

THE ELMS MEDICAL PRACTICE

October 2025 NEWSLETTER

PRACTICE NEWS

The surgery will be closed for staff training on Wednesday 8th October from 1pm and will re-open at 8am the next day.

For urgent medical assistance that cannot wait till we re-open please contact NHS111

Our Flu clinics are now up and running. If you are eligible and haven't yet booked your flu jab, please call us and book in.

From 1st September 2025

Pregnant patients

All children aged 2 and 3 years on 31st Aug25

All children with long term conditions and in clinical risk groups (6months-17years)

Primary and secondary school children (Reception to Year 11 -will be vaccinated in school. But if they have missed it then we can vaccinate them.

From 1st October 2025

Everyone aged 65 years and over

Patients aged 18 to under 65 years living with a long-term condition which puts them at clinical risk

Carers

Patients who live someone who are immunocompromised

Frontline health & social care workers



💡 We're Finalists for the Sustainability in Practice Award 2025! 💡

We're proud to share that The Elms Medical Practice has been named a finalist for the Sustainability in Practice Award 2025!

This recognition highlights our commitment to putting sustainability at the heart of what we do—turning ideas into action and driving meaningful impact for people, communities, and the planet.

Being shortlisted among such innovative leaders is an honour in itself, and it inspires us to keep pushing forward with solutions that create long-term, positive change.

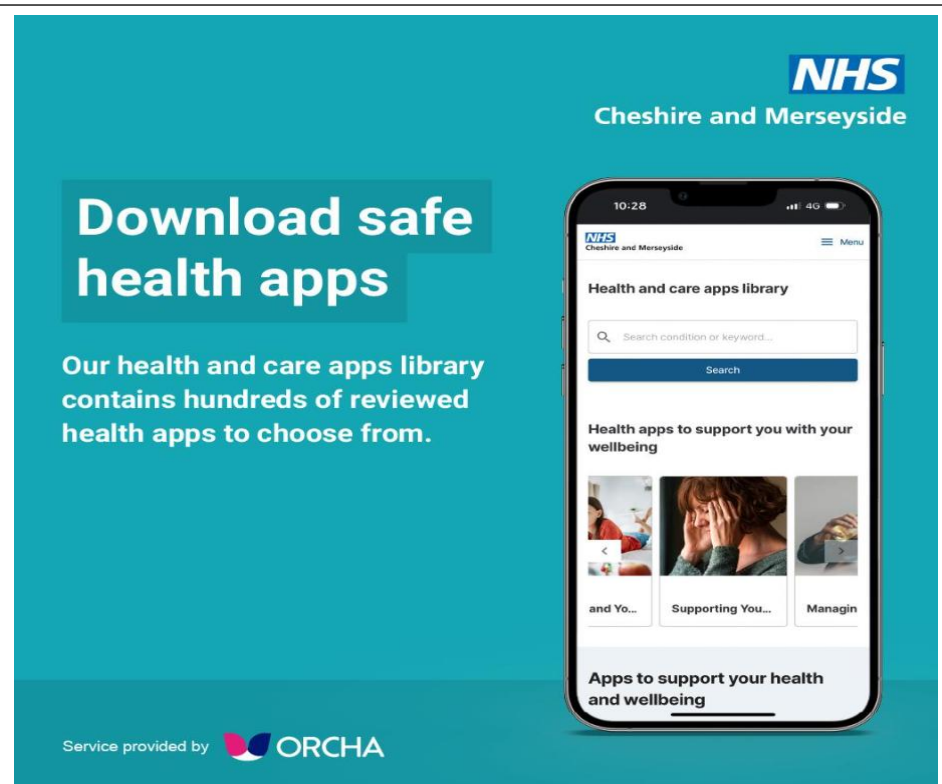
A huge thank-you to our team who've made this journey possible. Together, we're proving that sustainable practices aren't just good intentions—they're the path to a better future.

Stay tuned for the final results on the 5th December 2025 and join us in celebrating this milestone!

Find the best apps for your health and wellbeing! The Cheshire & Merseyside App Library features only clinically approved health apps that have passed the rigorous Global Baseline Review.

