

THE ELMS MEDICAL PRACTICE

May 2025 NEWSLETTER

Sun Awareness Week, 6th – 12th May

Sun Awareness Week is run with the British Association of Dermatologists, and they want your help! Looking after your skin is important no matter what the weather but making sure you use appropriate sun protection is vital in the sun, and this can help to prevent skin cancers and other conditions from developing. Help to spread the word! The NHS has sound advice for us on how we should ensure we stay safe in the sun. The sun in the UK is strongest between March and October, so it's time to think about how we manage our sunscreen routine, making sure we stay in the shade especially between the hours of 11 and 3.

[How to stay safe in the sun | British Skin Foundation](#)
[Sunscreen and sun safety - NHS](#)



PRACTICE NEWS

The practice will be closed for staff training on **Wednesday 14th May** from 1pm and will re-open the next day at 8am.

Our next "Cervical Health Day" will be held on **Monday 19th May 2025**. Don't delay ... Book your smear now!!

Blood pressure and Stroke

Do you know what "normal" blood pressure is? More importantly, do you know what YOUR blood pressure is? **May Measure Month** encourages us to have our blood pressure checked as high blood pressure can be a risk factor for some chronic diseases and premature death. High blood pressure can be an indicator that you're at increased risk of a heart attack or stroke. What is "normal" blood pressure, and what can you do if your blood pressure is higher than it should be?

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

[High blood pressure \(Hypertension\) - BHF](#)
<https://www.maymeasure.org/>
[Stroke Awareness Month | Stroke Association](#)

BANK HOLIDAY CLOSURES

With the two Bank holiday this month
please remember to order your
prescription in time as we will be closed

5th May & 26th May 2025

**Remember to order
prescriptions early**

NHS



To avoid delays in getting your
medicines over the bank holidays,
please order prescriptions in good time.

You can order repeat prescriptions
through the **NHS App** or at your
general practice.

Your
health
matters
Help us
help you



NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust

MyMind is a website
for young people,
parents, and
professionals working
with young people in
Cheshire and Wirral.



Visit: www.mymind.org.uk

Some of what the practice did in

April

Appointments booked = 4462

Online consultations (PATCHS) = 325

Dressings appointments = 111

Prescriptions issued = 3557

Appointments not attended = 310

We have
administered

**259 COVID
Spring Booster**
vaccines to our
eligible patients
during April.



**MENTAL
HEALTH
AWARENESS
WEEK**
12-18 MAY 2025

Mental health is everything, everywhere,
everyone. It's part of all of us and impacts
everyone around us.

Mental health is our physical health, our
finances, our relationships. It's part of our
defining moments and the day to day.

[Mental Health Awareness Week 2025 - Mind](#)
[Mental Health Awareness Week | Mental](#)
[Health Foundation](#)



**STARTING
WELL**
www.startingwell.org.uk

NHS
Cheshire and
Wirral Partnership
NHS Foundation Trust

Managing Exam Stress

Remember you are not alone.
Talk to your teachers, parents, friends or
someone who you feel comfortable with.



ChatHealth

11 - 19 years old?

One text can
make a difference...
07312 263260

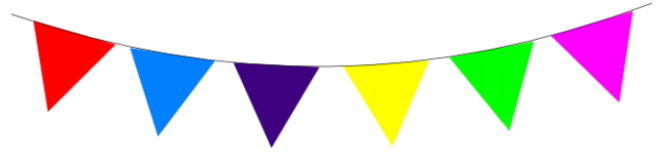
International **Receptionists'** Day, 8th May



In general practice, we couldn't function without our amazing reception teams. Whether their official job title is "Receptionist" or not, they help to make sure our patients are seen, and they deal with a million and one things that need sorting out behind the scenes, often working in challenging situations and with limited resources. We really don't know how we'd manage without them!


Thank you, Elms Reception Team!

International **Nurses** Day, 12th May



Our Nurses are amazing; they care for our patients and deal with a multitude of health problems. From situations that are challenging from a health perspective to a shoulder to cry on when times are hard, we don't know what we'd do without our nurses. International Nurses Day reminds us that we need to look after our nurses as well as they look after us!

Thank you, Elms Nurses!

DID YOU KNOW you can follow us on [Facebook](#) and  [The Elms MC \(@TheElmsMC\)](#) / [X](#) for the latest health campaigns, promotions and information.


We share practice news and practice campaign s too.

