

THE ELMS MEDICAL PRACTICE

March 2026 NEWSLETTER

PRACTICE NEWS

The practice will be closed for staff training on **Wednesday 11th March 2026** from 1pm and will re-open the next day at 8am.

We are proud to be the **Collection Point** for the **West Cheshire Food Bank**.

Any donations would be greatly appreciated!!

Our collection point is at our main surgery by the Patient Self Check in Screen.

Thank you



Introducing Blinx Paco Our New Online Consultation Platform

We're excited to announce the launch of **Blinx Paco**, our brand-new online consultation system, going live on **3rd March 2026!**

Blinx Paco will be replacing **PATCHS**, bringing you a simpler, faster, and more convenient way to get in touch with us.

What's New?

- ✦ **No registration required** – No more creating accounts
- ✦ **Quick and easy access** – Simply click the link on our website to get started.
- ✦ **User-friendly design** – A smoother, more straightforward experience from start to finish.

We understand how important it is to access support quickly and easily. **Blinx Paco** has been designed to remove unnecessary steps and make submitting your consultation as seamless as possible.

From **3rd March 2026**, you'll be able to access **Blinx Paco** directly through our website.

We look forward to welcoming you to our new and improved online consultation service!

<https://www.elmsmedicalcentre.co.uk/>



In January the practice collected donations for the local women's refuge via "**Tomorrow's Women**".

Every donation makes a huge difference.

Tomorrow's Women offer support for women aged 18+ with a range of issues including mental health, substance abuse, confidence & self-esteem and social isolation.

<https://www.tomorrowwomen.org.uk/donate>

Follow us on @TheElmsMedicalPractice on Facebook & Instagram

DID YOU KNOW? Turning on NHS App notifications is a simple way to help the NHS save money while staying informed about your healthcare. ❤️

Notifications can remind you about appointments, test results, prescriptions and important updates, helping reduce missed appointments and unnecessary letters or texts.

Using the NHS App makes it easier to manage your health in one place, saves time for NHS services and helps resources be used where they are needed most. Making this small change can have a big impact for you and the NHS. 📱

Learn how to manage NHS App notifications: <https://www.nhs.uk/.../managing-nhs-app-notifications/>



Can you  us?

“Elms Patient’s Voice”

We’re looking for patients who want to:

- ✓ Share ideas and feedback
- ✓ Help improve our services
- ✓ Work with staff to support the local community
- ✓ Influence how services are developed

Who can join?

Any registered patient—everyone is welcome!

(You can participate in person or remotely.)

Interested?

- 📞 Speak to reception
- 📞 Or visit our website to sign up



Do more with the NHS App!

- 🔑 Order repeat prescriptions
- 📅 Book appointments
- 👁️ View your records
- And much more...



URGENT DENTAL CARE

If you are in pain or need support, help, or advice, please contact your dental practice as usual.

If you don't have a usual dentist, call the Cheshire and Merseyside dental helpline: 0161 476 9651

Follow us on @TheElmsMedicalPractice on Facebook & Instagram

Practical digital skills for Carers

Come along to learn about essential digital skills for online health and social care services!

When?

2nd March 2026
10:00am - 15:30pm

Where?

Chester HQ, 58 Nicholas St,
Chester, CH1 2NP



There is limited on-site parking available, please park in Little Rodee Car Park.

To attend please contact us on:

03001 020 008 or bettertogether@cheshireandwarringtoncarers.org

Delivered in partnership with...



Falls Prevention Bus

A joint venture between the Community Healthy Ageing Team and the Acute Frailty Team

Free drop-in event

Helping to prevent future falls and promote confidence in movement

What's on board:

- Bone health advice
- Medication guidance
- Strength & balance tips
- Lifestyle & home safety advice
- Personalised support and top tips

Who should come:

- Those who've had a fall or near miss
- Anyone with a fear of falling
- Relatives, and friends older adults or adults who falling



📧 Patient Communication Update

We will shortly be changing our **primary method of patient communication from text message (SMS) to email.**

To help us contact you more efficiently and share important information about your care and our services, please ensure we have your **preferred email address.** You can update your details securely using the link below:

<https://www.elmsmedicalcentre.co.uk/update-your-email-address>

Providing an email address is **optional.** If you do not have an email address, you can continue to contact the practice in the usual way, and we will respond using your existing contact method.

