

# THE ELMS MEDICAL PRACTICE

FEBRUARY 2025 NEWSLETTER



Feel unsteady when standing or walking?

Use our website to help you stay active & independent

**STEADY ON YOUR FEET**  
Cheshire

Have you tripped over before?

Worry about losing your balance?

- ▶ Complete a guided self-assessment
- ▶ Download a personalised action plan
- ▶ Discover exercise ideas & local services
- ▶ Read about home hazards & safety

scan the QR code, or visit:  
[www.steadyonyourfeet.org/cheshire](http://www.steadyonyourfeet.org/cheshire)

Cheshire West and Chester | NHS Cheshire and Merseyside | Cheshire East Council

## PRACTICE NEWS

The practice will be closed for staff training on Tuesday 3<sup>rd</sup> February from 1pm and will re-open the next day at 8am.

We would like to wish Dr Hannah Hughes the very best as she starts her maternity leave this month.

### Super Bodies - what to do when your child has a common illness

NHS Cheshire and Merseyside is sharing guidance for parents and carers on common winter illnesses that often start circulating at this time of year and asking them to think twice before treating these conditions with antibiotics, which rarely speed up recovery.

Instead, the '[Super Bodies](#)' campaign shares a guide for parents and carers on the simple things they can do to treat these common ailments at home, as well as helping them to spot the signs of a more serious illness, and knowing when and where to go for medical help.

Find out more: [www.cheshireandmerseyside.nhs.uk/super-bodies](http://www.cheshireandmerseyside.nhs.uk/super-bodies)



COUGH?  
SORE THROAT?  
EAR ACHE?

I'VE GOT A SUPER BODY

NHS  
Cheshire and Merseyside

Find out when to stay home and when to get help

**World Cancer Day** on the 4<sup>th</sup> February is a reminder to come together to take action against cancer.

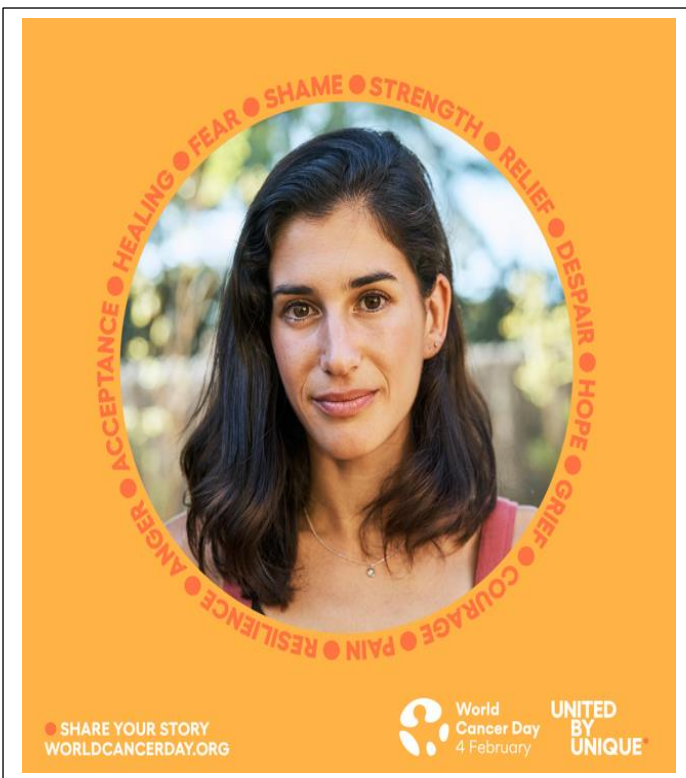
Share your story, support those affected, and advocate for people-centred care.

**Your voice can inspire change!**

**#WorldCancerDay**

**#UnitedByUnique**

**@worldcancerday**



**Some of what the practice did in**

**JANUARY**

**One Practice /One Month**

Appointments booked = 4938

The number of online consultations (PATCHS) = 240

Cervical smears the practice nurses did = 85

Number of blood results processed = 902

Prescriptions issued = 3574

Number of new registrations = 88

**Cervical Health Day**

7<sup>th</sup> February 2025

If you are outstanding your smear test.... Then don't put it of anymore. Call us to book in at our Blacon Clinic.

**NHS App** .... If you're new to using the NHS App and you're not sure how to access the information, there is lots of information around to help you. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

Did you know that using the NHS App can help you access lots of information about your health?

- Request repeat prescriptions
- Check the status of your prescriptions
- See upcoming appointments
- View your health records

<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

**DID YOU KNOW ...** you can find your NHS number without calling the practice.

Need to know your NHS number but can't remember where you wrote it down?

