

THE ELMS MEDICAL PRACTICE

October 2024 NEWS

The practice will be closed for staff training on **Wednesday 16th October** from 1pm-6:30pm.

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

COVID Autumn Booster 2024

Our autumn COVID booster clinics will be held on

15th, 17th, 18th, 22nd, 24th and 29th October.

All eligible patients have been invited with a self-book in link for these clinics.

If you are eligible and haven't heard from the practice, please call us to book an appointment.

The eligibility criteria for the booster vaccination are;

- Patients aged 65 years and over.
- All patients at clinical risk
- Healthcare workers
- Pregnant patients

FLU vaccination clinics

The practice will start the Flu vaccination clinics from the 3rd October 2024 and the clinics will be held every day.

The eligibility criteria for the vaccine are;

- Patients aged 2 and 3 years old
- Patients 3-17 years of age at clinical risk
- Pregnant patients
- All patients 65 years and over
- Patients aged 18 years and over at clinical risk
- Healthcare workers

All eligible patients have been invited in and sent a self-book in link for the clinics.

If you haven't heard from the practice by now and feel that you are eligible then please call the practice to book your flu vaccine.

Go Sober for October

Thought about going sober for October? Giving up alcohol for even a short period – just 31 days – can result in health benefits! You may find you benefit from better-quality sleep, improved immunity and a sharper memory. Why not give it a try?

Tips to stay sober this October:

- Avoid triggers that make you want to drink
- Be prepared to say no
- Find alternatives to drinking
- Have a plan
- Reward yourself with something else you enjoy

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



Chester University Students

Get yourself registered with your local GP
Practice



Chester City Branch
2nd Floor Fountains
Health Building
Delamere Street
Chester
CH1 4DS
01244 351000

Blacon Branch
32 The Parade
Blacon
Chester
CH1 5HN
01244 351000

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

It's important to look after your health when moving away from home for the first time. This includes registering with a new GP, The Elms Medical Practice is committed to providing the best possible care to all its patients.

We offer,

- Contraception Clinics
- Health & Wellbeing Coaches
- Counselling and Mental Health services
- Vaccinations
- General Health advice
- Minor Surgery Clinics
- Physiotherapy
- Unplanned pregnancy advice
- Sexual health services at both branches

Medication requirements

If you take regular medication for a condition this can be ordered via the NHS App [Log in - NHS App Online \(service.nhs.uk\)](#)

Or alternatively

We have a pharmacy located at our Chester Branch building.



UK Health
Security
Agency

Getting back together

Before leaving for university

- ✓ 2 doses of MMR vaccine
- ✓ 1 dose of MenACWY
- ✓ know the signs and symptoms of meningitis and septicaemia
- ✓ know how to seek medical advice



Vaccines save lives. Visit [NHS.UK](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them) to find out
[www.nhs.uk/conditions/vaccinations/
nhs-vaccinations-and-when-to-have-them](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)

immunisation
Helping to protect everyone at every age

OpCOURAGE

NHS
The Veterans Mental Health
and Wellbeing Service

Mental health support for veterans

A specialist service for ex-armed forces veterans and service personnel who are approaching discharge, to support and recognise the early signs of mental health problems

Tel: 0300 373 33 32

Email: opcourageNORTH@cntw.nhs.uk

Scan:



North of England Team

Service provide
Cumbria, Northumberland Tyne and Wear NHS
Foundation Trust
Tees, Esk and Wear Valleys NHS Foundation Trust
Pennine Care NHS Foundation Trust
Leeds and York NHS Partnership Foundation Trust
Humber Teaching NHS Foundation Trust
Walking With The Wounded
Combat Stress

PATIENT FEEDBACK

Some feedback we received this month.....

I attended the surgery this afternoon after my prescription was accidentally sent to the postal service in which I needed urgently. I didn't quite catch the receptionist's name, but I would like to say a huge thank you to her! She was so lovely, understanding and went out of her way to help me.

What the practice did in September

One Practice /One Month

Appointments booked = 4113

The number of online consultations (PATCHS) = 240

DNA's = 211

Number of cervical smears the practice nurses did = 60

Number of blood results processed = 728

Prescriptions issued = 3320

Number of new registrations = 125

Did you know that vapes - even single use vapes - have flammable batteries in them? These batteries can catch fire in recycling containers and collection vehicles and must be disposed of separately.

Rather than put them in with your recycling or your black bin, please take them your local Household Waste Recycling Centre or dispose of them at an electrical recycling point, which can be found in many large supermarkets.

You can also recycle them by taking them back to the store where you bought them under the 'Take Back Scheme' in which retailers who sell vapes are obligated to provide customers with a service for the proper disposal of their vapes.

Remember, never bin vapes, recycle them separately.