 Download today!

cheshireandmerseyside.orchahhealth.com/en-GB



The advertisement features a teal background. At the top right is the NHS Cheshire and Merseyside logo. The main heading is 'Download safe health apps' in white text on a dark teal box. Below this, it states 'Our health and care apps library contains hundreds of reviewed health apps to choose from.' On the right, a smartphone displays the app library interface, showing a search bar and several app cards. At the bottom left, it says 'Service provided by ORCHA' with the ORCHA logo.

"Sleep as Medicine" Event -8th Sep 2025

We had a great turnout again for Dr Jackson's talk on the importance of healthy sleep habits and how having healthy sleep affects our overall wellbeing and health.

Some of the incredible feedback we have received so far;

"Event was informative and was given the chance to ask questions and doctor went over anything that people were unsure about. Enjoyed event and gave me clarity on where I am at with my own sleep issues. Thank you to the Doctor and staff who took the time to arrange this event."



World Mental Health Day, 10th October

Mental health doesn't take a day off. Fight for mental health today, for a brighter future on World Mental Health Day. This annual event marks the day when we recognise and raise awareness of mental health issues. This year, the theme is to 'fight for mental health' every day. Mental health issues affect people every single day of their lives. It's time to 'fight for mental health', today and every day.

<https://www.mind.org.uk/get-involved/world-mental-health-day/>



Are you going sober this October? Giving up alcohol for even a few days can be beneficial to your health in the long term. While you might not get to wear a cape, you may benefit from a clearer head, weight loss and better sleep.

This clever alcohol calculator will show you how much you'd gain financially and the calories you'd save! <https://www.gosober.org.uk/alcohol-calculator>

Why not give sober a try? <https://www.gosober.org.uk/>



Digital – My Arm Pain Programme (D-MAPP)



Would you like to take part in a trial which may give you the opportunity to use an app to help manage your symptoms?

D-MAPP is a digital app designed to support the self-management of hand, wrist, arm and elbow pain.







If you are over 18 and interested, please get in touch
Visit: ctr.leeds.ac.uk/dmapp Email: ctr.d-mapp@leeds.ac.uk



This study is funded jointly by NIHR Programme Grants for Applied Research (PGAR) NIHR201612 and Versus Arthritis. The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care. Poster v2.0 24/06/2025. IRAS 330950.



Enter in how many drinks you consume per week:

	Pint of beer	<input type="text" value="0"/>
	Standard glass of wine	<input type="text" value="0"/>
	Cocktail	<input type="text" value="0"/>
	Spirits	<input type="text" value="0"/>

By going Sober this October you could save this in a month:



£0
pounds saved



0
calories saved

ADHD Awareness Month

ADHD (Attention-Deficit/Hyperactivity Disorder) is one of the most common neurodevelopmental conditions, affecting people of all ages. Yet despite how common it is, ADHD is still widely misunderstood.

ADHD affects focus, emotional regulation, memory, motivation, time management and more. It shows up differently in everyone across age groups and genders. With better understanding comes better support.

This year, we're talking about the 'Many faces of ADHD'. Myths about ADHD are harmful and can perpetuate stigma and pain, so during ADHD Awareness Month, it's the ideal time to share the facts

<https://www.adhdawarenessmonth.org/myths-and-facts-about-adhd/>



National Cholesterol Month

Be the boss of your own cholesterol! Did you know that one in two adults in the UK have high cholesterol? By making small, realistic changes – like eating heart-healthy foods, moving more and checking in with your GP – you can take real steps towards protecting your heart and overall wellbeing.

We need certain levels of fats in our blood but when it gets too high, it can lead to health problems in the future. By understanding your cholesterol and other blood fat (lipid) levels, you can take the steps you need to take to a healthier life.

<https://www.heartuk.org.uk/national-cholesterol-month/NCM25>



Be the Boss of your Cholesterol

COVID CLINIC

Our COVID Autumn Booster clinics will be held in October.

If you are eligible and haven't had your booster as yet please call us to book in.

- Adults aged 75 years and over
- Care home residents
- Individuals who are immunosuppressed aged 6 months and over

DID YOU KNOW if you're feeling under the weather and need some help, you can access 111 in your NHS App? Check whether you need to access urgent medical care, or you may want to visit your GP following the steps in the app.