National Weaning Week, 12th - 16th May

Babies are usually ready to start trying their first solid foods when they reach six months of age. Giving your baby a wide variety of normal family foods can encourage habits for life, but we do need to make sure we're careful as some foods such as salt and honey aren't suitable for very young children.

<https://www.nhs.uk/star-t-for-life/baby/weaning/how-to-start-weaning-your-baby/>

If you or someone you know is struggling with their mental health, help is available 24/7.

 Please call NHS 111 and select the mental health option to access the help you need

[Need urgent help? :: Cheshire and Wirral Partnership NHS Foundation Trust](#)



NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust

**CALL
111**

**Need urgent mental
health support?
Call: 111 and select the
mental health option**

Open to all ages 24/7 calls are free

Helping to improve the lives of
everyone in our communities



WALKING NETBALL

Join us for Walking Netball - a relaxed social version of the traditional game, but at walking pace. We welcome all abilities, women and men. Ideal for those aged 16+ years.

Tuesday 6-7pm - Starting 1st April 2025

King George V Sports Hub, Blacon, CH1 5BD

£3 per person
(online booking advised)

ALL SESSIONS LED BY A QUALIFIED NETBALL COACH

CONTACTS: anna.price@chesterfc.com
01244 560580 / 07308477055



National Walking Month

May is national walking month! A brisk walk for 30 minutes a day can reduce your risk of a stroke by 27%!

Now that the evenings are lighter for longer it gives us the perfect opportunity to get outside and get walking.

[#walkthismay](#)

[#nationalwalkingmonth](#)

Monthly Self-Exam

HOW TO PERFORM A MONTHLY SELF EXAM.

Always perform monthly self-exams and ask your doctor for a testicular exam at your annual appointment, or sports physical.



One.

Cup one testicle at a time using both hands.
This is best performed during or after a warm shower.



Two.

Examine by rolling the testicle between thumb and fingers.
Use slight pressure.



Three.

Familiarize yourself with the spermatic cord and epididymis.
The tube like structures connected on the back side of each testicle.



Four.

Feel for lumps, changes in size, or irregularities.
It is normal for one testis to be slightly larger than the other.

KNOW THE FACTS ABOUT TESTICULAR CANCER

- Leading cancer in men 15-44
- Early detection is key
- Every hour a male is diagnosed
- Every day a life is lost

RISK FACTORS

- Undescended testicles (cryptorchidism)
- Family history
- Personal history of TC
- Intratubular germ cell neoplasia

SIGNS & SYMPTOMS

- A painless lump, change in size or any irregularity
- Pain or discomfort in the scrotum or testicle
- A dull ache or sense of pressure in the lower abdomen, back or groin

ADVANCED SIGNS

- Significant weight loss
- Back and/or abdominal pain
- Chest pain, coughing or difficulty breathing
- Headaches
- Enlarged lymph nodes in abdomen and/or neck

Learn more at TCAFinfo.org



Testicular Cancer Awareness Foundation



World Fibromyalgia Awareness Day, 14th May 2025

Approximately 3 million people across the UK suffer from fibromyalgia.

Fibromyalgia is a condition that presents with pain and fatigue. Research into the condition is in its early stages and there's much we don't know about why it begins and how we can help to treat the symptoms.

[Home -](#)

[Fibromyalgia](#)

[Awareness UK](#)

Tips for the workplace

We can all struggle with feeling stressed, and everyone has their own individual challenges and worries. But if you find yourself feeling overwhelmed at work it can be difficult to know what to do or who to turn to.



Here are some tips and steps you can take if you're struggling with stress

1

Work at your own pace.

At times when you're feeling really overwhelmed it's OK to strip it right back – you can do things in your own time and in your own way. Be proud of what you're good at, as well as being aware of what you struggle with.



2

Pay attention to how you're feeling.

If you're stressed you might feel anxious, overwhelmed, irritable, worried or tense. If you're struggling or feeling low, here's some **information** to help.



3

Make time for things you enjoy.

It could be getting out daily for some fresh air, going to the gym, spending time with a pet or taking a nice long bath. Even stepping away and taking a five-minute break over a cuppa could help you relax and recharge.



4

Talk about how you're feeling.

Talking can help put things into perspective. It may also help you feel more positive about the future. It can be hard to reach out but talking to a trusted friend, family member or colleague can make a difference.



Remember, if you're going through a difficult time, Samaritans are here, day or night. Call free on 116 123 or email jo@samaritans.org