

THE ELMS MEDICAL PRACTICE NEWSLETTER



SEPTEMBER 2017 EDITION

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THE ELMS 'FLU FIGHTING CAMPAIGN' FROM: MONDAY 2ND OCTOBER 2017 - DROP IN CLINICS AVAILABLE



Flu is a highly infectious illness that spreads rapidly through coughs and sneezes of people who are carrying the virus. Flu symptoms can hit quite suddenly and severely and they usually include; fever, chills, headaches and aching muscles, and you can often get a cough and sore throat. As flu is caused by a virus and not bacteria, antibiotics will not treat it. Anyone can get flu, but it can be more serious for certain people such as; people aged 65 or over, people with a serious medical condition or pregnant women. All our eligible patients will receive a letter inviting them in for their flu vaccination.

There are two types of flu vaccine:

- The injected flu vaccine for adults and children under two
- Nasal spray flu vaccine for children over the age of two

The vaccination for children is a nasal spray and is available each year on the NHS for 2 and 3 year olds plus children in reception class and school years one, two, three and four. Over the next few years the programme will be extended to children in other year groups.

The Elms Flu Clinics will be commencing the week of Monday 2nd October 2017. For the first week, we will be offering 'Drop in Clinics' between 11:00 - 11:30am NO APPOINTMENT REQUIRED! We will also have appointment booked clinics please call our reception team to book or for further information.

THE ELMS 'FLU FIGHTING FAIR' BLACON CLINIC



The Elms will be holding a 'Drop in Clinic' at our Branch Surgery @ Holy Trinity Church CH1 5DZ:

Saturday 21st October 2017 9:00am – 12:00pm

Not only will we be flu fighting but the morning will also consist of promoting 'Health Awareness' with volunteers from local charities offering advice and information, supported by our GPs and staff. The Church will be running a café during the morning so you can relax with a coffee, cake and chat afterwards ☺.

Remember there will be NO car parking charges to come to this event so why not put the date in your diary and enjoy a community spirited morning after getting your flu jab.

STAFF TRAINING DAYS

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

Wednesday 20th September,

Tuesday 17th October,

Wednesday 15th November 2017

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

SINGING TOGETHER FOR WEST CHESHIRE



Singing Together is a support service for Carers of all ages. It provides a break from people's 24/7 caring responsibilities, which in turn is run by the charity Carers Trust 4 All in Cheshire West and Chester. It is a fortnightly meet-up for Carers where they can partake in singing with each other, engage in short quizzes and enjoy refreshments and pleasant company. Half of the sessions will be run by a company called Musical Moments whose website contains more information: www.musical-moments.co.uk

Musical Moments are a multi-award winning company who provide stimulating and interactive musical activities for care settings. They work with hundreds of care homes across the North West providing a unique and engaging activity that you will never have experienced before. They ensure to involve everyone in the group, no matter what their ability, through the use of interactive music, singing and movement.

They were established in 2011 and specialise in activities for older people living with dementia. They are currently working towards becoming a Dementia Friendly organisation and the team are fully trained in music making with older people. Services are also provided for people with additional needs, early year's music and theatre workshops.

Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active?
Start gradually

Already active?
Keep going



No evidence of harm

Listen to your body and adapt

Don't bump the bump

UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy. bit.ly/startactiveinfo

Smile for a Mile



What is Smile for a Mile?

It is a physical activity intervention, first established in a nursery and primary school setting in Stirling, Scotland. **SMILE FOR A MILE** began in 2016 and will see every school in West Cheshire offered the opportunity to participate over the three year lifetime of the project.

What does it involve?

- A whole school approach involving children and staff from nursery to year 6
- Run or walk a mile each day to achieve an extra 15 minutes of physical activity per day (in addition to PE lessons)
- Children go out in almost all weathers
- At a time of the teacher's choosing
- Children do not need to change from their uniform
- It is inclusive of all children
- It is school led

WE ARE
MACMILLAN.
CANCER SUPPORT

Countess of Chester Hospital
NHS Foundation Trust

YOU ARE INVITED TO OUR
**HEALTH AND
WELLBEING EVENT**

SUPPORTING PATIENTS
**LIVING WITH AND
BEYOND CANCER**

You are warmly invited to our FREE Health and Wellbeing event, supporting those living with and beyond cancer.

Friday 20th October 2017 12:30 – 4:30pm
Trinity Methodist Church,
Whitby Road, Ellesmere Port CH65 0AB

Browse the market place packed with information and stands, speak to Cancer Nurse Specialists and Macmillan Professionals who will be available to provide support, information and advice. There will be short talks on Mindfulness, Physical Activity, Fatigue and a Patient Experience Story. Refreshments will be available throughout the day.

To book a place please contact us on Tel: 01244 364948 or email cancer.support@nhs.net You are welcome to bring a friend, relative or carer along with you to the event.