T

THE ELMS MEDICAL PRACTICE

A green sign with white text

Description automatically generated with medium confidence

January can seem like the darkest month of the year. If you’re struggling, Samaritans are promoting

**“Brew Monday”** on the 16th Jan to raise awareness of the support they offer.

You can also keep track of how you’re feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

[www.samaritans.org](http://www.samaritans.org)

Call 116 123

**JANUARY 2023**

Fireworks in the sky

Description automatically generated with medium confidence

HAPPY NEW YEAR

Wishing all our patients the very best of health in 2023.

Thank you for the kind words of support that have been fed back to us…. We appreciate the time you have taken to let us know we are doing a good job!!



It’s Cervical Cancer Prevention Week from **23rd Jan to 29th Jan** and Jo’s cervical cancer trust is holding its biggest event yet, raising awareness for cervical cancer.  
  
The symptoms of cervical cancer can include:  
  
- Unusual vaginal bleeding, especially after menopause  
- Changes to vaginal discharge   
- Pain or discomfort during sex  
- Unexplained pain in your lower back or between your hip bones (pelvis)  
If you notice changes, it’s better to get checked.

Lisa, a mother of two was diagnosed with cervical cancer in 2013. Read about her experience being diagnosed and going through treatment via this link.

[Lisa B's Story | Cervical Cancer | Jo's Cervical Cancer Trust (jostrust.org.uk)](https://www.jostrust.org.uk/information/stories/lisa-bs-story)

Logo

Description automatically generated

Each January people from across the UK sign up to be free of alcohol for 31 days. Reducing the amount, you drink can have long-term health benefits. Follow this link to find out more;

[Dry January | Alcohol Change UK](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january)

i

Graphical user interface

Description automatically generated with low confidence

**IT IS STILL THE FLU SEASON!!!**

Protect yourself and get vaccinated.

To check your eligibility, go to Flu vaccine - NHS (www.nhs.uk)

New year, new you  
  
New year is a fantastic time to think about our health and well-being. With the opportunity to change things, now that the festive goodies are out of the way, there is no better time to think about our diet. Follow this link to get 8 practical tips that cover the basics of healthy eating and can help you make healthier choices.

[8 tips for healthy eating - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/)

Graphical user interface, text, website

Description automatically generated with medium confidence

**WHO DO YOU CALL?????**

Health services are under pressure over the winter and ensuring that you’re using the right service for the issue you’re having makes the health service work better for everyone.

[Make The Right Call - NWAS - North West Ambulance Service](https://www.nwas.nhs.uk/get-involved/campaigns/make-the-right-call/)

A picture containing red

Description automatically generated

A picture containing text, tree, person, holding

Description automatically generated

If you have a hidden condition that means you may need more time to respond to something, you may find the **“just a minute”** (JAM) card helpful. Available as a physical card, or on an app, it can help others understand they may need to allow you more time.

[www.jamcard.org](http://www.jamcard.org)

Graphical user interface, text

Description automatically generated

**COLD WEATHER PAYMENTS**

If you were born before 26th September 1956, you may be eligible for a winter fuel payment. If you’re eligible, you should get the payment automatically, but, if you don’t, you can find out more by clicking here.  
  
[https://www.gov.uk/government/publi...op-tips-for-keeping-warm-and-well-this-winter](https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather/top-tips-for-keeping-warm-and-well-this-winter)

**DID YOU KNOW????**

If you’re under 25 and giving support with daily life to a friend or family member, you may be a young carer.

There is support available to you. if you would like to know more, please contact the practice and speak to our Carer’s Link -Aga Heywood, who will be able to sign post you to the right services available locally.

<https://carers.org/about-caring/about-young-carers>

Plasma donors are in great demand! If you live near a plasma donation centre, your plasma can be used to make vital medicines for serious illnesses.

<https://www.blood.co.uk/plasma/>

Icon

Description automatically generated Diagram

Description automatically generated with low confidence <https://itunes.apple.com/gb/app/the-lullaby-trust-baby-check/id1013901455?mt=8>

Text

Description automatically generated

The period immediately after Christmas can be challenging for some. Men in particular may find it difficult to open up about their feelings. You can find out more about men’s mental health and support here. <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/men-and-mental-health>

Graphical user interface

Description automatically generated

**Please remember** if you cannot attend your appointment, please contact us to cancel it ASAP please.

Your appointment could be offered to another patient who urgently needs advice.