

THE ELMS MEDICAL PRACTICE NEWSLETTER



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2nd Floor Fountains Health
Delamere Street
Chester CH1 4DS

TEL: 01244 351000
FAX: 01244 313497
www.elmsmedicalcentre.co.uk

The Elms Medical Practice & their Patient Participation Group have organised the
'FOUNTAINS FESTIVE FESTIVAL'

SATURDAY 5TH DECEMBER 12.00 PM – 4.00PM

@ FOUNTAINS HEALTH, DELAMERE STREET CHESTER CH1 4DS

To help raise awareness of 'Health and Wellbeing' within the community. The Festival will consist of local businesses, charities, craft stalls, various demonstrations to help raise awareness for a healthy lifestyle.

We are also pleased to announce that there will be live music from the Wirral Symphonic Wind Band and attendance from the Dee Sign Choir.

WE LOOK FORWARD TO SEEING YOU 😊



Self-Care Week 2015 takes place from November 16 to 22. It aims to help people take care of themselves, and lets them know what's available to help them look after their health. The campaign is being run by the [Self Care Forum](http://www.selfcareforum.org). This year's theme is "Self-care for life" and aims to help you take control of your health throughout your whole life. This includes helping you better understand how to look after any minor ailments or long-term conditions you may have, and how to prevent ill health by choosing healthy options for good physical and mental wellbeing.

NHS West Cheshire Clinical Commissioning Group and partners are supporting National Self Care Week by holding 2 Self-Care events on:

Tuesday 17th November at Trinity Church, Whitby Road, Ellesmere Port, CH65 0AB

Thursday 19th November at Tarporlev Community Centre, Tarporlev, CW6 0AY

national



stress awareness day

4th November 2015

MOVEMBER



DID YOU KNOW?

Our Healthcare Assistant has a clinic at our Branch Surgery in Blacon on a Tuesday morning. Our HCA can do; B12 & Flu injections, Blood Pressure Checks, Blood Tests, ECGs, a range of Health Checks.

STAFF TRAINING DAYS

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

**25TH NOVEMBER, 15TH DECEMBER 2015
& 27TH JANUARY 2016**

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



WORLD AIDS DAY

1st DECEMBER 2015

World AIDS Day is held on 1 December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever global health day and the first one was held in 1988. Around 100,000 are currently living with HIV in the UK and globally an estimated 34 million people have HIV. More than 35 million people have died from the virus, making it one of the most destructive pandemics in history.

Today, many scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. But despite this, people do not know the facts about how to protect themselves and others from HIV, and stigma and discrimination remain a reality for many people living with HIV.

World AIDS Day is important as it reminds the public and Government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

HIV Facts

HIV stands for the Human Immunodeficiency Virus. It is a virus which attacks the body's immune system – the body's defence against diseases.

HIV can be passed on through infected bodily fluids, most commonly via sex without a condom or by sharing infected needles, syringes or other injecting drug equipment.

There are now more people than ever living with HIV in the UK – around 100,000 – with a quarter of those people are unaware they have the virus.

Here are a few more facts about HIV in the UK:

-Over 90% of people with HIV were infected through sexual contact

-You can now get tested for HIV using a saliva sample

-HIV is not passed on through spitting, biting or sharing utensils

-Only 1% of babies born to HIV positive mothers have HIV

-You can get the results of an HIV test in just 15-20 minutes

-There is no vaccine and no cure for HIV

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.

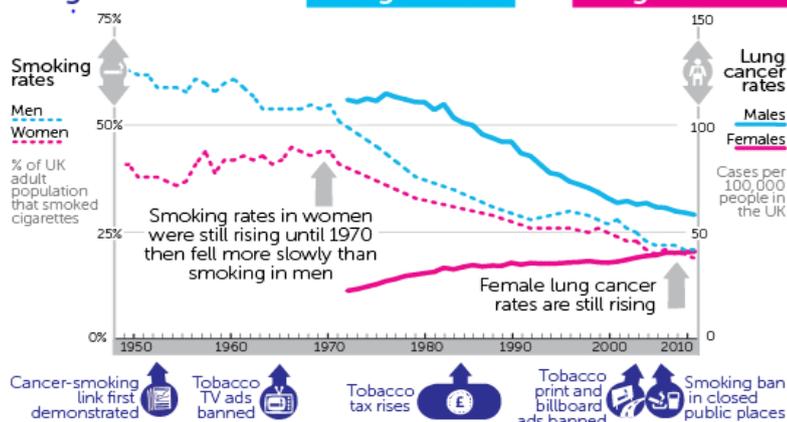


CANCER RESEARCH UK

November marks lung cancer awareness month. Cancer Research UK have recent figures which reveal that lung cancer rates for men have fallen by nearly half in the last 40 years but unfortunately for women, lung cancer rates are still on the up, with a worrying increase of three quarters in the last 4 decades. They also state that more than two thirds of patients are diagnosed at a stage when it is too late for them to be offered treatment that could cure them and fewer than 1 in 10 people diagnosed with the disease survive for at least 5 years after diagnosis. Cancer Research UK realise that it needs to change which is why they are making this one of their big priorities by; boosting early diagnosis, continuing to tackle the deadly burden of tobacco and investing in more research on the inner-workings of the disease they hope to make a difference.

For more information visit: www.cancerresearchuk.org

Lung cancer rates are falling in males but rising in females



HOW WE CAN CONTACT YOU

The Practice has been using a text messaging service called MJOG to send appointment reminders to our patients for quite some time now. We have been analysing this over the past 12 months and unfortunately it has not made a difference to the amount of appointments that are NOT ATTENDED. Therefore, unfortunately we will not be sending text message appointment reminders anymore, we will only be using the text message service for health campaigns. Please ensure you have given us your most up-to-date contact details, telephone number, address and email address. If we do not have your most up-to-date contact details we may not be able to contact you.

MOUTH CANCER ACTION MONTH 1 – 30 NOVEMBER 2015

RISK FACTORS

MOUTH CANCER CAN AFFECT ANYONE

#BeMouthAware www.mouthcancer.org #MCAM14