

THE ELMS MEDICAL PRACTICE

September 2024 NEWS

The practice will be closed for staff training on the 3rd September from 1pm-6:30pm.

We will re-open at 8am the next day. In case of an urgent query please contact NHS111.

Upcoming vaccination campaigns & eligible patient groups

1st September -RSV vaccination

All adults turning 75 years old on or after 1 September 2024

A one-off catch-up campaign for those already aged 75 to 79 years old on 1 September 2024

Patients who are at least 28 weeks pregnant on 1 September 2024

1st September 2024 -Flu vaccination

All 2- and 3-year-olds

Patients 3- to 17-year-olds at clinical risk

Pregnant patients

1st September - COVID boosters

All patients aged 65 years and over

All patients at clinical risk

Healthcare workers

Pregnant patients

3rd October -Flu vaccinations

All patients aged 65 years and over

All patients at clinical risk

Healthcare workers

The practice will invite all eligible patients to book in for their vaccinations. If you haven't heard from us by mid-September, then please contact the practice.

**MACMILLAN
CANCER SUPPORT**



COFFEE MORNING

We are hosting this year's coffee morning on the 20th September.

Our patients are most welcome to join us for a brew and slice of cake.

All donations raised on this event will go to support people living with cancer.

[Cancer information and support | Macmillan Cancer Support](#)

RSV vaccine... who & what is it for??

Respiratory syncytial virus (RSV) is an enveloped RNA virus, in the same family as the human parainfluenza viruses and mumps and measles viruses. RSV is one of the common viruses that cause coughs and colds in winter. RSV is transmitted by large droplets and by secretions from contact with an infected person.

Infants under one year of age and the elderly are at the greatest risk of developing severe disease. While most RSV infections usually cause mild illness, infants aged less than 6 months frequently develop the most severe disease such as bronchiolitis and pneumonia, which may result in hospitalisation.

All adults turning 75 years old on or after 1 September 2024 will be eligible for the routine programme and should be offered a single dose of the RSV vaccine. A one-off catch-up campaign for those already aged 75 to 79 years old on 1 September 2024 will be undertaken at the earliest opportunity.

All women who are at least 28 weeks pregnant (the eligible cohort) on 1 September 2024, will be offered a single dose of the RSV vaccine. After that, pregnant women will become eligible as they reach 28 weeks gestation and remain eligible up to birth.

All our eligible patients will be invited to book in their vaccination at the practice. if you feel you are eligible but haven't received an invite please call the practice.



Have your RSV vaccine to help protect you

RSV can cause pneumonia which can be serious



Your GP will invite you for your free RSV vaccination if:

- You turn 75 years of age on or after 1 September 2024
- You are already aged 75 to 79 years old on 1 September 2024

For more information on the RSV vaccine you can read this leaflet here: www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults or speak to your practice nurse, GP or health team.

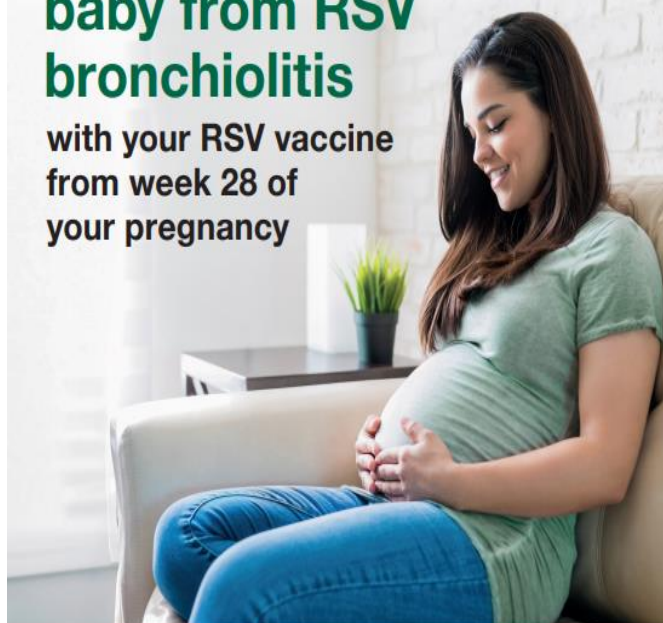


SCAN ME



Protect your baby from RSV bronchiolitis

with your RSV vaccine from week 28 of your pregnancy



Speak to your midwife, maternity service or GP practice about your RSV appointment today.

