

THE ELMS MEDICAL PRACTICE NEWSLETTER



January 2016 EDITION

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West Cheshire Care Record Information for Patients



Sharing your health and social care information

Whether you are visiting your GP, attending hospital, or being seen in your own home or health centre by a community nurse or social worker, we want you to get the best care.

We can only do this if all the health and social care professionals involved in your care have access to the information they need to make informed decisions with you. By sharing a summary of the information included in your health and social care records, they can provide better care.

What is my health and social care information?

Your shared health and social care information will include information like test results, medications, allergies and social or mental health information relevant to your care.

The professionals treating you will be able to look at computer records of the care you are receiving from other organisations, including your GP or the hospital.

This means:

- You don't have to keep repeating your medical or social care history
- Care professionals have access to the right information when they need it
- We can reduce duplicate appointments and tests
- You will receive the right treatment and care more quickly.

Timely access to your health and social care records will ensure that GPs, hospital doctors, nurses, social workers and other health and social care professionals have an overview of your care in order to make the best decisions about your diagnosis, treatment and care plan.

Who will be able to see my shared health and social care information?

Your information will only be accessed by health and social care professionals – such as the district nurse involved in your care – if you have given your consent. You are in control and can change your mind at any time to limit who accesses your information. If you wish to consent inform your GP or receptionist.

The organisations that are involved in the shared health and social care record are:

- West Cheshire GP Practices
- Countess of Chester Hospital NHS Foundation Trust
- Cheshire and Wirral Partnership NHS Foundation Trust
- Clatterbridge Cancer Centre NHS Foundation Trust
- Cheshire West and Chester Council, Social Care

Your information will be held securely and won't be shared with any other organisations.

My Well-being Online – Health Support for Young People

Cheshire and Wirral Partnership's 5-19 health and well-being service has launched a new way for young people in West Cheshire to receive mental and physical health support via 'My Well-being Online' at <http://www.mywell-being.org.uk/>. The site directly connects young people with health professionals to discuss personal health issues without necessarily needing to be referred into clinical services via an online form. This service will expand the traditional 'school nursing' role to one that will have a stronger presence in the local community beyond school settings and support both mental and physical health issues.

My Well-being Online will be one tool within the 5-19 health and well-being service's wider online package which is due to launch at the end of December. The new site will provide a digital hub of information about a host of health-related topics, such as staying safe, growing up and thoughts and feelings, with specific content for primary, secondary and 16+ ages, as well as resources for parents, carers and professionals.



PPG MEETING

MONDAY 11TH JANUARY 2016 @ 10.00AM

The Elms Medical Practice, 2nd Floor, Fountains
Health

Delamere Street, Chester CH1 4DS

Agenda

- Annual General Meeting – Greta Llewellyn-Jones
- Action Points from PPG Meeting 7.9.2015
 - Student Registrations
 - Patient Waiting Area
 - Fundraising
- Updates
 - Schedule of Meetings for 2016/2017
 - Monday 11th January 2016 @ 10.00am
 - Monday 14th March 2016 @ 10.00am
 - Monday 13th June 2016 @ 10.00am
 - Monday 12th September 2016 @ 10.00am
 - Monday 9th January 2017 @ 10.00am
 - Patient Online Access
 - Patient Survey
 - Friends & Family Test

STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

27th JANUARY, 23rd FEBRUARY & 16th MARCH 2016

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm.

Facebook & Twitter

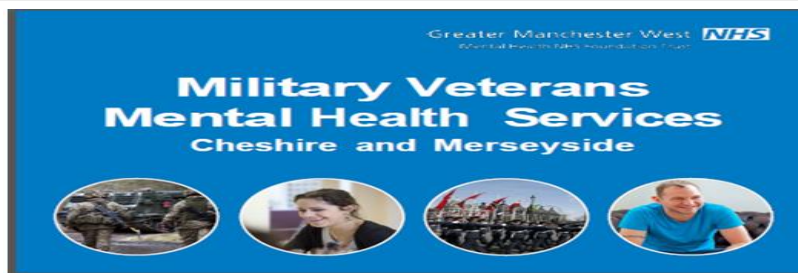
To make our service more accessible to you, you can follow us on Twitter and Facebook!

Make sure to check out our social media for all the latest information from the surgery and a chance for you to improve our service.



WHY IS IT SO IMPORTANT TO KEEP YOUR GP APPOINTMENT?

Every missed appointment is a waste of clinical time, which could be needed by patients who are very ill. If you cannot attend your appointment, letting us know early enables us to give your appointment to another patient who might really need it. Please consider others and let us know if you can't make your appointment as soon as you can.



Greater Manchester West mental Health NHS Foundation Trust (GMW) now provide mental health services for military veterans in Cheshire and Merseyside (excluding Liverpool). The service supports veterans by delivering specialist high quality care with a focus on improving psychological wellbeing, increasing social networks and supporting long term recovery.

Our highly skilled staff will work effectively and in a timely way with military veterans who are experiencing psychological related problems. We work in partnership with leading mental health charity for veterans, Combat Stress. Issues we can help with include; depression, anxiety, substance misuse, trauma, adjustment disorders and problems relating to personality by their difficulties.

CONTACT US

Military Veterans can be referred to our service via their GP, healthcare professional, third party organisation, family member or carer. Self-referrals can be made by contacting the service:

Tel: 0151 908 0019.

Visit our website to see where we deliver services

Email: military.veterans@gmw.nhs.uk

Web: www.gmw.nhs.uk/military-veterans-services

SHINGLES VACCINATIONS

Shingles vaccinations are available to people aged

70, 71, 72, 78 or 79,

born on or between:-

70: 02/09/44 to 01/09/45

71: 02/09/43 to 01/09/44

72: 02/09/42 to 01/09/43

78: 02/09/36 to 01/09/37

79*: 01/01/36 to 01/09/36

*** Patients aged 79 on the 1st September 2015 lose eligibility the day of their 80th birthday.**



Do something good for 'U'

The supporters of this campaign are; National Obesity Forum, Danone, Alpro, The Whitehouse Consultancy & Fox. The campaign is aimed at making people think about what they can do to be a little bit healthier. Making changes to what you eat, drinking more water or being more physically active. They may be small changes but can all help improve our long-term health.

Just by making these small changes it will not only help our health and our friends and families health, we can help reduce the demands on hospitals and health services. That is what JanUary is about 'promoting the ways in which we, government and businesses can improve our health and that of the UK as a whole, and providing the information and resources that can bring about long-term positive change. It's not about making some major change that you'll struggle to stick to. It's about doing something sustainable that'll help you in the long-term.

So why not join and help make a healthy New Year's Resolution and do something good for U this JanUary!

For more information you can call: 020 7463 0690



ELMS NEWS

It is with great sadness that Dr Walker-Baker will be leaving the Elms at the end of January. We wish her all the best for the future.

FUNDRAISING

The staff at the Elms had a coffee morning week for Macmillan and raised £68.00, we also had a 'Wear it Pink' day for Breast Cancer and raised £44.00. At Christmas we wore our Christmas Jumpers for the Text Santa for ITV supporting various charities and we raised £38.00.

Well done to all the staff for our grand total of £150.00.