

THE ELMS MEDICAL PRACTICE NEWSLETTER



JANUARY 2017 EDITION

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THINK KIDNEYS

The NHS have been campaigning in 2016 to improve the care of people at risk of, or with, acute kidney injury. They say that kidneys are important to our wellbeing, looking after our bodies through the production of urine to get rid of excess water and toxins. Acute Kidney Injury is a sudden and recent reduction in a person's kidney function. It is not caused as a result of a physical blow to the body. The main aim of the NHS is to reduce avoidable harm and death for people with acute kidney injury and to improve care for patients whether in hospital or at home.

What are the symptoms of acute kidney injury?

- Changes to urine output, particularly a major reduction in the amount of urine passed
- Nausea, vomiting
- Dehydration or thirst
- Confusion and drowsiness



It is estimated that one in five people admitted to hospital each year as an emergency has acute kidney injury

In the UK up to 100,000 deaths each year in hospital are associated with acute kidney injury. Up to 30% could be prevented with the right care and treatment

INTRODUCING DRY JANUARY®

Give your body a break

We're encouraging people across the UK to sign up for Dry January and start 2017 in a state of booze-free bliss. Because after the heady excess of the holiday season, January is the best time to give your body a little break. And it's super simple to do – just swap your alcoholic drinks for something softer in January to experience some amazing health (and wealth) benefits.

Why encourage your workforce to take part?

Well every day, around 200,000 people go to work with a hangover. And that's got to have a pretty big impact on your workplace. Not only that, lost productivity and absenteeism due to alcohol costs the economy 17 million working days and £7bn a year*. So, if your employees sign up for just a month off the sauce, you're going to notice a positive difference.

*Source: Alcohol Concern

"I feel fresh – wide awake, and way more productive."

"Even my bank balance is feeling healthier after Dry January"

"I lost weight, felt great and will be drinking far less in the future thanks to Dry January."



This little kit could save your life.

Aged 60 – 74? You'll be sent a free bowel cancer screening kit once every two years.

It's meant for people with no symptoms.



Don't ignore it. Take the test.

Search 'Be Clear on Cancer'



Website:

www.rainbowtrust.org.uk

Email Enquiries:

enquiries@rainbowtrust.org.uk

Rainbow Trust supports families who have a child aged 0-18 years of age with a life threatening or terminal illness and need the bespoke support that they offer.

Today there are an estimated 49,000 children and young people in the UK living with a life limiting or life threatening condition who may require palliative care (University of Leeds, 2011). Many of these children and their families are able to cope or are not in a 'crisis situation'. However, thousands of families have to face the very real possibility that their child may die and struggle to cope on a day to day basis.

Who we support

Rainbow Trust support the families who have a child with a life threatening or terminal illness and are in the greatest need. Our Family Support Workers provide a life line to these families and children. They support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. They bring support and help to families who so desperately need it at home, in hospital and in the community. Any family can receive support from the moment of their child or young person's diagnosis.

**Cervical Cancer Prevention Week
22 – 28th January 2017**

**Jo's cervical
cancer trust**



The Facts

- Every day in the UK 9 women are diagnosed with cervical cancer
- 3 women lose their lives from the disease
- Cervical Cancer is the most common cancer in women aged 35
- 75% of cervical cancers are prevented by cervical screening (smear tests)
- However 1 in 4 women do not attend this potentially life-saving test

For more information:

Telephone: 020 7250 8311 Email: info@jostrust.org.uk
www.jostrust.org.uk Helpline: 0808 802 8000

STAFF TRAINING DAYS

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

**Thursday 26th January
Tuesday 28th February
Wednesday 29th March 2017**

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

PATIENT DNA'S

In NOVEMBER there were 237 GP and Nurse Appointments that patients did not attend.

BE CONSIDERATE! If you are unable to attend your appointment please contact the surgery as soon as possible so it can be given to another patient.

DID YOU KNOW?

Community Services that used to be available at St Martin's Clinic have all relocated to the Fountains Health at Delamere Street:

Physiotherapy – 01244 385335 District Nurses – 01244 319189
Sexual Health – 0800 323 1300 Podiatry – 0800 195 4462
Speech & Language – 01244 365690

Also located here at Fountains on the ground floor is a Dentist:

Bridgewater Dental Practice – 01244 356809

Bridgewater is a Specialist Dentist who receive referrals from your own Dentist, it is not a walk in clinic.

**Unsafe window blind cords can be dangerous to young children
Make your blinds safe today**



New Window Blinds

All new blinds must meet child safety performance standards. When buying new blinds ask your supplier about the child safety features.

Old Window Blinds

You can make your existing blinds child safe quite easily. Take action today.

Contact your local British Blind & Shutter Association member to find out how or visit www.makeitsafe.org.uk now



**EARLY MORNING EXTENDED HOURS
APPOINTMENTS - A PILOT SERVICE**

We are pleased to offer a new service for our patients that are not able to visit the practice during normal working hours.

From the 7th December 2016 appointments will be available from:

7:00am to 8:00am

Alternate Tuesdays and Wednesdays

These appointments are strictly by appointment only and can be pre-booked three weeks in advance. Other practice services will not be available until 8:00am.

The main doors to the building will remain closed to the general public. Patients with appointments will be able to use the video call phones and the receptionist will be able to buzz patients into the building. Ask at the Elms Reception for further details.

URGENT DENTAL CARE



CHESHIRE & MERSETSIDE

IN HOURS URGENT CARE

Patients should firstly contact their own dentist, if the dental practice is closed a message should tell the patient how they can access the urgent care treatment arrangements put in place by them.

If the patient doesn't have a dentist, they should contact the TRIAGE/HELPLINE service on 0161 476 9651 (9:00am to 9:30pm)

OUT OF HOURS URGENT CARE

Patients should contact the TRIAGE/HELPLINE on 0161 476 9651 (9:00am to 9:30pm)