langbank Medical Centre is committed to providing high-quality NHS healthcare to our community. As proud members of the North Liverpool Primary Care Network, we offer a wide range of services including vaccinations, women's health support, and chronic condition management. Our mission is simple: Caring for the Community. Our dedicated team of GPs and staff are committed to delivering high-quality care while fostering a friendly, inclusive atmosphere.

## CERTIFICATE OF COMMENDATION

### Congratulations to Dr Murugesh Velayudham!

We are proud to share that Dr Velayudham has been awarded a Certificate of Commendation by the University of Liverpool School of Medicine. This recognition celebrates his outstanding commitment to undergraduate medical education. Students praised him as a "great role model," noting his constant support, engaging teaching, and inclusive approach—from clinic consultations to home visits. His dedication made a lasting impact on their learning experience.

## CELEBRATING OUR TEAM:



Langbank Medical Centre is proud to celebrate the dedication and spirit of our staff **Emma and Robyn** who participated in the **Race for Life, organised by Cancer Research UK**. Their commitment to raising awareness and funds for cancer research is truly inspiring. Congratulations to our team members who not only took part but also achieved fantastic results. Thank you for representing our practice and making a difference in the fight against cancer.

## **ASTHMA GROUP CONSULTATION: A SUCCESSFUL INITIATIVE**

We are delighted to share the success of our first Asthma Group Consultation. This innovative approach brought together patients and healthcare professional to discuss asthma management, share experiences, and provide mutual support. The positive feedback and outcomes from this session have encouraged us to extend group consultations to other chronic conditions in the future. Stay tuned for more information on upcoming group sessions for various long-term health concerns.



## **MODERNISING GENERAL PRACTICE**

Modern general practice is the foundation of a transformation journey to better align capacity with need, improve patient experience, and enhance the working environment for general practice staff.

Modern general practice utilises digital tools, transformation support, funding, and incentives as part of a system-wide delivery plan. This approach also includes the expansion of clinical pharmacy and improvements across the primary care-secondary care interface, supporting general practice sustainability and primary care transformation.

By embracing these changes, general practice is better equipped to meet the evolving needs of patients and staff, ensuring a more responsive, efficient, and sustainable healthcare system for the future.

## **SOCIAL PRESCRIBERS: HOLISTIC SUPPORT FOR HEALTH AND WELLBEING**

Social Prescribers connect people to community-based support services, taking a holistic approach to health and wellbeing. Recognising that factors such as loneliness, isolation, and financial difficulties can significantly impact physical and mental health, Social Prescribers help address these wider issues. Contact the practice to book an appointment with our Social Prescriber or Wellbeing Worker and access the support that best meets your needs.

## WOMEN'S HEALTH UPDATE

The Women's Health Hub in North Liverpool PCN provides a range of services to patients within our network. The hub aims to improve access to women's services in our local area. Services include insertion and removal of Long-Acting Reversible Contraception (coils and implants), with coils offered for all indications (contraception, heavy periods, and as part of Hormone Replacement Therapy). This service operates predominantly from the Croxteth Family Health Clinic (L11 0BS).

Access to the Women's Health Hub services is available via your GP surgery—reception can refer you directly, or you can ask a healthcare professional to book you a telephone triage appointment. An online Coil & Implant clinic self-referral form is also available on our website. You can also scan the QR code below to access the self-referral forms:



**WOMEN'S HEALTH HUB**  
What we do...

The Women's Health Hub is operating from the Croxteth Family Health Clinic and aims to improve access to women's health services. Patients can access our services from any NLPCN practice by asking reception or (for LARC only) by self-referring using the QR code below.

- LARC (long-acting reversible contraception)
- Coils & implants
- Pessary insertion/changes
- Specialist menopause service
- Smears
- Women's Health queries

Scan here to request an implant or the coil!



## ANNUAL PATIENT REVIEWS : BOOK YOUR APPOINTMENT

Having a single annual review is the quickest and most convenient way of monitoring long-term conditions. Without regular check-ups, conditions can worsen, and complications might arise that damage your health.

If you have one of the following conditions, then often you are required to attend the Surgery for an annual health check:

- **Diabetes**
- **Impaired Glucose**
- **Heart Failure**
- **Stroke**
- **Hypertension (high blood pressure)**
- **Atrial fibrillation**
- **Coronary Heart Disease**
- **Asthma**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Long term mental health problems**
- **Learning Disabilities**
- **Dementia**

From April 2025 – we have been inviting in a new system where your annual reviews and/or blood test monitoring to coincide with your BIRTHDAY month.

You will be contacted by the Practice either via text message or letter when your annual health check is due. A blood test may be required depending on your condition. Please call reception between 10-6.30pm to book your appointment.



## JOIN OUR PATIENT PARTICIPATION GROUP (PPG)

Langbank Medical Centre values the voices of our patients. The Patient Participation Group (PPG) is a fantastic opportunity for patients to get involved, share ideas, and help shape the services we provide. If you are interested in making a difference and working with us to improve patient care, please consider joining the PPG. Your input is invaluable in helping us serve the community better.

Our last PPG on 11<sup>th</sup> Sep 2025 was a success!



## HALF DAY CLOSURES FOR STAFF TRAINING

To ensure the highest quality of care, our staff participate in regular training sessions. The practice will be closed for staff training on the following wednesday for the remainder of the year:

- 24th September 2025
- 29th October 2025
- 26th November 2025

On these dates, the practice will be closed from 1:00 pm to 6:30 pm. Normal service will resume the following day at 8:00 am.

We hope this newsletter brings you helpful insights and supports your journey to better health.

Warm regards,  
LANGBANK MEDICAL  
CENTRE TEAM



As winter approaches, protect yourself and your loved ones from flu and COVID. Langbank Medical Centre is offering vaccination for eligible patients. Most patients become eligible from **October 1, 2025**.

All our housebound patients will be offered joint vaccination for Flu and COVID.

Flu and COVID can cause serious illness. Vaccination is the best way to stay safe, reduce hospitalisations, and protect vulnerable people in our community.


**Support Your Surgery:** Getting vaccinated at Langbank helps support your local GP practice and keeps essential services running.

Invitations to go out end of this month. You can also contact us to book.

Let's stay well together this winter —


Thank you for the support

### Need Help or Advice?

 Call us: 0151 226 1976

 Visit:

<https://www.langbankmc.nhs.uk/>

 Use: 111.nhs.uk or call NHS 111 (24/7 non-emergency medical advice)

**Together, let's keep our community healthy and reduce unnecessary hospital visits.**