HOW TO RECYCLE VAPES

Vapes contain a flammable battery, which is a fire risk. They should not be placed in your recycling containers or your household waste bins.

Vapes can be disposed:

- ✓ At your Local Household Waste Recycling Centre
- ✓ At an Electrical Recycling Disposal Point
- ✓ By returning them to the retailer where you bought them.



**Recycle vapes separately
Never bin them!**

Have you had your RSV vaccine as yet?

If you are already aged 75 to 79 years old on the 1st September, then you are eligible for this vaccine.

RSV can cause pneumonia which can be very serious, so it is important that you are protected before the winter season.

Since the start of the programme on the 1st September we have administered 157 vaccines to our eligible patients.

Book yours now!

World Menopause Day, 18th October

You might be surprised to learn that the majority of women will experience some form of symptoms of the menopause between the ages of 45 and 51. These physical and mental burdens can take their toll on relationships, work and home life.

But you don't have to struggle alone; there are options to help you manage your symptoms, including HRT, which can help improve your health and wellbeing.

If you're struggling, please do make an appointment with our menopause lead GP Dr Hannah Hughes.

Pregnant or new parent?

Are you worried about work or money?

Contact Maternity Action for completely **FREE and confidential** legal advice on work and benefits for pregnant women and new parents in Cheshire and Merseyside.

Fill in the online form



Scan the QR code and fill out our online form

Or visit:
maternityaction.org.uk/
cheshire-merseyside-maternity-rights

Call FREE

0808 802 0062

10am - 1pm Mon-Fri
Or leave a message for a call back.



- Wondering which benefits you're entitled to?
- Unsure if you're being treated unfairly at work?
- Want to know what your rights are at work?
- Not sure if you can get any maternity pay?



Support and information? I know who to contact.

Every year, over 55,000 men will be diagnosed with prostate, testicular or penile cancer - and the number is rising.

Concerned or need to talk?

Call the Orchid Confidential Male Cancer Helpline on

0808 802 0010

or email
helpline@orchid-cancer.org.uk

ORCHID
FIGHTING MALE CANCER

Registered in England with the Charity Commission No. 1080540. Company Registered in England No. 3963266.

Did you know.....that if you stay smoke-free for just 28 days, you're five times more likely to quit for good? Why not try it this October? You can find a local smoking support service here:

<https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

AUTUMN 2024 GROUPS

Parents can self refer on to the groups

CWP are
delivering a
series of
FREE group
interventions
for parents.



Fear-Less IN PERSON

**Ellesmere Port Kingsley Resource
Centre 12.30pm to 2.30pm:**

5 November, 12 November, 19
November, 26 November, 5
December & 10 December

OR

Winsford Library 10am to 12pm:

4 November, 11 November, 18
November, 25 November, 2
December & 9 December

For parents/carers of school aged
children (6 to 14 years) with
moderate to severe anxiety.

An evidence based intervention
delivered over 6 weeks and
includes understanding anxiety,
learning to encourage your child's
coping skills and to manage their
anxiety as well as problem solving
skills and learning to feel confident
as a parent.



Timid to Tiger ONLINE

10am to 12pm

16 October, 23 October, 6
November, 13 November, 20
November, 27 November, 4
December, 11 December & 18
December.

For parents/carers of primary school
aged children (5 to 11 years) with
mild to moderate anxiety.

An evidence based intervention
delivered over 9 weeks and includes
understanding the science behind
anxiety, parental modelling of
anxiety, how to safely expose your
child to their anxiety triggers, and
how to support your child to
develop in confidence using
techniques such as special play and
rewards.

To join a group parents/carers **MUST**
attend one of the drop in sessions listed
below. You can drop in at any time:

8 October 9.30am to 11.30am
1829 Building Countess of Chester Hospital

11 October 9.15am to 11am
Overhall Children's Centre Winsford

11 October 10am to 12pm
Kingsley Resource Centre Ellesmere Port

Support,
Friendly
non-
judgemental

For more Information email: cwp.cheshiremhstadmin@nhs.net

Helping people to be
the best they can be



National Cholesterol Month

Did you know that almost half of adults have raised cholesterol? Small changes to your diet, exercise and lifestyle habits can make a big difference to your cholesterol levels and heart health.

It's really important to manage cholesterol levels; early intervention can help improve long-term health.

High cholesterol can increase the risk of serious health conditions such as heart attack and stroke, and most people don't even realise their cholesterol is raised.

Changes in lifestyle such as stopping smoking, increasing exercise and having a healthy diet will help to improve your overall health and help to reduce cholesterol.

