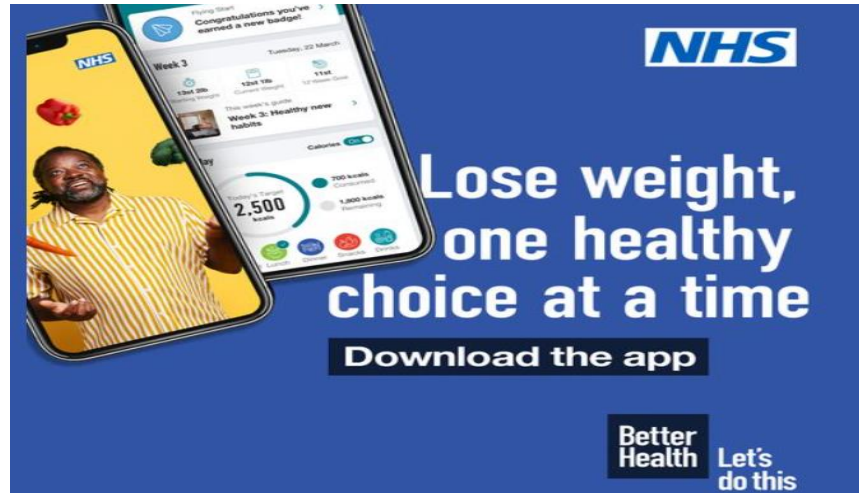


THE ELMS MEDICAL PRACTICE

November 2024 NEWS

The practice will be closed on Tuesday 5th November for staff training on from 1pm-6:30pm.

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



Heard about the new, free NHS Weight Loss Plan app?

It's designed to support people develop healthier eating habits, be more active and start losing weight.

Download now to get your easy-to-follow NHS 12-week diet and physical activity plan

www.NHS.uk/better-health/



What do I need help with?

- Minor cuts and grazes
- Minor bruises
- Minor sprains
- Coughs and colds

Self Care



- Minor illnesses
- Headaches
- Stomach upsets
- Bites and stings

Pharmacy



- Feeling unwell?
- Unsure?
- Anxious?
- Need help?

NHS 111



- Persistent symptoms
- Long term conditions
- Chronic pain
- New prescriptions

GP Advice



- Breaks and sprains
- X-rays
- Cuts and grazes
- Fever and rashes

Urgent Treatment Centre



- Choking
- Chest pain
- Blacking out
- Serious blood loss
- Stroke

A&E or 999



COVID vaccination

You can use the National booking service to;

- Check you need an appointment
- Book an appointment
- Check your existing appointment details
- Change your appointment
- Cancel your appointment

[Book, change, or cancel a COVID-19 vaccination appointment online - NHS](#)



Facebook

We share a lot of self-help and health information on our Facebook page. We also share events that are happening at the practice or in the building.

If you don't already follow us why not give it a go and tell your family and friends to follow us too!!

Scan the QR code  to follow us



What the practice did in

October

One Practice /One Month

Appointments booked = 5763

The number of online consultations (PATCHS) = 235

DNA's = 516

Number of cervical smears the practice nurses did = 47

Number of blood results processed = 778

Prescriptions issued = 3543

Number of new registrations = 103

Change of Gender Marker

We wanted to provide information for patients who are transitioning in relation to their gender marker on their record. As a practice, we aim to address an individual in the correct way for them. Your medical records can be amended so you can be addressed with your correct name and pronoun. This can be done through our website or by contacting reception. If you wish to have your name properly changed on your record—we do require proof of name change such as deed poll to be able to do this. If you want to have your gender marker on your record changed to reflect your true gender, we can also do this. For a change of gender marker to be arranged, this means that a new NHS number will be generated for you. This process is done through PCSE. We have to make patients aware that no information is automatically transferred from their previous records to this new NHS number. We would then discuss with you what information you wanted to be transferred. If you would like to start this process—please contact our reception.



Use the QR code for information on health screenings for transgender and non-binary patients

The whooping cough vaccine is provided to pregnant women to pass protection to their babies for the first months of their lives. If you're pregnant, speak to your midwife or GP about the whooping cough vaccine.

<http://nhs.uk/.../keeping-well/whooping-cough-vaccination/>



NHS

Whooping cough cases are rising

Young babies with whooping cough are often very unwell and many are likely to need hospital treatment

Book your vaccine through your GP surgery or local maternity service



HM Government

NHS

66.8 million prescriptions ordered

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



11:02

NHS

NHS App



UK Health Security Agency

Feeling ill? Tell someone!

If you feel ill you should make sure someone else knows and keep an eye on any friends who are unwell – whatever the cause.

If you become worried about your own or someone else's health get medical advice quickly. Go to 111.nhs.uk or dial 111. In a medical emergency dial 999.

Know the common signs and symptoms of meningococcal meningitis (swelling of the brain lining) and septicaemia (blood poisoning). Learn more at www.meningitis.org and www.meningitisnow.org.

Vaccines save lives

Ensure you are up to date with all vaccines including MenACWY and MMR. For more information contact your GP practice or visit www.nhs.uk/conditions/vaccinations/men-acwy-vaccine

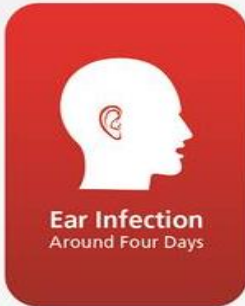
We have vaccinated **1150** eligible patients against Flu last month. We still have some stock of Flu vaccines left so if you are eligible and haven't had your flu vaccine as yet call us to book yourself in.

I don't feel very well... how long should I wait before I need treatment?



Most common ailments such as colds, a sore throat, cough, sinusitis or an ear infection can't be treated with antibiotics.

Rest, drink plenty of fluids, take some painkillers and have a chat with your pharmacist for advice on relieving your symptoms.



Did you know.....

You can now use the NHSapp to view your hospital appointments at the Countess of Chester Hospital NHS Foundation Trust.

Visit www.nhs.uk/nhs-app

111.nhs.uk



Think you need medical help?

Use 111 online to check your symptoms and get the right help.



Use 111
online Help us
help you

PATIENT FEEDBACK

"At a time when all GP surgeries are being given bad reviews, I would like to state the complete opposite is true of The Elms Medical Centre.

All the team at The Elms have been kind, helpful and supportive.

You are all doing an amazing job during what has been difficult times."



The Elms Medical Practice

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/>

Please be aware that all calls to and from the surgery are recorded for training and monitoring purposes.



GREEN PLAN

Small steps toward sustainability.....

The practice reduced the use of paper by 73% during our Flu and COVID clinics compared to last year by using our clinical system in a slightly better & efficient way.

Domestic violence or abuse can happen to anyone. You do not have to wait for an emergency situation to reach out.

Find out how to recognise the signs and where to get help – visit

<https://www.nhs.uk/.../getting-help-for-domestic-violence/>

[The Survivor's Handbook from the charity Women's Aid](#) is free and provides information for women on a wide range of issues, such as housing, money, helping your children, and your legal rights.

NHS

Domestic violence or abuse can happen to anyone.

If it's happening to you, it's important to tell someone and remember you are not alone.