Let's quit smoking together

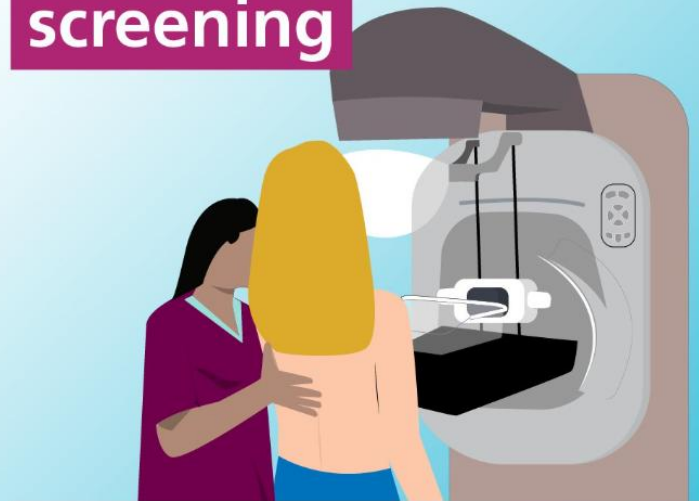
It's time to shine! Let's stop smoking together this October. Support from friends, family and health professionals can help you quit smoking and stick with it! Whether it's your first time or you're trying again, this Stoptober is your chance to quit for good.

Your long-term risks of many health conditions are reduced, and you'll feel the benefits within a few short days, from improved sense of smell and taste to more energy and breathing more easily.

Why not give it a try?

Breast screening

NHS



If you are a **woman aged 50 or over**, you will be invited for a **breast screening** appointment **every three years up until your 71st birthday**.

<https://www.nhs.uk/tests-and.../breast-screening-mammogram/>

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. One in eight women will be diagnosed with breast cancer in their lifetime, but early detection can improve outcomes so let's share awareness and know the signs. Breast cancer can also develop in men, but this is rare with less than one in 100 (less than 1%) cases in the UK.

Remember to regularly touch, look and check. Get to know your normal by checking your breasts regularly. Touch your breasts. Look for changes. Check anything new or unusual with a GP.

<https://breastcancernow.org/about-breast-cancer/awareness/signs-and-symptoms-of-breast-cancer>



Speak to a nurse

If you have any concerns about breast cancer, or just want to talk, our specialist nurses are here for you

0808 800 6000

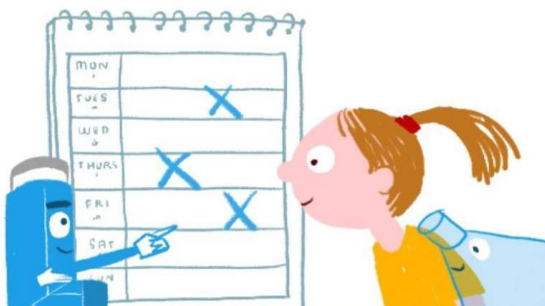
We are open weekdays 9am to 4pm.
Saturday 9am to 1pm

As young people spend more time at school or activities away from home, we're not always nearby to monitor their asthma symptoms.

Help them remember... 'Too much blue - get a review'

Find out more about helping your family to better manage asthma at:

cheshireandmerseyside.nhs.uk/TooMuchBlue



Using their blue inhaler more than **3 times a week?**
Time for an asthma review

Dyspraxia Awareness Week, 6th - 12th October

Dyspraxia, also known as developmental coordination disorder (DCD), is a common disorder that affects movement and coordination. This year, during Dyspraxia Awareness Week, we're focusing on 'Dyspraxia & Ageing'.

The signs of dyspraxia often become noticeable in early childhood, typically when a child begins school and engages in physical and learning activities. These symptoms frequently persist into adulthood, affecting coordination, movement and daily functioning.

Finding support can make the world of difference: <https://www.thebraincharity.org.uk/condition/dyspraxia/>

World Menopause Day, 18th October

Menopause can be incredibly challenging, and it's often misunderstood or overlooked.

Symptoms can include hot flushes, brain fog, mood changes, sleep disruption and anxiety which can significantly impact on daily life, work and relationships. Support, a healthy lifestyle and options of medication can help, but for many there are still unpredictable impacts.

World Menopause Day helps to raise awareness of the menopause and its associated health issues as well as the support available to improve wellbeing. Focusing this year on 'Lifestyle Medicine', we're considering how nutrition, exercise, sleep and managing stress can help manage perimenopausal and menopausal symptoms.

