

THE ELMS MEDICAL PRACTICE

JANUARY 2025 NEWSLETTER

PRACTICE NEWS

We would like to welcome Dr Rachele Walker, our new registrar who is doing her placement at the practice. she started with us on the 5th December and will soon be holding clinics.



You said... We did!!

We are really pleased to announce the launch of our new and improved website on the;

1st February 2025

We aim to improve patient's experiences of health and care services, make health services more efficient and improve health outcomes.

As well as aesthetic improvements, this update is about making a meaningful difference in how patients interact with the site and allowing our patients to quickly navigate to the information they need to manage their health.

The launch of the first phase of the practice website marks the beginning of a new era which includes, an updated look, content changes, adjustments to the layout and an overall reduction in the length of the homepage.

We encourage our patients to use the website and provide feedback so that we can continue to evolve it and carry on improving and making it efficient.



RETURN YOUR USED INHALERS TO A PHARMACY TO HELP REDUCE YOUR CARBON FOOTPRINT



The propellants used in **some inhalers** are powerful greenhouse gases that contribute to **climate change**. Even after an inhaler is finished it still contains these environmentally damaging gases.

(Please be assured these gases are not harmful to you when you use your inhaler)

Return all used inhalers to your local pharmacy for safe disposal – Returned inhalers will be incinerated which will destroy the greenhouse gases and prevent inhaler plastics going to landfill



Don't throw used inhalers into your household waste or recycling bins! Landfill disposal of inhalers is harmful to the environment due to left over gases being released into the atmosphere. Plastics from inhalers cannot be recycled using domestic recycling schemes

Make each puff count! – Only order your inhaler when required to reduce waste

If you have concerns about the environmental impact of your inhaler, make an appointment with your GP practice - don't stop using your inhaler!

Some of what the practice did in December

One Practice /One Month

Appointments booked = 3536

The number of online consultations (PATCHS) = 235

Cervical smears the practice nurses did = 36

Number of blood results processed = 577

Prescriptions issued = 2893

Number of new registrations = 58

UK Health Security Agency

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

Whooping cough can be life threatening in babies.

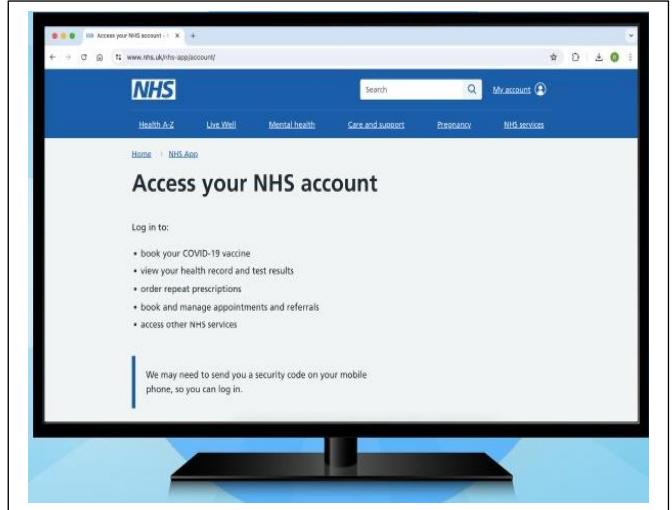
On the 12th December we joined millions of people up and down the country for Christmas Jumper Day 2024.

We raised £46 in donations that will go towards helping children facing serious issues like poverty & hunger.



DID YOU KNOW ...

You can use the NHS Online at your local library? You can use library computers to log into your NHS account, where you can order repeat medications, view your GP record and much more. You can also use free Wi-Fi to use the NHS app on your smart phone.



PATIENT FEEDBACK

Brilliant, caring practice



Rated 5 stars out of 5

I rang for an appointment at eight o'clock today (Wednesday) and used the ring-back service they suggested. They phoned back within the hour, and I saw a GP at ten fifteen. After examining me, the GP has contacted the hospital to arrange a scan. Amazing!

CONTACT DETAILS...If

any of your contact details have changed, please make sure you let us know. You can change your address, telephone number, email address by completing a form on our website or pop in to see one of our team members.

NHS

Protect yourself from serious lung infection

If you're aged 75 to 79, your GP will contact you about getting your free respiratory syncytial virus (RSV) vaccine

The advertisement features an illustration of a park scene. In the foreground, a woman in a blue uniform pushes a wheelchair with an elderly woman in a yellow top. In the background, a woman sits on a bench reading, and two people play tennis on a court. The NHS logo is in the top right corner.

