

# NEWSLETTER

AUTUMN 2026



LISCARD  
GROUP PRACTICE

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**Welcome to the latest edition of our practice newsletter — we aim to issue this quarterly, giving you news and information of what's happening in the surgery.**

## WINTER VACCINE ELIGIBILITY

### Flu Vaccines

Pregnant Women

Children

Adults aged 65+

Adults under 65 who are in a clinical risk group, are close contacts of immunosuppressed individuals, carers or frontline workers.



### Covid-19 Vaccines

Age 75+

Care Homes for Older People

Immunosuppressed

## SURGERY OPENING HOURS

### CORE HOURS

Monday - Friday 8:00-18:30

### ENHANCED ACCESS Appointments

Weekdays 18:30-20:00

Saturdays 8:30-17:30

**The practice will be closed on:**

Wednesday 14th October PM only.

Wednesday 18th November PM only.

Friday 25th and Monday 28th December.

Friday 1st January.

*Cover will be provided by the out of hours service on these dates - please call NHS 111.*

**We are offering both in the practice on various days/times.**

### Breast Screening Saves Lives

Women aged 50-70 will automatically receive an appointment for Clatterbridge or St Cath's. If you haven't been contacted or need to change, call 0151 482 7661.

## STOPTOBER

Stoptober is an annual campaign that runs every October, inviting participants to stop smoking or vaping for **28 days**. Research shows that if someone can quit for this period, they are **five times more likely to quit permanently**. The campaign emphasizes collective support, with thousands of participants quitting together, which enhances motivation and accountability.



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