

THE ELMS MEDICAL PRACTICE

March 2025 NEWSLETTER



Measles, Mumps and Rubella (MMR)

If your child has not had 2 doses of the MMR vaccine, please contact **School Aged Immunisations Service** on **01244 397470** to book an appointment at one of our clinics.

There have been outbreaks of Measles in the UK, so it is very important that your child has been vaccinated with 2 doses to provide full protection. You can check the childhood immunisation schedule on the NHS website using the following link: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

PRACTICE NEWS

The practice will be closed for staff training on **Wednesday 12th March'25** from 1pm and will re-open the next day at 8am.

Our next "Cervical Health Day" will be held on the 28th March 2025. Don't delay ... Book your smear now!!

Specialist Weight Management Services and GLP1 weight loss drugs

Following on from previous communications Cheshire and Merseyside ICB has updated the statement on its website covering the latest position in relation to Specialist Weight Management Services and GLP1 weight loss drugs.

[Wegovy \(Semaglutide\) and Mounjaro \(Tirzepatide\) - NHS Cheshire and Merseyside](#)

Can I be prescribed either of these drugs for weight loss now?

Due to limited availability and capacity of specialist weight management services across Cheshire and Merseyside, Wegovy has not yet been made available, but we plan to do so alongside Mounjaro during the first half of 2025. In support of the NICE approval of Mounjaro, we are anticipating guidance from NHS England early in 2025 which will enable us to implement plans to start prescribing these drugs to those with the greatest clinical need, alongside a reduced-calorie diet and increased physical activity.

Will GPs be able to prescribe either of these drugs when they are made available in Cheshire and Merseyside?

Not initially, only Specialist Weight Management Services will be able to prescribe these drugs* and the drugs will be rolled out by the NHS based on clinical priority to ensure that those likely to experience the greatest clinical benefit will receive them earlier.

Ramadan Mubarak to all our Muslim patients and colleagues.



You can now book to speak to our NHS App Champion every Wednesday to answer any queries you may have on how to use the app and online services.

Do more with the NHS App!



- Order repeat prescriptions
- Book appointments
- View your records
- And much more...

NHS App

Some of what the practice did in

February

Appointments booked = 6111

Online consultations (PATCHS) = 245

Cervical smears the practice nurses did = 88

Prescriptions issued = 3219

Appointments not attended = 238

PATIENT FEEDBACK CORNER

"Elms are fantastic!! I tell all my friends to join here as I have never a problem obtaining an appointment when needed, all the staff are lovely. A special mention to Catherine who is always wonderful and helpful".

UK Health Security Agency



Twinkle twinkle little star,
if I'm vaccinated,
the safer you are.

Getting vaccinated while pregnant helps protect you and your baby.
Speak to your maternity team. ❤️

UK Health Security Agency



You can have the RSV vaccine from week 28 of your pregnancy

Having the RSV vaccination in pregnancy **reduces your baby's risk of severe RSV lung infection by around 70%** in the first 6 months of life.

Speak to your maternity service or GP practice to arrange an appointment.



Cheshire and Merseyside's new free Women's Health and Maternity app provides evidence-based guidance in one place on all areas of women's health to help you feel empowered and informed about women's health issues. With up-to-date info on periods, contraception, menopause, pregnancy and more, download the app on Google Play or the App Store.



Improving the experience of women's health and maternity experience

NHS
Cheshire and Merseyside

Download Our App

Download our free App for information on women's, maternity and baby's health

Download Now on Apple and Android

SCAN ME
ANDROID

SCAN ME
APPLE

DID YOU KNOW after you have been referred to the hospital and you have any queries about your appointment you can call the **Countess of Chester** appointment hotline on 01244 366663.

Your pharmacist can now provide some prescription medicines without you seeing a GP. If your condition isn't covered, or you need further help, pharmacists can signpost you to the right care.

Think pharmacy first.



Sexual assault or abuse can happen to anyone at any time. It may be a one-off event or happen repeatedly. Today, the NHS are making it clear that they are here, and you can turn to them 24/7 for specialist care and support at your nearest sexual assault referral centre. Search SARC or visit [NHS.uk/SARCs](https://www.nhs.uk/SARCs) for more information and to find your nearest centre.

