



Welcome to Mather News.

Your health is our priority & we look forward to sharing key information with you every quarter.



### Christmas Opening Hours

Monday 25<sup>th</sup> Dec – **CLOSED**

Tuesday 26<sup>th</sup> Dec – **CLOSED**

Wednesday 27<sup>th</sup> Dec – 8am-6.30pm

Thursday 28<sup>th</sup> Dec – 8am-6.30pm

Friday 29<sup>th</sup> Dec – 8am – 6.30pm

Monday 1<sup>st</sup> Jan 2024 – **CLOSED.**

Main doors open at 8.30am

We are delighted to announce after our recent CQC inspection, Mather Avenue received an overall rating of ‘Good’.

We’ve recently had a new phone system installed at the Practice.

Please note the only contact numbers are

0151 427-6239

&

0151 427-4730



### Did you know?

You can save time getting your repeat prescription: You can order your repeat medication with the click of a button on the NHS App.

You can also check if your prescription has been issued.

Get the NHS App





**Feel Healthier**

No matter how many years you've smoked, quitting does improve current and future health and wellbeing.



**Save Money**

Quitting smoking leads to a richer life in more ways than one. If you smoke 20 a day, you could save around £250 a month. That's £3000 per year.



**Take Control**

Cigarettes don't have to control your life. Protect your loved ones from harmful second-hand smoke and reduce their risk of developing smoke related illnesses.

**Text QUIT1 to 61825 Call 0151 374 2535**



**Drink less**

Cutting back on the booze can be an effective way to improve your health, boost your energy, lose weight, and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

**DOWNLOAD THE DRINK FREE DAYS APP TODAY**



**SWAGGA**

Primary Care Network

**FREE HEALTH CHECKS,  
CANCER SCREENING  
EDUCATION, FINANCIAL  
ADVICE,  
REFRESHMENTS &  
MORE!!**

**See attached flyer for details.**

**patches**

PATCHS is a new easy way to contact the surgery online to request a sick note.