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

**Better
Health**

**every mind
matters**

Highlighting ways to look after our mental wellbeing, the campaign is aimed at all adults but weighted towards vulnerable groups and those most at risk of mental health problems. It's supported by the NHS, local authorities and mental health charities, health organisations, along with those charities and commercial partners that can deliver huge reach to our target audiences. Our shared goals are to help encourage, enable and motivate preventative mental health behaviours.

NHS

Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



**Better
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If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.

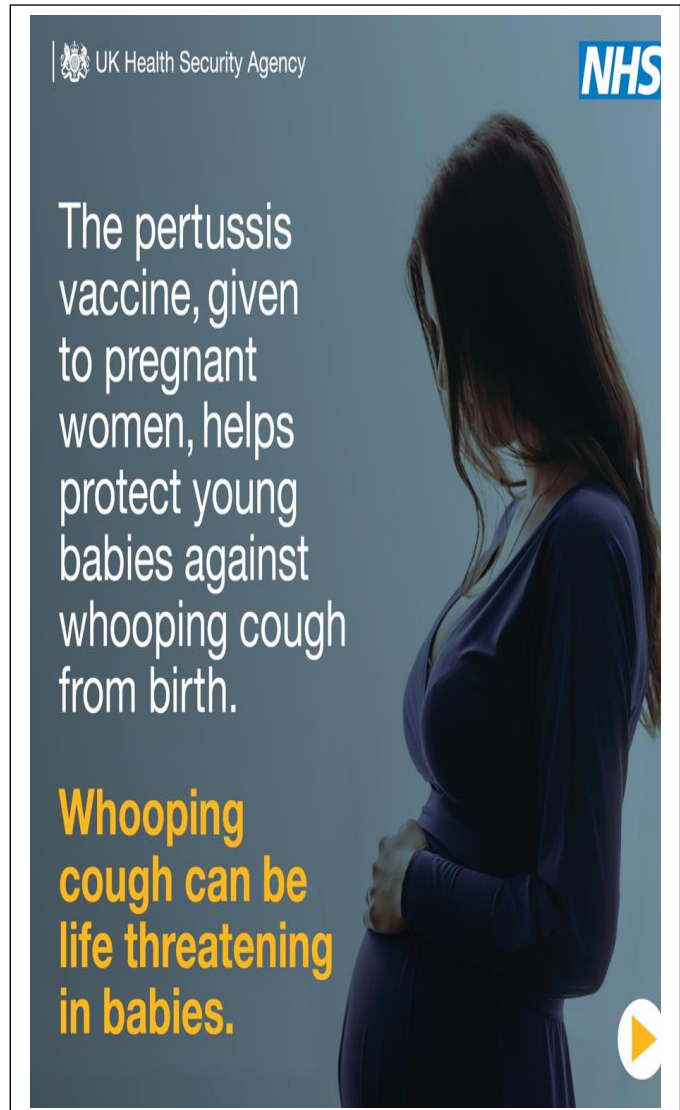
ADHD Awareness Month

The theme of this year's ADHD Awareness Month is 'awareness is key'. There are so many myths and misunderstandings surrounding ADHD, so providing information and awareness can help people with ADHD to thrive.

ADHD is a form of neurodiversity. 'Neurodiversity' is a word used to explain the unique ways in which people's brains work. 'Neurodiverse' means that someone's brain works in a different way to the 'average' or neurotypical brain. Neurodiversity can bring challenges, but it can also bring advantages.

ADHD is present through all stages of life, not just in childhood. Almost 5% of adults have ADHD and more than 80% of children who have ADHD will continue to meet the clinical diagnosis for ADHD in adulthood.

<https://adhdaware.org.uk/october-is-adhd-awareness-month/>

An NHS advertisement featuring a pregnant woman in profile, wearing a blue dress, against a dark blue background. The text is white and yellow. The NHS logo is in the top right corner. The UK Health Security Agency logo is in the top left corner.

UK Health Security Agency

NHS

The pertussis vaccine, given to pregnant women, helps protect young babies against whooping cough from birth.

Whooping cough can be life threatening in babies.

Breast Cancer Awareness Month

Anyone can get breast cancer, and it's important to know what is normal for you. By knowing what to look for, and what is normal, you can spot any changes early.

Touch your breasts. **Look** for changes. **Check** anything new or unusual with a GP. What's your normal?

<https://breastcancernow.org/about-breast-cancer/touch-look-check/>

National Hygiene Week, 7th - 13th October

Sadly, over 4.2 million people live in hygiene poverty in the UK. This impacts on their physical and mental health as well as absenteeism in school children. Some examples of hygiene poverty include:

- Not being able to afford to wash your hair
- Not being able to afford to buy deodorant
- Sharing a toothbrush
- Not being able to change a baby's nappy regularly

The Hygiene Bank was established to help everyone access everyday essentials.

<https://thehygienebank.com/>