Other places to get help;

National domestic Abuse helpline 0808 2000 247

Rape Crisis England & Wales helpline 0808 500 2222



NHS

Turn to us
We are here

Go to:
[nhs.uk/SARCs](https://www.nhs.uk/SARCs)

The ABCs of Safer Sleep



Always sleep
your baby...



...on their
back...

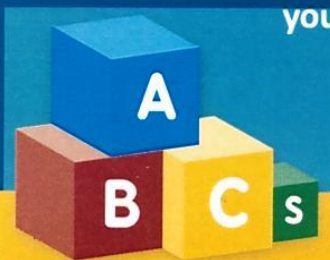


...in a **clear** cot or
sleep space.

(free of bumpers, toys, pillows and loose bedding)

Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



For support and advice on sleeping your baby safely The Lullaby Trust can help

• Visit: www.lullabytrust.org.uk

Contact us on: 0808 802 6869

Email: info@lullabytrust.org.uk



Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

For more useful tips about maintaining good oral health, visit us at

www.startingwell.org.uk/oral-health



STARTING WELL
www.startingwell.org.uk

Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

- Use fluoride toothpaste containing levels of fluoride between 1,350ppm and 1,500ppm to give your children's teeth the best protection.
- Brush teeth twice daily for about 2 minutes.
- Brush last thing at night before bed and on 1 other occasion.
- For children aged 0-3 use only a smear of toothpaste on their brush.
- For children aged 3-6 use a peasize amount of toothpaste on their brush.
- Make sure children don't eat or lick toothpaste from the tube.

Babies and children should visit the dentist twice a year.

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

The HPV vaccine protects against most types of HPV, which is a virus that can cause some type of cervical cancer.

And it's always important you attend your cervical screening appointment, even if you have been vaccinated.

Read more about HPV here: <https://www.nhs.uk/conditions/human-papilloma-virus-hpv/>



NHS

Missed the HPV vaccine when you were 12 or 13?

You can get the HPV vaccine until you turn 25 at your GP practice.

NHS

HPV vaccination can help stop cervical cancer from developing

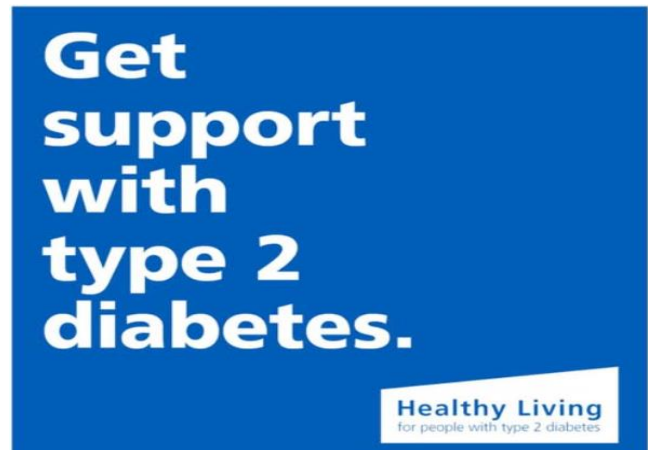
The HPV vaccine protects against most high-risk HPV strains but it's important you attend your cervical screening appointment, even if you have been vaccinated.



Join the NHS Healthy Living programme today to start learning how to live well with type 2 diabetes.

Get free online guidance on eating well, reducing stress and feeling confident to manage your type 2 diabetes wherever you are.

www.healthyliving.nhs.uk



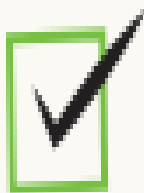
Menopause is a significant life transition, naturally occurring as we age or following surgery/medical intervention. For many women, it brings about physical and emotional changes, including a decrease in oestrogen levels 🌱

If you're navigating this transition, know that you're not alone. Download our fact sheet to learn more about menopause and anxiety, and explore our detailed literature review for helpful insights

Take care of yourself and reach out for support.

👉 <https://www.anxietyuk.org.uk/menopause-and-anxiety-2/>

Repeat prescriptions?



Only order  what you need.

cheshireandmerseyside.nhs.uk/medicines-waste

Try keeping all medication in one safe place at home, so you can see what you have left and what you need to reorder.