If you're concerned or need additional support, please do contact your healthcare practitioner. <https://www.nhs.uk/conditions/menopause/things-you-can-do/>



The [Medicines & Healthcare products Regulatory Agency](#) confirm that taking paracetamol during pregnancy remains safe and there is no evidence it causes autism in children. <https://www.gov.uk/.../mhra-confirms-taking-paracetamol...>

Back Care Awareness Week, 3rd - 7th October

Back Care Awareness Week is a great opportunity to consider simple, practical tips to support spinal health and help manage back pain.

Move regularly

Avoid sitting or standing in one position for too long.

Think about your posture

Sit up straight with your shoulders relaxed and both feet flat on the floor. Use a chair that supports your lower back.

Lift with care

Bend your knees, not your back. Keep the load close to your body and avoid twisting while lifting.

Stay active

Regular exercise like walking, swimming or yoga helps strengthen your back and improve flexibility.

Adjust your workspace

Make sure your desk, chair and screen are set up to reduce strain. A good ergonomic setup goes a long way.

Listen to your body

Speak to a healthcare professional if you're concerned.

<https://backcare.org.uk/>



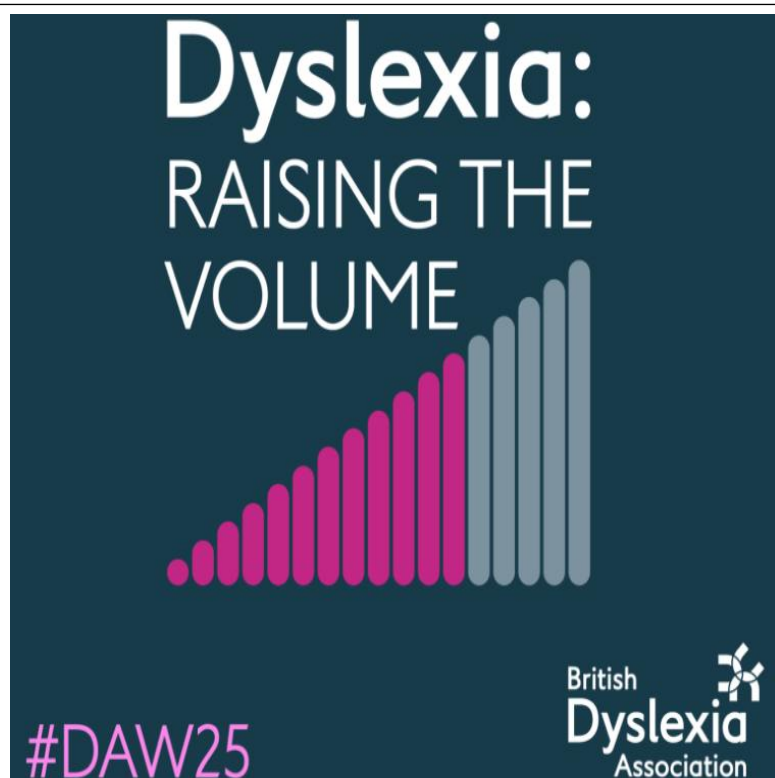
National Hygiene Week, 6th - 12th October

Over 5.3 million people in the UK are facing hygiene poverty. They may have to choose between feeding the family or buying personal cleaning products. But hygiene poverty isn't just about cleanliness; it's about dignity, opportunity and access to basic needs that many take for granted.

When people can't afford everyday hygiene essentials like toothpaste, period products, nappies or laundry detergent, it affects everything.

This National Hygiene Week, we're raising awareness and asking to end hygiene poverty for good.

<https://thehygienebank.com/national-hygiene-week-2025/>



World Stroke Day, 30th October

Knowing the signs can help make a real difference Think FAST!

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 999

<https://www.nhs.uk/conditions/stroke/symptoms/>



World Dyslexia Awareness Day, 8th October

This World Dyslexia Awareness Day, we're raising awareness and helping support people with dyslexia. It affects **one in ten people**, mainly impacting on reading, writing and processing skills. But with the right support, people with dyslexia can thrive and excel. By sharing stories and information, this can help encourage early diagnosis and appropriate accommodations to help people with dyslexia reach their full potential in education, work and life.

<https://www.bdadyslexia.org.uk/>