NHS

HPV

vaccination

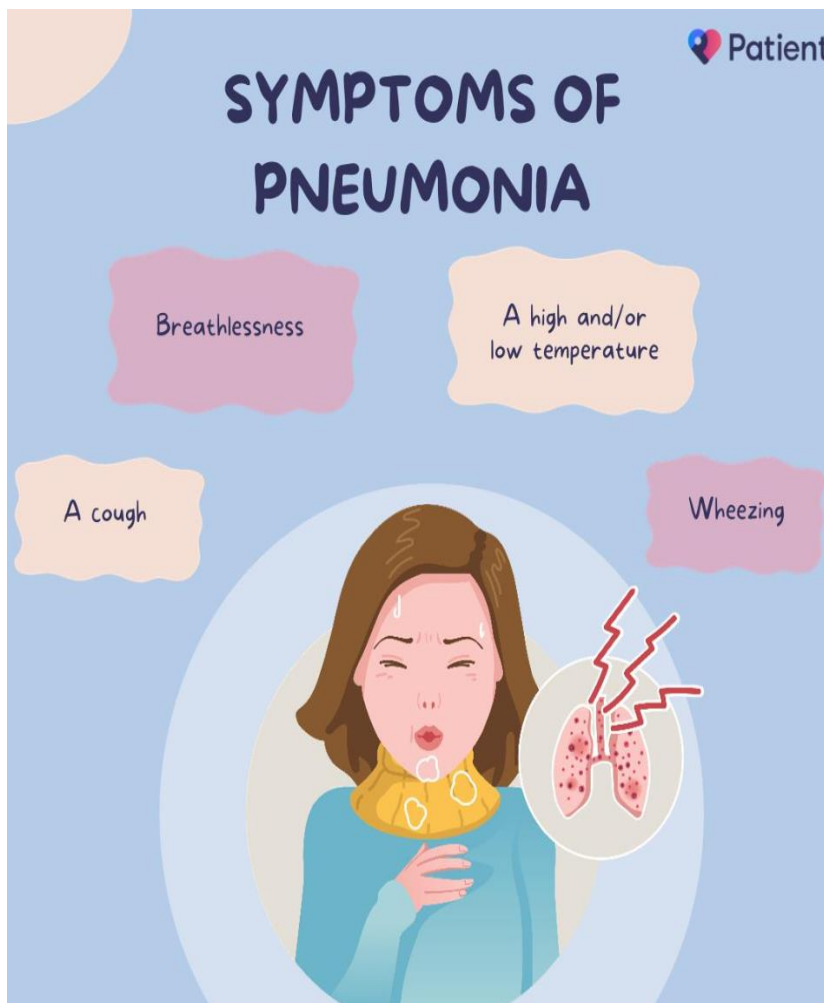
Protecting you from HPV cancers
Everyone should have it in year 8

Scan here

HPV materials
Are you up to date on all your immunisations?

arm against cancer

The advertisement features a photograph of three young people in school uniforms (two boys and one girl) sitting together and waving. Below them are two QR codes for scanning. The NHS logo is in the top right corner, and the 'arm against cancer' logo is in the bottom right corner.



The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as very young babies and adults aged 65 and over.

<https://www.nhs.uk/vaccinations/pneumococcal-vaccine/>

When you receive a text from the practice make sure you book your appointment in via the link.



New year, new challenges

Thinking of changing your lifestyle for the new year? Whether you're trying to exercise more, improve your diet or give up a habit, support can make the difference between success and lapsing into old ways. Choose a support link, based on what you're focusing on:

<https://www.nhs.uk/better-health/quit-smoking/>

National Obesity Awareness Week, 10th – 16th January

Losing weight can be a struggle, but setting small goals can help you achieve and maintain your goals in the long term.

Here are some useful tips to help keep you on track:

- Get active every day.
- Aim to eat five portions of fruit and vegetables daily.
- Cut down on sugar, fat, and salt.
- Read the coding on food labels – opt for green rather than red!

Book an appointment with our weight-loss team today via our online form/phone or download the free NHS plan here: <https://www.nhs.uk/better-health/lose-weight/>

Love Your Liver Month

Did you know that 90% of liver disease is preventable? Taking steps towards a healthier lifestyle can help to avoid damage to your liver.

The liver is the largest organ in the body, performs hundreds of functions, and has the incredible ability to regenerate, but it's really important to prevent damage that can become irreversible.

Show your liver some love by making a pledge to do something healthy this January.

<https://britishlivertrust.org.uk/love-your-liver-month/>

Think pharmacy first for children this winter



Your pharmacist can provide advice and treatment if your child is suffering from a sore throat, earache, sinusitis, impetigo and infected insect bites. Just think pharmacy first.



