

The Elms Medical Centre Newsletter



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NORTHGATE DEVELOPMENT

Fountains:

The date for completion is hopefully to be January 2015 at the latest. The specified parking at Fountains should be adequate for all 4 surgeries staff and patients. The current charge will be £1.50 for 2 hours whilst attending for an appointment at the surgeries. The bus routes to the Fountains will stop outside. Following our recent Patient Participation group there were areas of concerns surrounding public transport and delays that sometimes occur and also getting to the City Centre at peak times. It was discussed that once we have moved, our clinic times will have to be reviewed and monitored to cater to the needs of the areas of concerns mentioned by the Patient Participation Group.

BLACON DEVELOPMENT

Blacon:

Our Blacon Branch surgery moved into the Holy Trinity Church Hall at the end of August 2013. This seems to be going well and the outlook for the new development of the parade seems to be heading for sometime in 2015.

There have been some concerns raised from patients that when we move to the City Centre that we would not be continuing to have a branch surgery in Blacon. This is definitely not the case and we will be staying at the Holy Trinity Church Hall in Blacon until the Parade re-development is complete. We will then be moving into the new development at the Parade in Blacon continuing our services within the Blacon area.



Fit for life is a FREE Community Programme for children aged 4-16 and their families.

Cheshire West and Chester Council has commissioned Bridgewater Community Healthcare NHS Trust to deliver free Fit 4 Life healthy lifestyle programmes in the community for those who are aged 4-16 and above a health weight.

The programme runs once a week after school for 6 weeks in a community venue and the session is 1 ½ hours long. Children participate in 45 minutes of fun physical activity followed by 45 minutes of interactive healthy eating education along with cook & eat sessions. During this time parents will participate in 1 ½ hours of interactive health lifestyle workshop with the trained leaders.

Children can be referred by a health professional or by self-referral. Criteria for a referral is as follows:

- Children must be aged 4-16 years old
- Children must be registered with a Cheshire West and Chester GP or attending a Cheshire West and Cheshire School
- Children must be above a health weight e.g. Above the 91st BMI centile.

For more information or to register a family you can contact the team on:

Tel: 0300 300 0103

Visit the Website: www.healthimprovementteam.co.uk



The British Heart Foundation say smoking is a bit like waging war on your own body. Over time your health deteriorates & your wealth feels the burn too. So even though quitting won't be the easiest thing you will ever do it will be up there with one of the best.

SHORT BREAKS FOR CARERS

Do you know a Carer who would benefit from a short break from their caring role? A Carers Personal Budget could provide access to a break of their choice, like relaxation therapies, visiting relatives, gym membership, a day out, a theatre trip, pamper treatments, a course, or a short break away. Cheshire Carers Centre has organised a Personal Budgets Information Event to inform staff and Carers about the project and to increase the numbers of Carers taking a break. For anybody who would like further information please contact:

westpb@cheshirecarerscentre.org.uk or
Tel: Cheshire Carers Centre on 01602 212097.

Details for the Carers Personal Budgets Information Event is as follows:

11.00am – 1.00pm on Thursday 6th March 2014 at All Saints Church, Vicarage Road, Hoole, Chester, CH2 3HZ. (*Refreshments and buffet lunch included*)

WHY SHOULD YOU ATTEND?

- Find out who is eligible and how carers can apply.
- Understand the role of our Coordinators and how they support carers through the application process.
- Hear from carers who have benefitted from receiving a Carers Personal Budget.

FOR DIRECTIONS PLEASE VISIT:

www.allsaintshoole.org/findus

To confirm your place please contact:
westpb@cheshirecarerscentre.org.uk or call 01606 212097.

THE ELMS NEWS

The surgery raised £51.00 for the Salvation Army, staff who chose not to send Christmas cards gave to Salvation Army instead.

The staff also had a 'Wear it Winter Woolly Week' in aid of Age Concern and raised £45.85.

STAFF TRAINING DAYS

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

18th March, 30th April & 22nd May 2014.

DNA APPOINTMENTS

There has been an increase in the number of patients failing to attend their appointments. In December there were 113, January 93 & February 100 GP and Nurse appointments that patients **DID NOT ATTEND.**

306 APPOINTMENTS NOT ATTENDED IN 3 MONTHS. PLEASE CONTACT THE SURGERY AS SOON AS POSSIBLE IF YOU ARE UNABLE TO ATTEND, TO ENSURE APPOINTMENTS ARE NOT WASTED AND CAN BE REALLOCATED. MANY THANKS.

ACCUPUNCTURE AWARENESS WEEK

3rd – 10th March 2014

Acupuncture Awareness Week is supported by the British Acupuncture Council. Their aims are to help better inform people about the ancient practice of traditional acupuncture. There are around 2.3 million acupuncture treatments carried out each year, and it is one of the most popular complementary therapies practised in the UK today. Yet many people only discover acupuncture as a last resort despite its widely recognised health benefits. Many people turn to traditional acupuncture for help with a specific symptom or condition. Others choose to have treatment to help maintain good health, as a preventive measure, or simply to improve their general sense of wellbeing. As traditional acupuncture aims to treat the whole person rather than specific symptoms in isolation, it can be effective for a range of health complaints.

A growing body of evidence-based clinical research shows that traditional acupuncture, as practised by British Acupuncture Council members safely treats a wide range of common health problems including short-term relief of symptoms such as low back pain, tension-type and migraine-type headaches. It can also be used to help temporarily relieve pain associated with osteoarthritis of the knee (along with exercise and conventional medicine). In September last year, NICE announced it also recognises acupuncture's benefits for migraines and tension-type headaches too.

**swollen tummy?
need to wee more?
tummy pain?
always feeling
full?**



If you have any of these symptoms more than 12 times a month and they are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.

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TARGET OVARIAN CANCER
For every woman. For life

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