

THE ELMS MEDICAL PRACTICE

SEPTEMBER 2026 NEWSLETTER

PRACTICE NEWS

Welcome to our newest members of the team!

Dr Nazik Fadlamula has joined the practice as our new Registrar doctor.

Dr Louise Campbell has joined the practice as our new Locum doctor for a few months.

Hey Chester University Students!

 **Don't forget to register with a GP!**

Starting university is exciting (and sometimes a bit overwhelming), but here's one thing you *really* don't want to forget... **register with a local doctor near your term-time address.**

Why it matters:

- ✓ If you get ill, you'll already be signed up – no last-minute panic.
- ✓ You can get prescriptions, vaccinations, mental health support, and referrals when you need them.
- ✓ It's quick, free, and super easy to do. Just complete an online form!

<https://www.elmsmedicalcentre.co.uk/join-the-surgery>



**We will be
CLOSED**
for Staff Training



Wednesday 9th September 2026
From 1pm

We will reopen
Thursday 10th September 2026 at 8am



Our branch surgery in Blacon
will also be closed during this time.



For urgent queries that
cannot wait till the next day
please contact NHS 111.



For medical
emergencies
contact 999.

Thank you for your understanding. 



Why not have your say by filling out our Friends and Family form? Use the QR code below to complete.



Friends & Family Test - My Surgery Website

www.mysurgeryintranet.co.uk



**The Elms
Medical Practice**

FLU CLINICS

STARTING ON 1ST SEPTEMBER 2026



Pregnant patients



Children aged
2-3 years old



Children aged
3-17 years
with a clinical risk



**WHY HAVING YOUR
FLU VACCINE MATTERS**

NHS guidance recommends the flu vaccine for those at higher risk because flu can be serious.

- ✓ Helps protect you from flu and serious complications
- ✓ Helps protect babies and young children who are most vulnerable
- ✓ Helps reduce the spread of flu to family and friends



NHS guidance: "Flu can be very unpleasant and for some people it can lead to serious complications, such as bronchitis or pneumonia. The vaccine is the best protection and is safe and effective. It helps to protect you and those around you."





**CALL RECEPTION TO BOOK IN
01244351000**

*Let's stay
well this winter* 

Follow us on @TheElmsMedicalPractice on Facebook

🎓 Heading to University? Don't Miss Your Vaccinations

If you're starting university this autumn, now is the perfect time to check whether you're up to date with your vaccinations. Students living in shared accommodation are at a higher risk of meningococcal disease because the bacteria can spread more easily through close contact. Two doses of the MenB vaccine are needed for the best protection.

If you're starting university, you should also make sure you've had the MenACWY vaccine, which can be given up to your 25th birthday, and check that you've received two doses of the MMR (Measles, Mumps and Rubella) vaccine.



Elms PATIENT VOICE

HAVE YOUR SAY.

SHAPE OUR SERVICES. IMPROVE PATIENT CARE.

WE'RE LOOKING FOR PATIENTS WHO WANT TO:

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

WHY JOIN?
Your voice helps us understand what matters most to patients. Together, we can make **meaningful improvements**.

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

HELP IMPROVE PRIMARY CARE SERVICES WITHIN OUR COMMUNITY

YOUR VOICE MATTERS

Find out more and sign up today
www.elmsmedicalcentre.co.uk/elms-patient-voice

World Pharmacist Day 25th September

For World Pharmacist Day this year the Practice would like to tell you about our very own Pharmacist that works within the Practice- his name is Zol and here is what he had to say.

"As a clinical pharmacist working within our Primary Care Network (PCN), I help patients get the most benefit from their medicines and support them to manage long-term health conditions safely and effectively. I carry out medication reviews, provide advice on treatments, answer medicines related queries, help reduce unnecessary medicines, and ensure prescriptions are appropriate and safe. In my day-to-day, I work closely with GPs, the medicines management team, nurses, care homes, and other healthcare professionals to improve patient care, prevent medication-related problems, and support people in making informed decisions about their health and medicines."

The Elms MEDICAL PRACTICE
Caring for you, caring for our community

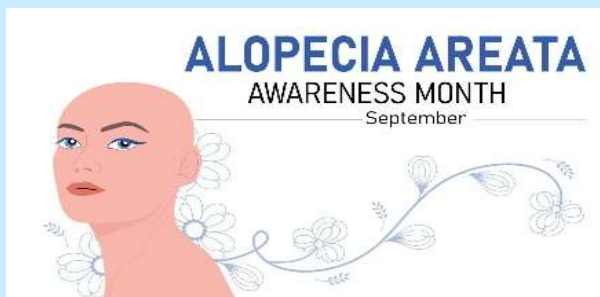
What We Did in August!

Total Registered Patients 9998	Patients Registered in August 107	Prescriptions Issued 3217
Referrals Made to Secondary Care 270	Lab Results Processed 873	Appointments Booked 5051

Our Commitment to You
Delivering compassionate, high-quality care for our community every day.
Your health, our priority.

www.elmsmedicalcentre.co.uk

Follow us on @TheElmsMedicalPractice on Facebook



DID YOU KNOW

Alopecia Areata is an autoimmune condition- not simply hair loss.

Around 1 in 50 people will experience Alopecia Areata during their lifetime.

It can affect people of any age, gender, or ethnicity, although it often it first develops during childhood or young adulthood.

Although Alopecia Areata doesn't usually affect physical health, hair loss can have a significant emotional and psychological impact, affecting confidence, self-esteem and wellbeing.

This September, we're raising awareness, challenging misconceptions and supporting those living with Alopecia.

