

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 re-open 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  [@bowelcanceruk](https://twitter.com/bowelcanceruk)  [/bowelcanceruk](https://www.facebook.com/bowelcanceruk)

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.

**APRIL IS
TESTICULAR
CANCER
AWARENESS
MONTH**



<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](#)



**WORLD
AUTISM
AWARENESS
DAY** **2ND APRIL**

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 you

