

# THE ELMS MEDICAL PRACTICE NEWSLETTER



Fountains Health,  
2<sup>nd</sup> Floor Delamere St  
Chester CH1 4DS

MAY 2015

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[www.elmsmedicalcentre.co.uk](http://www.elmsmedicalcentre.co.uk)

## WE ARE DELIGHTED TO ANNOUNCE THAT AS OF MONDAY 18<sup>TH</sup> MAY 2015 THE ELMS WILL BE RELOCATING TO:

Fountains Health, 2<sup>nd</sup> Floor, Delamere St, Chester CH1 4DS

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Website: [www.elmsmedicalcentre.co.uk](http://www.elmsmedicalcentre.co.uk)

Our telephone number, fax number, email addresses, Facebook and twitter accounts will all remain the same as they are now. Please see our website for updated details on the new premises and frequently asked questions. To help make the Practice more accessible we are now fully operational on the Electronic Prescription Service, as well as Patient Online Access. This will enable our patients to order prescriptions, book and cancel appointments and view a summary of their medical records. For more information visit our website: [www.elmsmedicalcentre.co.uk](http://www.elmsmedicalcentre.co.uk)

Fountains will be accessible on foot, bicycle and bus and there is also a large underground public car park if you choose to travel by car.

- **Bus** - To obtain more information on travelling by bus please visit: [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk)
- **Bicycle** - To obtain more information on travelling by bike please visit: [www.itravelSMART.co.uk/travel-smart/cycle/](http://www.itravelSMART.co.uk/travel-smart/cycle/)
- **Car** - Patients can use **-2 or -3 level** for parking and access the Fountains. Parking after 3.00pm is free. There is a reduced rate (currently £1) of patient parking available, on weekdays, for the purpose and duration of your appointment only, up to a maximum of 2 hours. Please ensure that you obtain the **'GREEN TICKET'** from the car park machine clearly labelled as **MEDICAL CENTRE PARKING**. This ticket will be validated at the Reception desk after your appointment and you will have 20 minutes to exit the car park.

The new premises will enable our patients to access a greater number of health services under one roof. Fountains will be bringing together GP services with a number of community services including; Dental, Physiotherapy, Podiatry, Speech and Language, Community Nursing, and Sexual Health. We look forward to welcoming you to our new premises.

### ENGLAND BANS SMOKING IN CARS

For information Cheshire and Wirral Partnerships' stop smoking service, Quit4Good, has welcomed a historic Parliamentary vote on February 11, which means that from October 1 2015, anyone lighting up in a car with a child under 18 present, will be breaking the law and could be fined.

Second-hand (or passive) smoke from cigarettes is dangerous and can be responsible for a range of health problems including bronchitis, asthma and glue ear and is especially dangerous to children. Many people also underestimate the dangers of second-hand smoke. Quit4Good has supported the smokefree homes and cars message for years and it hopes that the change in the law, along with the extra information and support available, will lead to healthier choices by people across the North West to keep their cars smokefree. Smoky cars, packed full of toxic tobacco chemicals, are especially deadly to children because they have smaller lungs, faster breathing and less developed immune systems. Second-hand smoke in cars is dangerous and can be up to 11 times the levels you would find in a smoky room. Our advice is to keep your family safe by keeping your car smokefree.

MENTAL HEALTH AWARENESS WEEK, is to help raise awareness of mental health and wellbeing issues. The first awareness week took place in 2000 and since then the Mental Health Foundation have helped generate public debates around how anxiety, sleep deprivation and exercise can impact our mental health. This year the focus is on 'Mindfulness'.

The Mental Health Foundation say that mindfulness is an integrative, mind-body based training that helps people to change the way they think and feel about their experiences especially stressful experiences and is recommended as a treatment for people with mental health problems. Mindfulness exercises are ways of paying attention to the present moment, using techniques like meditation, breathing and yoga. Training helps people to become more aware of their thoughts, feelings and body sensations so that instead of being overwhelmed by them, they are better equipped to manage them. Practicing mindfulness can give more insight into emotions, boost attention and concentration and improve relationships. It can be practised by children, young people and adults. There are different ways to practice; group courses, online courses for self-directed practice at home. You do not need to be religious or spiritual to practice mindfulness.



**BUTTERFLY EDUCATION  
& AWARENESS DAY**  
6<sup>TH</sup> JUNE 2015  
[www.forbutterflies.org](http://www.forbutterflies.org)



### ELMS NEWS

A big thank-you for the generosity in donating items and buying raffles for our Easter Hamper. We raised a fantastic £64.00 for the 'Practice Equipment Fund'

## RISE IN MISSED APPOINTMENTS

HAVING TROUBLE GETTING AN APPOINTMENT? CAN'T SEE THE DOCTOR, NURSE OR PHLEBOTOMIST WHEN YOU WANT?

**PERHAPS IT'S BECAUSE 108 PEOPLE WHO BOOKED APPOINTMENTS LAST MONTH DIDN'T TURN UP. THAT WAS AROUND 14 HOURS OF CLINICAL TIME WASTED.** PLEASE CONSIDER OTHER PEOPLE IF YOU ARE UNABLE TO ATTEND OR NO LONGER NEED YOUR APPOINTMENT.

TO CANCEL TELEPHONE 01244 351000 OR CANCEL YOUR APPOINTMENT ONLINE (YOU NEED TO BE AN ON-LINE USER WITH US TO DO THIS). THIS WILL PROVIDE THE OPPORTUNITY TO OFFER ANOTHER PATIENT AN APPOINTMENT.

