

# THE ELMS MEDICAL PRACTICE NEWSLETTER



SEPT/OCT 2015 EDITION

2nd Floor Fountains Health  
Delamere Street  
Chester CH1 4DS

TEL: 01244 351000  
FAX: 01244 313497  
[www.elmsmedicalcentre.co.uk](http://www.elmsmedicalcentre.co.uk)

## FLU CLINICS OCTOBER 2015

The flu vaccine is available free on the NHS for: pregnant women, children aged 2, 3, 4, children aged 2 to 18 with a long-term condition, adults aged 65 and older, people with a serious medical condition (diabetes, heart problems, chest complaints, breathing difficulties, kidney disease, lowered immunity, liver disease, previous stroke or TIA, neurological conditions, removal of spleen), healthcare workers or carers, people living in a residential or nursing home.

Flu is an infectious and common viral illness spread by coughs and sneezes. It is not the same as the common cold. Flu is caused by a different group of viruses. Symptoms tend to be more severe and last longer. You can catch flu all year round but it is especially common in winter which is why it is also known as "Seasonal Flu". Please contact the surgery to make an appointment. Adults and Children are welcome to all clinics. We will have flu clinics running throughout October as follows:

**Monday to Friday @ Fountains 3.30pm - 6.30pm**

**Monday @ Blacon Clinic 9.00am - 12.00pm**

**Thursday @ Blacon Clinic 22<sup>nd</sup> & 29<sup>th</sup> October 9.00am - 12.00pm**

We will be offering one Saturday morning clinic on:

**Saturday 3<sup>rd</sup> October @ Fountains 9.00am - 11.00am**

If there is a demand for another clinic on a Saturday morning we will try to accommodate this.

**Please note the cost for car parking on Saturday will be £4.00, there are no concession rates at the weekend.**

Due to the non-concession rates for car parking we are allocating more clinics during the week.



SEPTEMBER IS

**UROLOGY AWARENESS MONTH**

With an ageing population and the effects of today's lifestyle urology conditions, diseases and cancers are becoming more prevalent. This includes conditions such as incontinence, ED to cancers affecting the kidney, bladder and male reproductive organs. The Urology Foundation is spreading knowledge of urology health, breaking down the stigma associated with many of its conditions and persuading people to talk about these issues. For further information visit The Urology Foundation website.

[theurologyfoundation.org](http://theurologyfoundation.org)



The aim of the week-long event, which is organised by BackCare, the charity for healthier backs, is to raise awareness of the problems back pain can cause, as well as prevention and treatments. One of the messages the organisers of the week will be putting across is to stand and not sit while you work! It's thought that 4 out of every 5 adults will experience back pain at some point in their life. For more information visit: [www.backcare.org.uk](http://www.backcare.org.uk)

**WORLD MENTAL HEALTH DAY  
10<sup>TH</sup> OCTOBER 2015**

*This year's World Mental Health Day is shining a light on schizophrenia. This is a diagnosis given to some people who have severely disrupted beliefs and experiences. The causes of schizophrenia are unknown but episodes appear to be associated with changes in some brain chemicals. Stressful experiences and some recreational drugs can also trigger an episode in vulnerable people. At least 26 million people are living with schizophrenia worldwide according to the World Health Organisation, and many more are indirectly affected by it.*



## STAFF TRAINING DAYS

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

**22<sup>ND</sup> SEPTEMBER, 29<sup>TH</sup> OCTOBER & 25<sup>TH</sup> NOVEMBER 2015**

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

## 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.*

**IN AUGUST THERE WERE 112 GP & NURSE APPOINTMENTS NOT ATTENDED**

**UNITS**

Alcohol Type	Quantity	Units
Wines	3 glasses (12%)	9 UNITS
Beers	2 Bottles (5%)	2 UNITS
Beers	3 Pints (5.2%)	3 UNITS
Spirits	1 single shot (25ml)	1 UNIT
Alcopops	2 bottles	1.5 UNITS

**AN EASY WAY TO KEEP COUNT**

## Chester Community Alcohol Service

Services offered for people aged 18+ with alcohol problems. Advice, information, assessment, individual counselling and group work. Referrals to detox, aftercare and follow up service. You can ring or write to make an appointment to:

**Aqua House  
Chapel Street  
Boughton  
Chester CH3 5AE**

Tel: 01244 247087

## BE CLEAR ON CANCER

A national reminder campaign to raise awareness of breast cancer in women over 70 is currently taking place from **13 July to 6 September 2015**. The Be Clear on Cancer campaign informs women over 70 that if they see any changes to their breasts they should see their doctor straight away.

### Key Facts:

- Around 41,200 women in England are diagnosed with breast cancer each year – of which around 13,400 (a third) are aged 70 and over
- In England, approximately 5,400 women aged 70 and over die from breast cancer each year. This equates to around 15 women per day
- If breast cancer is diagnosed at the earliest stage in women aged 70 and over, 93% will survive for at least five years. This figure is just 13% at the most advanced stage of the disease (stage IV)

### Find out More:

- Visit [naedi.org/beclearoncancer](http://naedi.org/beclearoncancer) for more campaign information and resources for healthcare professionals. The NAEDI website will be updated and new briefings and information added when they become available.
- Email [beclearoncancer@nhs.uk](mailto:beclearoncancer@nhs.uk) and include BC70+ in the title of your email.
- From early June the campaign pages on NHS Choices will be refreshed and will host the public facing materials.

## Frequently Asked Questions & Answers

**A:** If you have a long-term condition such as heart disease, diabetes or COPD then you can **contact the surgery in the month before your birth month to book your annual review with the practice nurse**. You don't have to wait for us to remind you. We now have to send some 600 letters a year to patients reminding them to book their reviews.

**B:** If you are running out of medication and a review date is due, **book in 2 weeks before it runs out to ensure you have a choice of appointments** with a nurse or doctor. If your review date has passed, then a receptionist cannot process your prescription and a doctor has to decide if it can be issued. We receive some 30-40 requests a day for items that have not been authorised or for which a review is due.

**IT'S LIKE OCTOBER BUT WITHOUT THE CIGARETTES!! FOR MORE INFO VISIT:**  
[www.nhs.uk](http://www.nhs.uk)

**Stoptober**

Join the 28 day challenge!