To find out more you can visit:
<https://www alopecia.org.uk/>



Time for Your Annual Health Review

When you receive your invitation, please book your appointment. It's a key step in staying well and keeping your care on track.

Migraine Awareness Week 21st- 27th September



This Migraine Awareness Week, we're helping to challenge the misconception that migraine is **"just a headache"**. Migraine is a complex neurological condition that can significantly affect a person's health, work and everyday life.

An attack can happen out of the blue, without anything significant happening beforehand.

Symptoms can include:

- Moderate to severe head pain
- Nausea
- Vomiting
- Visual disturbances
- Dizziness
- Fatigue
- Brain fog and sensitivity to light and sound.

To find out more you can visit:

<https://migrainetrust.org/>

2 minutes now could save up to 9 lives

NHS

Confirm your decision to be an organ donor.
It's the best thing you'll do today.

Visit organ donation.nhs.uk

30 years of changing and saving lives



DID YOU KNOW?

Globally, **more than 720,000 people die by suicide every year.**

5717 suicides were registered in 2024. This is **61 more than in 2023.**

Around **17 people die by suicide every day in England and Wales.** Men are approximately **three times more likely** to die by suicide than women.

The overall suicide rate was 11.1 per 100,000**, essentially unchanged from 11.2 the year before.

The male suicide rate was 17.1 per 100,000**, compared to a female suicide rate of 5.6 per 100,000**.

Males aged 50-54 years were found to have the highest suicide rate (26.8 per 100,000).

Suicide doesn't have one single cause. Factors can include:

- Loss
- Loneliness
- Relationship difficulties
- Financial problems
- Chronic pain or illness
- Violence and abuse
- Alongside mental-health difficulties

Importantly, suicides are preventable. Starting a conversation can make a difference.

You don't need to have all the answers- simply asking someone how they're feeling and listening without judgement can be an important first step.

Where to get help

- **Samaritans** is open 24/7.
Samaritans.org, freephone 116 123
- **Shout** is open 24/7.
Text SHOUT to 85258, giveusashout.org
- **NHS 111 line** is open 24/7.
Press option 2, 111.nhs.uk

You are not alone.

WORLD SEPSIS DAY

September 13



DID YOU KNOW

Sepsis is a life-threatening medical emergency caused by the body's extreme response to an infection.

In the UK, **at least 245,000 people are affected by Sepsis each year.**

Around **48,000 people die from Sepsis- related illness in the UK every year.**

Sepsis can affect **anyone**, although babies, older people and those with weakened immune systems can be particularly vulnerable.

Sepsis can develop from any type of infection, including infection of the lungs, urinary tract, skin or abdomen.

Symptoms of Sepsis in Babies and Children

Symptoms of sepsis in babies and children include:

- Difficulty breathing or breathing very fast
- Having a fit (seizure)
- A high or low temperature – feeling very hot or cold when you touch them
- Blue, grey, pale or blotchy skin, lips or tongue – on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- A rash that does not fade when you press it – this type of rash is rare in sepsis, but it may be a symptom of meningitis
- Being sleepier than normal or difficult to wake
- Not peeing in the last 12 hours (for babies and children under 5 years), or not peeing all day (for children 5 years and over) – you can check a baby's nappy to see if it's dry

Babies and children under 5 years may also not be interested in feeding or they may keep being sick (vomiting).

Symptoms of Sepsis in Adults

Common symptoms of sepsis in adults include:

- Confusion or slurred speech
- Uncontrollable shivering
- Muscle pain
- Difficulty breathing
- Blue, pale, grey or blotchy skin, lips or tongue – on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- A high or low temperature – a high temperature is less common in older adults
- Not peeing all day or peeing very little in the past 18 hours

**IF YOU SUSPECT YOU
OR ANOTHER PERSON
HAS SEPSIS CALL 999
IMMEDIATELY OR GO TO
YOUR CLOSEST A&E!**



Know your numbers week 7th -13th September

It's important that your records are up to date with your blood pressure results. You can do the following:

- Come into the practice and use the blood pressure machine and hand the results over to our care navigators and we can update your results.
- Call the surgery and speak to one of the care navigators with your results and we can update your records.

Rheumatoid Arthritis Week 16th- 22nd September



DID YOU KNOW

Rheumatoid Arthritis is an autoimmune disease not simply wear and tear on the joints. The immune system mistakenly attacks the lining of the joints, causing inflammation.

More than 450,000 people in the UK are living with Rheumatoid Arthritis- around 1% of the population.

It does commonly affect small joints of the hands and feet and often affects joints in both sides of the body, but it can also affect other parts of the body such as heart, lungs and eyes as it is a systemic condition.

Early diagnosis matters. If you have persistent joint pain, swelling or stiffness- particularly in the hands or feet- speak to your GP. There is currently no cure for Rheumatoid Arthritis, but early treatment can help prevent the condition from worsening and reduce the risk of joint pain.

To find out more you can visit:

<https://nras.org.uk/campaigning/ra-awareness-week/>



There are 15 methods of contraception available in the UK, giving people a range of choices to suit their health and lifestyle. This World Contraception Day is about raising awareness of the contraceptive options available and empowering people to make informed choices about their sexual and reproductive health.

DID YOU KNOW

Within the Practice, we offer a coil clinic. All you have to do is ring the main number and speak to one of the care navigators and they will be able to assist.

You may be able to have your contraceptive pill review at your local pharmacy, and you might not have to go to the GP.

Scan the QR code and this will direct to the NHS page so you can find your local pharmacy.



Keep us updated

From time to time, you may receive a request from us for your email address so we can keep your records up to date. Please respond to any requests you receive from the surgery, as it helps ensure we're providing you with the right care for you.