

YOUNGER

Events

News

Exercise

Recipes

Advice

Tips

Inspiring

Opportunities

Nutrition

NEWSLETTER OCTOBER 2017

THE ELMS MEDICAL PRACTICE



2nd FLOOR FOUNTAINS HEALTH
DELAMERE STREET CHESTER CH1 4DS
TEL: 01244 351000 FAX: 01244 313497
www.elmsmedicalcentre.co.uk

FLU SEASON IS HERE

You are eligible for a free flu vaccination / nasal flu if you have any of these conditions:

- Respiratory disease (asthma ,COPD, cystic fibrosis etc.)
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological disease
- Diabetes
- Pregnant women
- You are a carer
- Morbidly obese



**GET THE FLU SHOT
BEFORE THE FLU GETS YOU**
Flu shot available now



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

If you are unsure if you are eligible for this vaccination please ask a member of staff who will advise you.

BOOK YOUR FLU VACCINATION TODAY AT RECEPTION.

Young Carer's Information

A young carer is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

Most young Carers look after one of their parents or care for a brother or sister. They do extra jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around.

Young Carers shouldn't do the same as an adult Carer nor should they be spending a lot of time caring for someone as this can stop them from concentrating and doing well at school.

If you are a young carer you are not alone, there is a lot of help and support out there for young Carers.

If you are 16 or over and not in full-time education you may be eligible for help finding work, as well as your family's finances, for instance through benefits such as carer allowance the best way to find out what is available to you is to have a home visit assessment from a social worker.

For advice & support with caring issues call
The Carers Direct helpline: 0300 123 1053



Patient Online Access

Tired of waiting in the busy phone queue at 8'oclock in the morning?

You can skip the phone queue and book on the day and pre-bookable appointments in advance with a Doctor and Phlebotomist online.

You can also order repeat prescriptions and update your personal details e.g. Email address, telephone number etc.

If you would like to register for the service you need to visit the practice within 1 month with photo ID and proof of address to reception who will then print a form with your login details. If you do not do within the month your application will be rejected and you will have to re-register.

You can also request full online access to your medical records including test results, medications, allergies, immunisations etc. If you would like this service please ask at Reception for a patient access form to fill out. You will need photo ID & proof of address. Once the form is completed it will be given to your registering GP for authorisation (who has 21 days to check and authorise)

Please note if the GP has concerns they will contact you to discuss these. The Practice has the right to remove online access to services, this is rarely necessary, but may be the best option if you do not use them responsibly or if there is evidence that access may be harmful to you.



GET FIT FOR FREE!

Active 10 is a fun, easy way to help you keep fit without going to the gym!

This app will allow you to set goals for yourself and informs you when you have achieved them. You can set your daily goal to 1, 2 or 3 brisk 10 minute walks a day. The app does this by tracking your steps and will tell you how many minutes you have walked for and how many of those minutes were brisk.

A daily ten minute brisk walk holds a huge range of benefits for your body and mind. Whether stepping out at lunchtime or heading to the shops, brisk walking gets the heart pumping, makes you feel better, more energetic and the endorphins released improve your mood and mental health. So what are you waiting for? You can download this on your smart phone on the App store or Play store.



Stoptober is back for 2017! – How will you quit smoking this Stoptober?

Stop smoking for 28 days and you are **5 times** more likely to quit for good so what are you waiting for?

It is **never** too late to give up smoking the sooner you stop the more chance you have of undoing any damage to stop it from becoming permanent!

Stoptober is a campaign to help people stop smoking. You can find the advice and support you need to quit smoking on their website:

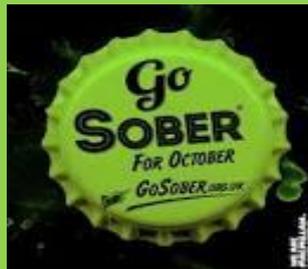
<https://www.nhs.uk/oneyou/stoptober/home>



GO SOBER FOR OCTOBER

Benefits of going sober:

- Sleep better and snoring less
- Increased energy levels
- Banish those horrible hangovers
- Healthy looking bank balance
- Feel generally healthier in everything you do



How it works:

1. Sign up
2. Go booze free
3. Raise funds
4. Help people affected by cancer

Sign up now at: https://www.gosober.org.uk/users/sign_up

Macmillan will be with you every step of the way, to help you along your sober journey. By signing up to the challenge you are doing something amazing for people with cancer. All the money raised by those Going Sober this October will help Macmillan support even more people facing cancer.

For support, information or if you just want to chat, call us free on 0808 808 0000 (Monday to Friday 9am – 8pm) or visit macmillan.org.uk

Simple, Healthy Halloween recipe Snack-o'-Lantern Fruit Cups **You will need:**

Oranges
Fruit of your choice
Sharp Knife (use with care!)

Method:

1. Slice top off the navel orange
2. Run a knife around its interior to hollow it out
3. Carve a pumpkin one side of the orange
4. Repeat with other oranges
5. Use a paper towel to gently soak up any remaining juice inside the oranges
6. Dice up your favourite fruit including the left over orange segments
7. Fill each orange
8. Set lid back on top
9. Serve and enjoy!