Know Your Numbers Week

2nd - 8th September

Know Your Numbers Week is about finding out your normal blood pressure numbers, to help you easily identify whether something is wrong. High blood pressure can increase the risk of chronic disease. Being aware of what is a normal blood pressure reading for you is important.

Blood Pressure UK

KNOW YOUR NUMBERS!
 Checking your blood pressure can help you find out whether your blood pressure numbers are under control, lowering your risk of stroke and heart disease.

YOU HAVE THE POWER

110-170
120-140
90-120
60-90

Blood Pressure UK
 Helping you to lower your blood pressure

bloodpressureuk.org #KnowYourNumbers

Migraine Awareness Week

23rd - 29th September

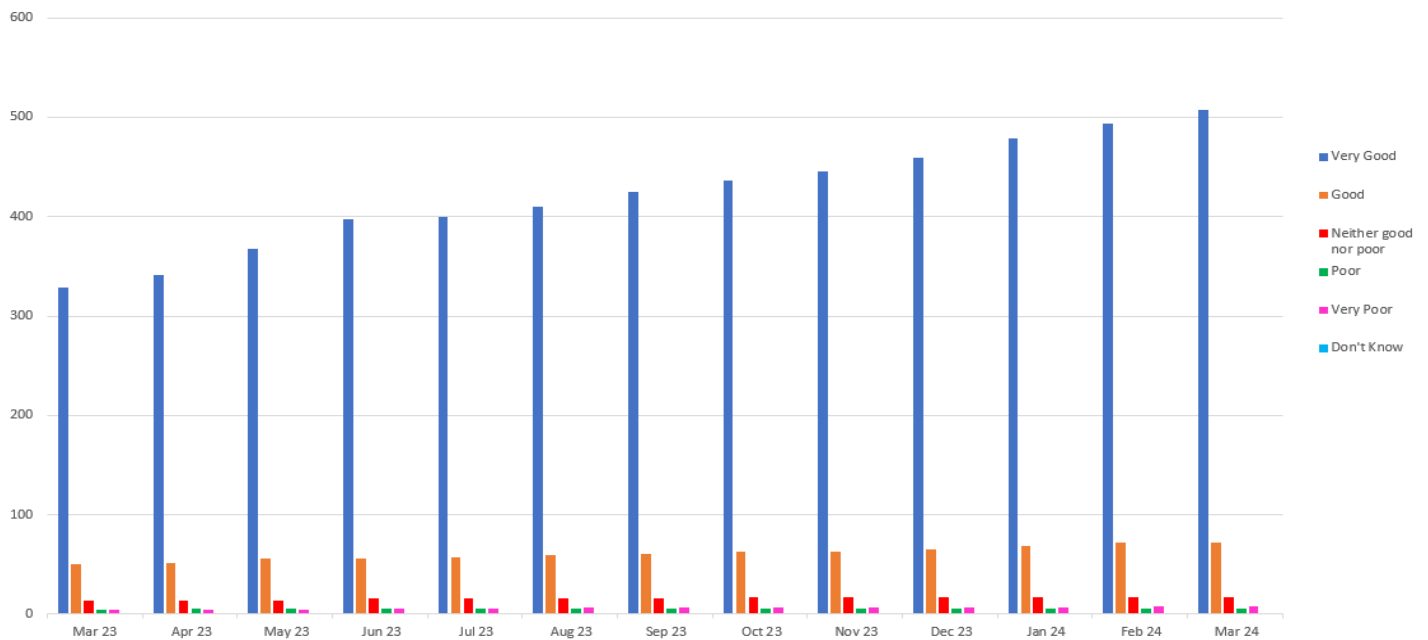
1 in 7 people live with migraines consistently. Often being thought of as 'headaches', migraines are actually a neurological disorder. Migraines can affect not just your head but also your vision, awareness and ability to complete day-to-day tasks. Migraines can also affect your stomach, and cause vomiting and nausea. Migraines are painful and there isn't really a cure, but taking pain medication and over-the-counter painkillers can help. [What we currently know about migraine - The Migraine Trust](#)