## STAFF TRAINING DAYS

THE NEXT SCHEDULED TRAINING DAYS FOR THE PRACTICE ARE AS FOLLOWS:

19<sup>TH</sup> MAY 2015  
24<sup>TH</sup> JUNE 2015  
30<sup>TH</sup> JULY 2015

THE SURGERY IS CLOSED ON THESE AFTERNOONS FROM 12PM AND WILL RE-OPEN AT 5.00PM

## SUN AWARENESS WEEK

4<sup>th</sup> - 10<sup>th</sup> MAY 2015

[www.bad.org.uk](http://www.bad.org.uk)



### PROTECT YOUR SKIN AND EYES IN THE SUN

According to NHS UK skin cancer is one of the most common cancers in the UK, and too much sun can increase your risk. Exposure to sunlight can also affect your eyes.

#### HOW DOES THE SUN DAMAGE YOUR SKIN?

The UV rays penetrate deep into the skin & damage cells. These cells are then at risk of becoming cancerous. You can't feel UV damaging your skin it happens even when the sun does not feel hot.

Getting sunburnt causes the top layers of skin to release chemicals that make blood vessels swell and leak fluids. Skin turns red and feels hot & painful, & severe sunburn can lead to swelling & blisters.

Kathy Scrammell of Cancer Research UK's SunSmart Campaign states that, 'Sunburn is dangerous at any age, but it is especially harmful in children & young people and sunburn in childhood can greatly increase your risk of developing skin cancer later in life'.

#### WHO IS AT RISK?

Skin cancer can affect anyone, but people most at risk have:

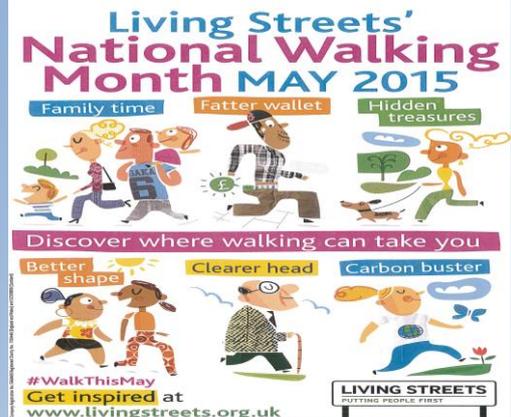
- fair skin that burns in strong sun
- red or fair hair
- a lot of moles or freckles
- a personal or family history of skin cancer
- already had sunburn especially when young

#### WHAT TO LOOK FOR IN SUNGLASSES

Sunglasses can offer protection, but not all of them are adequate. When you are shopping for sunglasses choose a pair that has one of the following:

- the CE Mark & British Standard (BS EN ISO 12312-1:2013)
- a UV 400 label
- a statement that the sunglasses offer 100% UV protection

Also think about the sides of your eyes and consider sunglasses with wide or wraparound arms. For more information visit [www.nhs.uk](http://www.nhs.uk)



Living Streets is a UK Charity working to improve streets for people. Every May Living Streets encourage people to take to their feet and feel the benefits of walking. National Walking Month also includes 'Walk to Work Week' 11<sup>th</sup> – 15<sup>th</sup> May 2015 and 'Walk to School Week' 18<sup>th</sup> – 22<sup>nd</sup> May 2015. In May 2014 workplaces around the UK logged more than 50,000 miles during Walk to Work Week and every year Walk to School Week brings together nearly one million schoolchildren, teachers and parents. National Walking Month encourages and helps healthy wellbeing:

**Healthy Body** – daily exercise has numerous physical health benefits including helping to reduce the risk of childhood obesity and medical conditions in later life such as cancer and heart disease.

**Health and Happiness** – regular walking helps to keep young minds healthy and alert ready for the day ahead at school and work.

**Healthy Habits** – getting into the habit of an energetic walk at the start of the day will also encourage healthy eating habits such as having a nutritious breakfast every morning.

**Healthy Friends and Family** – walking to school or work is the perfect opportunity for some quality family time or a good chat with friends helping to develop strong, happy relationships.

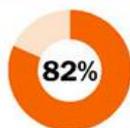
**Healthy Environment** – walking rather than taking motorised transport means less pollution and cleaner air – a benefit for everyone!

If you are wondering why you are unable to see your GP any sooner....the reason could be because they picking up a lot of work from secondary care. This work is not funded and is un-resourced work.

What unresourced work have other parts of the NHS asked your practice to provide?



Following up test results ordered in hospitals



Patients referred by hospitals back to practices solely for the prescribing of medication



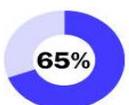
Re-referral to a related speciality



Wound care management (including dressings and suture removal for procedures)



Request for a GP to visit a patient when another professional would be more appropriate



Routine follow-up of hospital procedures where the GP is not best placed to follow this up

### NAMED ACCOUNTABLE GP FOR PATIENTS

Under the GMS contract for 2015/16 all patients who were on the practice list prior to 1<sup>st</sup> April 2015 should be allocated a named accountable GP by 30<sup>th</sup> June 2015. The Elms will be informing patients at the first appropriate interaction with the Practice.

### WHAT'S YOUR DIABETES RISK?

According to Diabetes UK, an estimated 630,000 people in the UK have diabetes but don't realise it. One way to check your risk of developing Type 2 diabetes is to take the diabetes self-assessment test at:

[www.allabouthealth.org.uk/tools](http://www.allabouthealth.org.uk/tools)