THE ELMS MEDICAL PRACTICE

April 2025 NEWS

The practice will be closed for staff training on the **1st April from 1pm-6:30pm.** we will reopen at 8am the next day. In case of an urgent query please contact NHS111.

We would like to welcome
Naomi Bellingham & Claire
Hooper, our new Care
Navigators and Angela
Longstaff our new secretary to
the Elms Team.



Easter Opening Times

Friday 18th April – CLOSED

Saturday 19th April – CLOSED

Sunday 20th April - CLOSED

Monday 21st April - CLOSED

Tuesday 22nd April – 8:00 – 18:30

Don't be caught short over the BANK HOLIDAY

"Be prepared, order early and collect on time"

Please put your request into the practice no later than Monday 14th April 2025

Online via the NHS App – this is the safest and easiest way.

Via the repeat prescription box at the GP practice.

Via post to the GP practice.

Bowel Cancer Awareness will take place

from **April 1–30:** The month is an opportunity to raise awareness of bowel cancer, its symptoms, and the importance of getting tested. Bowel cancer is one of the most common cancers in the UK, and almost 9 out of 10 people diagnosed are over 60.



Knowing the symptoms of bowel cancer

could save your life



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

If you have any concerns or if things just don't feel right, go and see your doctor.

bowelcanceruk.org.uk O@bowelcanceruk



Registered charity number 1071038 (England & Wales) and 5C040914 (Scotland Information correct at time of publication: August 2018. To be reviewed: August 2

Stress Awareness Month

shines a light on the importance of recognising, managing, and reducing stress in our lives, taking place every April. While the month remains consistent each year, its significance grows as we navigate the complexities of modern life.

Stress is a natural response to challenges and pressures, but when left unchecked, it can negatively impact our mental and physical well-being. Stress Awareness Month serves as a reminder to prioritise self-care, seek support, and implement healthy coping strategies.

10 stress busters - NHS

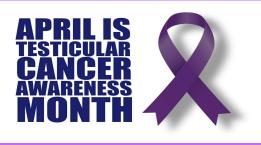
Breathing exercises

Calming breathing techniques for stress, anxiety and panic take just a few minutes and can be done anywhere.

Breathing exercises for stress - NHS

Testicular Cancer Awareness Month

Each year in the UK, 2,400 men are diagnosed with testicular cancer. Testicular cancer is most likely to occur between the ages of 25 and 40. Symptoms of testicular cancer include a lump or swelling in a testicle, and pain, heaviness or a dull ache in the scrotum.



https://www.testicularcanceruk.com/

DNA-Did Not Attend

228 March 2024

Please let us know if you cannot attend your appointment

World Autism Acceptance Month

April is World Autism Acceptance Month. Autistic people face challenges and discrimination in their everyday lives.

Autistic people may find some aspects of social communication and interaction difficult, they may have repeated or restrictive behaviours including a deep interest in some subjects, and they may also find they're either over or under-sensitive to some sensory inputs like touch, feel or sound. We can help by allowing time for supportive communication, using clear and concise language, and being aware that each individual, whether autistic or not, will have preferred styles of communication.

World Autism Acceptance Month 2025



COVID Spring 2025 boosters

If you are eligible, you should have received your invitation & booking link for our vaccination clinics which are being held on

Wednesday 2nd April & Thursday 3rd April 2025 @ our Chester Branch

Eligibility

- All adults aged 75 years and over including individuals aged 74 who will have their
 75th birthday before the campaign ends (17 June 2025)
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed. (as per the guidance)

If you think you are eligible and have **not** received an invitation, please contact the practice on 01244 351000 to book in.

Importance of Childhood Vaccinations

If you have children, they receive free vaccination against common, vaccine-preventable diseases. Vaccination helps prevent serious outcomes for children who catch illnesses such as meningitis, mumps, German measles, diphtheria and tetanus. Serious complications can include:

- Blindness
- Encephalitis (an infection that causes the brain to swell)
- Epiglottitis
- Meningitis
- Deafness
- Severe diarrhoea and related dehydration
- Ear infections
- Severe respiratory infections such as pneumonia
- Paralysis
- Death

NHS vaccinations and when to have them - NHS

If you have any questions or concerns our Nurse team are always happy to discuss them with y