Don't worry! Find it here:

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

## **Children's Mental Health Week 5<sup>th</sup> – 11<sup>th</sup> February**

The theme of this year's Children's Mental Health Week is 'Know Yourself, Grow Yourself', which is about encouraging children and young people across the UK to embrace self-discovery and growth. As parents, you can encourage your children to prioritise their wellbeing with these ideas:

- Keeping a journal about their feelings
- Going on a reflective walk, mindful colouring or a creative activity
- Being visual using flashcards or drawings to help express emotions
- Practising mindfulness
- Communicating

<https://www.nhs.uk/mental-health/childrens-mental-health-support/supporting-a-child-or-young-person/>

## **Time to Talk Day**

**#TimeToTalk Day** is on 6th February! How will you have a conversation about mental health? This annual event is about being open to the idea of talking. If someone opens up about their mental health, it might not always feel easy to know what to say. But it doesn't have to be awkward – just being there for someone can make a big difference.

<https://timetotalkday.co.uk/about/>

## **Public consultation on proposed changes to gluten free prescribing**

NHS Cheshire and Merseyside is holding a public consultation on a proposal to stop making gluten free bread and bread mixes available on prescription.

Gluten free bread and bread mixes are sometimes prescribed to individuals who live with coeliac disease, or other diagnosed conditions which mean that people have to follow a gluten free diet.

The public consultation is a chance for people to find out more about the proposal and share their views. It takes place between 28 January and 11 March 2025. The feedback received will be used to make a final decision about the proposal.

Further details about the public consultation, and how to share your views, are available on the NHS Cheshire and Merseyside website

[www.cheshireandmerseyside.nhs.uk/glutenfree](http://www.cheshireandmerseyside.nhs.uk/glutenfree)



THE SWETTENHAM FOUNDATION

# NATURE & NATTER

Join us for a gentle-paced wellbeing walk designed to connect you with nature and promote wellness through the outdoors. Our walk will take place around the local area, including a walk down to the canal and country park. Light refreshments served afterwards.



## THURSDAYS AT 10AM

(30-45 minute walk followed by refreshments)



Meeting at...

## KING GEORGE V COMMUNITY SPORTS HUB, CH1 5BD

(Arrival time 9:50am)

### CONTACTS:

[anna.price@chesterfc.com](mailto:anna.price@chesterfc.com)

[charlotte.swettenhamfoundation@gmail.com](mailto:charlotte.swettenhamfoundation@gmail.com)



## ND >>>> Directed

### Location

Davis Room  
St Mary's without the Walls  
Overleigh Road  
Handbridge, Chester  
CH4 7DL  
16/1/25  
10am-12am Thursdays

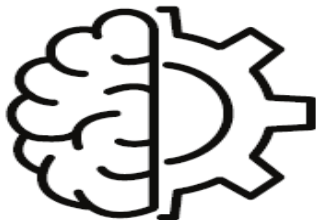
## Free Adult ADHD Self Support Course

Delivered by a Qualified and Experienced ADHD and Executive Function Coach

LOCAL

FREE TO ACCESS

## Learn



- Learn about the science and history of ADHD
- Understand the Neurology (Brain stuff) and how to work with it
- Discuss strategies and solutions for the challenges ADHD can cause us or those we care for



## Meet

- Build a support network in your local area
- Have a space for venting, questions or sharing your own experiences
- Come and talk with others experiencing similar challenges and experiences



## Thrive

Understanding ADHD and how to manage its challenges can help in reducing the risk of the following:

- Offending Behaviour
- Family conflict/breakdown
- Job Retention
- Mental Health
- Physical Health
- Long-term unemployment

## Interested? Contact us at

07507653066  
[northwest@nddirected.org](mailto:northwest@nddirected.org)

This session is for adults only. We are actively working to provide family friendly spaces very soon. Contact us for more info

BOOKING REQUIRED / 8 WEEK ROLLING PROGRAMME



# Join our Patient Champions Group



Be a voice for your Practice  
Get involved!

We need patients  
of all ages to  
join our Group

## Dates & Venues for 2025 Meetings:

Thurs 06.02.25 - 09:30 - 10:30 - Northgate Village Surgery

Thurs 05.06.25 - 16:00 - 17:00 - Northgate Village Surgery

Thurs 11.09.25 - 09:30 - 10:30 - Northgate Village Surgery

Thursday 04.12.25 - 12:00 - 13:00 - Northgate Village

Please speak to reception to register your interest



The group is not for complaints or  
personal issues



## Eating Disorders Awareness Week, 24th February–2nd March

In the UK, at least 1.25 million people are living with an eating disorder. That's at least one in 50 people, and the signs can be really difficult to spot. Although eating disorders are complex mental illnesses, they can affect anyone of any age, ethnicity, gender or background, and early intervention is essential. Discover more about how you can help those around you who may be suffering.

#EDAW aims to improve awareness and help save lives. If you're worried that you're suffering from any form of eating disorder, we're here to listen and support you. Please make an appointment with our GPs.

<https://edaw.beateatingdisorders.org.uk/>