How we use your information

Any email address you provide will be used only for healthcare-related communication and managed in line with **NHS confidentiality and data protection requirements.**

From 1 April 2026, the RSV vaccination programme will extend eligibility to:

- Adults aged 80 years and over
- All residents in older adult care homes, regardless of age
- Read more about RSV and vaccine eligibility:

<https://ukhsa.blog.gov.uk/.../what-is-rsv-and-is-there-a-.../>



Are you on the “The Priority Services Register” (PSR)?

It is designed to help utility companies – including energy suppliers, electricity, gas and water networks – look after people who have extra communication, access or safety needs. You can sign up through your energy supplier.

👉 Visit www.thepsr.co.uk for more information.

[#DisabilityRights](#) [#WelfareBenefits](#) [#Disability](#)
[#IndependentLiving](#) [#Mobility](#) [#Chester](#) [#Cadent](#) [#autism](#)
[#neurodivergence](#)

The Priority Services Register (PSR) is a **free** UK wide service which provides **extra advice and support**, including when there's an interruption to your electricity, gas or water supply.

Measles cases are rising across England.

2 doses of the MMR vaccine provide the best protection against measles, mumps and rubella



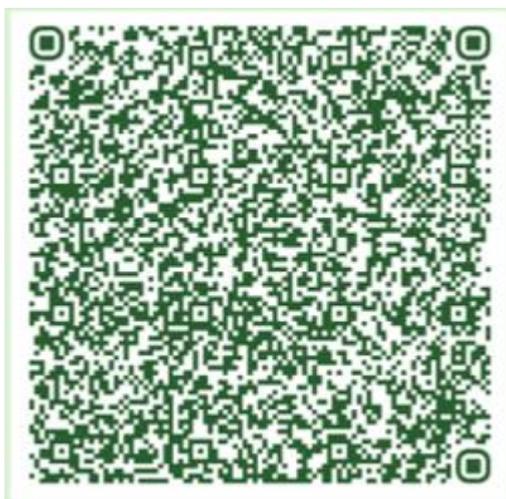
NHS

2 doses of the MMR vaccine can stop your child becoming seriously unwell with measles

Make sure your child is up to date with their vaccinations

The advertisement features two blue vaccine bottles at the bottom left. The background is a solid blue color.

Make our day and leave us a review!!



Google
Reviews ★★★★★

LEAVE A REVIEW ON GOOGLE

Just tap the app to easily request your repeat prescription.

You can do more with the NHS App than you realise. Discover what else you can do today.

📱 Tap the NHS App.



NHS FIT FOR THE FUTURE

Request your repeat prescription easier than you can order a coffee

Tap the NHS App

The advertisement features a central illustration of a brown and yellow coffee cup with a white lid. The background is a solid green color.

Jess's Rule is a primary care initiative to encourage GPs teams to rethink a diagnosis if a patient presents three times with the same symptoms or concerns, particularly if symptoms unexpectedly persist, escalate, or remain unexplained. It is led by the Department of Health and Social Care (DHSC) and NHS England and is supported by the Royal College of General Practitioners (RCGP).

Jessica Brady passed away due to cancer in December 2020 at the age of 27. In the 5 months leading up to her death, Jess had 20 consultations with her GP practice, and her cancer had not been diagnosed. Jess was then admitted to hospital with stage 4 adenocarcinoma and passed shortly afterwards. Since then, Jess's family have campaigned for primary care staff to elevate a patient's case for review after their third appointment with their practice about a condition or symptom.

Jess's Rule: Three Strikes and We Rethink

If you come to see us three times with the same symptoms or concerns, especially if they continue, get worse, or have no clear explanation, it is a sign for us to take a closer look.

Reflect – We will think back over what you have told us. Has anything changed, or could something have been missed? We will make sure you get ongoing care, and if previous appointments were online, we may ask to see you in person for a full check-up.

Review – If there is still uncertainty, we may ask a colleague for their view and check for any warning signs that could suggest a different cause, no matter your age or background.

Rethink – If needed, we will arrange further tests or refer you to a specialist so you get the care you need.

Three visits are not just a number. They are a signal to pause, review carefully, and make sure nothing is overlooked.

[#jessrule](#) [#nhs](#) [#NHS](#) [#nhsengland](#)



Jess's Rule **NHS**

**Three times
and we rethink**

-  **Reflect**
-  **Review**
-  **Rethink**

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