MIGRAINE or HEADACHE

- Migraine Symptoms:**
 - Intense, pulsing or throbbing
 - Pain on sides of head
 - Can last for days
 - Nausea and dizziness
 - Commonly recurring
 - Flashing lights and blind spots
- Headache Symptoms:**
 - Mild, dull pressure
 - Pain around forehead
 - Incidental non-recurring
 - Typically short-lived
 - Not usually accompanied by other symptoms
 - Treatable with medicine, rest and water

FRIENDS & FAMILY TEST RESULTS MAR23-MAR24

Friends and Family Results March 23 - March 24



PATIENT FEEDBACK

Some feedback we received this month.....

- They're always helpful and listen to my problems fully.
- Excellent experience of the practice in terms of dad's face to face appointment, thank you.
- Dr Sargeant and the admin team are always fast to respond, happy to help and caring health professionals.
- I find the Elms give a very good service.
- I don't have any problems in contacting my doctors and always helpful and always give you advice.

What the practice did in

August

One Practice /One Month

Appointments booked = 4971

The number of online consultations (PATCHS) = 212

DNA's = 251

Number of cervical smears the practice nurses did = 38

Number of blood results processed = 832

Prescriptions issued = 3339

Number of new registrations = 84

Sexual Health Week, 9th - 15th September

Sexual health is important because sexual infections can cause long-lasting issues, and although you may feel that the issue is resolved, underlying problems can continue long term. Regularly getting your sexual health tested can make a difference to your fertility and prevent disease spreading.

Using protection is important.

<https://www.nhsinform.scot/campaigns/how-to-prevent-stis/>

Cheshire West and Chester
Sexual Health Hub



Sexual Health

Contact us

Everyone is welcome and you don't need to see a GP first.

Our telephone line is open Monday – Thursday 09:00-17:00, Friday 09:00-15:30 & Saturday 09:00-12:30

Our Services

- Sexual Health advice including HIV
- Contraception (all types)
- All types of testing including STI postal testing, cervical screening
- PrEP and PEP
- Vasectomy
- Vaccinations

t: 0300 247 0020

e: CWCSH@hrcgcaregroup.com

w: thesexualhealthhub.co.uk

Scan our QR code for more information



World Contraception Day, 26th September

Your life, your choices. No one else should have any input regarding what contraception you choose, and choosing the right one for you can be difficult. Hormonal contraception, barrier methods and more are available to you, and it's important that you choose the right one. Your GP or local sexual health clinic can help you decide what might be right for you, and they can discuss possible outcomes with you.

A woman's right to choose the number, timing and spacing of her children is fundamental. World Contraception Day aims to ensure that women all over the world are given access to methods of contraception.

<https://www.your-life.com/en>

Are you using the right service?

SELF-CARE



What's in your medicine cabinet?

Visit NHS choices at www.nhs.uk

Minor cuts and grazes, bruises or sprains, coughs and colds, diarrhoea and vomiting

PHARMACY



Feeling unwell and unsure what medication is right

Need advice or help on medicines

To help you self-care

NHS 111 (24/7)



Still unsure and want more advice then dial 111

It's urgent but not an emergency

NHS 111 is available 24 hours a day

GP ADVICE



Self-care not working or persistent symptoms

Chronic pain

Long term conditions such as asthma or diabetes

WALK IN CENTRE



Minor injury or illness

Symptoms not getting better and you cannot see your GP

A&E or 999



Emergencies only

Severe bleeding
Choking
Breathing difficulties
Chest pain
Stroke

HM Government

NHS

66.8 million prescriptions ordered

Scan to find out how you can use the NHS App to order repeat prescriptions



Did you know???

You can easily find your NHS number through your NHS app, or by using the Find your NHS number service.

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>