THE ELMS MEDICAL PRACTICE

December 2024

The practice will be closed on the

25th December'24

26th December'24

&

1st January' 25



We would like to wish all our patients a very Merry Christmas and a very Happy & Healthy New Year.



National Grief Awareness Week is a compassionate and important observance dedicated to raising awareness about grief, providing support to those who are grieving, and fostering a better understanding of the grieving process. It acknowledges that grief is a natural response to loss and aims to break the stigma surrounding this deeply personal experience.

For help and support, visit:

https://www.nhs.uk/.../feelings.../grief-bereavement-loss/



PATIENT FEEDBACK

"All my experiences with Elms
Medical Practice have been
very positive. Everyone I spoke
with or saw at the practice were
friendly and caring. Thank you
very much!"

Have you had a positive experience?

Please consider leaving us a 5* Google review using this QR code



Some of what the practice did in

November

One Practice /One Month

Appointments booked = 4284

The number of online consultations (PATCHS) = 230

DNA's = 209

Number of cervical smears the practice nurses did = 56

Number of blood results processed = 710

Prescriptions issued = 3262

Number of new registrations = 105





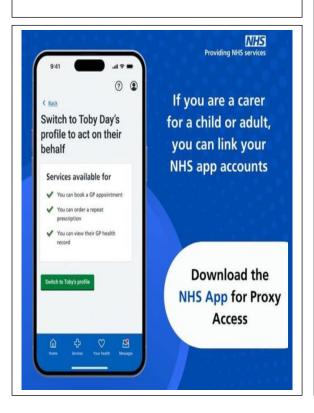
We raised £ 48 on the 15th November for Children in Need

BBC Children in Need aims to make a positive difference in the lives of children facing challenges such as poverty, disability, illness, and social exclusion.

Through the funds raised, the charity supports thousands of projects that provide essential services, care, and opportunities for young people across the UK.

NHS App - Proxy Access for Your Loved On....

You can use the NHS App to manage the healthcare of your loved ones? With proxy access, you can book appointments, order prescriptions, and view medical records for those you care for. Keep on top of their health with ease!



We have administered **750 COVID Autumn booster**vaccinations to our eligible patients.

Find ways to save energy in your home

If you own a property in England or Wales, you can get recommendations for home improvements that could make your property cheaper to heat and keep warm.

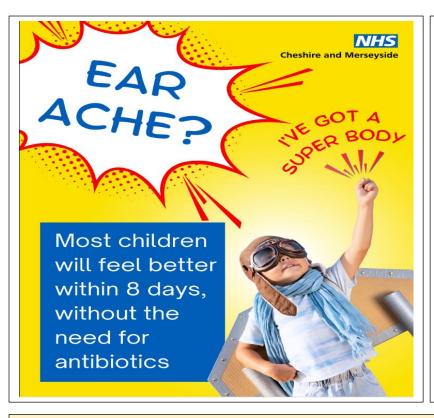
For each recommendation you can see:

- an estimated cost of making the improvement
- how much you could save on your bills
- next steps if you want to make the improvement

You'll need to give as many details as you can about your property that may affect its energy efficiency. This includes:

- the type of house it is
- when it was built
- what insulation there is in the floor, walls and loft space
- whether it has single, double or triple glazed windows

https://www.gov.uk/improve-energy-efficiency



Earaches are no fun for anyone, but did you know that most children's earaches get better in the same amount of time WITHOUT antibiotics?

Find out how to help your children's **#SuperBodies** recover at home, and know when to seek medical help:

cheshireandmerseyside.nhs. uk/super-bodies

DID YOU KNOW ... you can find your nearest pharmacy opening times, those that are offering contraception without a prescription, free blood pressure checks or free COVID-19 rapid lateral flow tests on NHS choices. Visit https://www.nhs.uk/nhs-services/pharmacies/







You do not need a prescription to buy contraception

Contraception services are free and confidential on the NHS - including for young people under the age of 16.

See where you can find different forms of contraception available to you.

https://www.nhs.uk/contraception/whereto-get-contraception/



Repeat prescriptions?

Thank you for only ordering what you need

If you have enough medicine at home, there's no need to order now - you can request more in future.









Speak to your pharmacist if you have any questions. You're making a big difference to your health and community.







cheshireandmerseyside.nhs.uk/medicines-waste



World Mental Health Day

General Mental Health Support



NHS Wirral Talking Therapies

NHS Wirral Talking Therapies is a free and confidential service, available to anyone who is aged 16+ and registered with a GP in the Wirral. Talking therapies can help you to understand and work through difficult feelings and to develop strategies for coping better.



everyturn.org/talking-therapies/locations/wirral/

Wirral Mind

Provide a range of services to support the community to live healthier, happier lives.



wirralmind.org.uk





Open Door Charity

Provides bespoke mental health support interventions, social action, culture, art and much more for those aged 17+





opendoorcharity.com

Kooth/Qwell

Mental health support websites, offering a magazine, daily journal, discussion boards, and live chat with the specialist team. Kooth supports people aged 11 - 25, and Qwell supports people aged 26 and over.



kooth.com



qwell.io

CWP Crisis Line



0800 145 6485 Open 24/7

*For people living in Cheshire & Wirral

Samaritans

116 123 Open 24/7

Shout

Text 'Shout' to 852584 Open 24/7

Compañeros Crisis Cafe

2a Price Street, Birkenhead CH41 6IN

Drop in 10am-8pm

Workplace Support

Crisis Services

Some employers offer Employee Assistance Programmes, a service you can contact about personal or workplace stressors.

Acas gives employees and employers free, impartial advice on workplace rights, rules and best practice.



Open Monday to Friday, 8am to 6pm

0300 123 1100

If you're a member of a union, you can contact them for support with workplace issues.

Maternity Action

Free and confidential advice on work rights, maternity pay, and benefits for pregnant women and new parents.



maternityaction.org.uk

0808 802 0062

Open Monday to Friday, 10am to 1pm

Please note: these services are not run by or affiliated with Citizens Advice Wirral or Wirral Social Prescribing Scheme