NHS

- **Sore throat** (5 and over)
- **Sinusitis** (12 and over)
- **Earache** (17 and under)
- **Impetigo** (1 and over)
- **Infected insect bite** (1 and over)

**Private consultation
rooms available**

Dry January

If you're thinking about a month without alcohol but aren't sure what to expect, then read on! Over the first few weeks, you'll find your energy levels increase, you sleep better, your memory improves and you may lose weight.

To help keep you on track throughout the month with support, encouragement and goal setting, Dry January has introduced a new app this year, available free on the website.

<https://alcoholchange.org.uk/blog/benefits-of-dry-january-and-when-you-can-expect-to-see-them>

Healthier insides.
Fuller wallet.
Deeper sleep.
Boosted energy.
Sharper concentration.
Mindful year-round drinking.



Double your chances of a successful Dry January® challenge with the free Try Dry® app
dryjanuary.org.uk



4 out of 5 women
take up their **smear test invitation.**

Don't delay
booking yours.

Smear tests save lives.

Jo's cervical cancer trust  Call our helpline: **0808 802 8000** Find us online: jostrust.org.uk

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Cervical Cancer Awareness Week, 22nd - 28th January

It's really important to attend your cervical screening when you receive your invitation. This test checks for a virus called human papillomavirus (HPV), and catching this early can help reduce the risk of cervical cancer developing.

Cervical screening is free for anyone with a cervix, between the ages of 25-64. It's not a test for cancer, but detects a virus called human papillomavirus (HPV). High-risk HPV may cause cellular changes which could develop into cancer over time, although not all cell changes will cause cancer. Regular screening is essential to catch any changes quickly.

Some people can be anxious about having a cervical screening test. It can be helpful to know what to expect when you come for your appointment. Book with our nurse.

<https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening>

Childhood Vaccination Timeline

Information about vaccinations can also be found in your child's 'Red Book' health record.
You will be contacted by your GP surgery when it's time to get your child protected.



Age 8 weeks

6-in-1 (dose 1)
Protects against diphtheria, tetanus, whooping cough, polio, haemophilus influenzae type B and hepatitis B. Bacterial and viral conditions that babies and young children are particularly vulnerable to.

MenB (dose 1)
The most common form of meningitis that can lead to severe brain damage.

Rotavirus (dose 1)
A highly infectious stomach bug.



Age 12 weeks

6-in-1 (dose 2)
Pneumococcal vaccine
Protects from a range of bacterial infections from pneumonia to ear infection.

Rotavirus (dose 2)



Age 16 weeks

6-in-1 (dose 3)
A single dose of vaccine provides only partial protection. Your child needs all doses to receive full protection.

MenB (dose 2)



Age 1 year

Hib/MenC
Protects against infections and boosts protection already gained from the 6-in-1.

MMR (dose 1)
Measels, mumps and rubella. All highly infectious with the potential for long-term damage.

Pneumococcal vaccine (dose 2)

MenB vaccine (dose 3)



Age 2 years

Flu (annual)
Nasal spray. Children can be "super-spreaders".

A super spreader is someone who transmits an infectious disease to an unusually large number of other people.



Age 3 years and 4 months

MMR (dose 2)
4-in-1 pre-school booster
Increases existing protection against diphtheria, tetanus, whooping cough and polio.

STIQ Day, 14th January

Did you know it can take two weeks for sexually transmitted infections (STIs) to be detectable? Even if you have no symptoms, you could still be carrying an infection.

Getting routinely tested for STIs can help detect an infection earlier, which can help prevent long-term damage.

<http://www.stiq.co.uk/about/>

<https://www.nhs.uk/nhs-services/sexual-health-services/find-sti-testing-and-treatment/>

Cheeshire 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@hrcrgcaregroup.com

w: thesexualhealthhub.co.uk

Scan our QR code for more information



EMPOWER YOUR WELLBEING



Cheshire and Merseyside

Our selection of apps is to help and support you to improve your wellbeing. The apps we have provided offer easy access resources that encourage healthy habits, making it easier for you to incorporate wellness into your daily routine. Take the first step towards positive change and download a health and wellbeing app today.

1



Open the camera app on your smartphone.

2



Point your smartphone at the QR code you want to scan.

3



Click the link that pops up and then download the app.

NHS Quit Smoking



A 28 day guide to help you stop smoking.

Lower My Drinking



Helps you control how much alcohol you drink with a 4 week guide.

NHS Active 10 Walking Tracker



Counts your steps and tracks every minute you walk fast.

NHS Food Scanner



Shows you how much fat, sugar and salt is inside the food you eat.

Headspace



Meditate, focus, sleep well and wake up well.

SleepScore



Sonar sleep tracker technology to measure your sleep.

NHS App



Educational health information, and access to your GP health record

MyTherapy Medication Reminder



Help you keep track of your medicines.