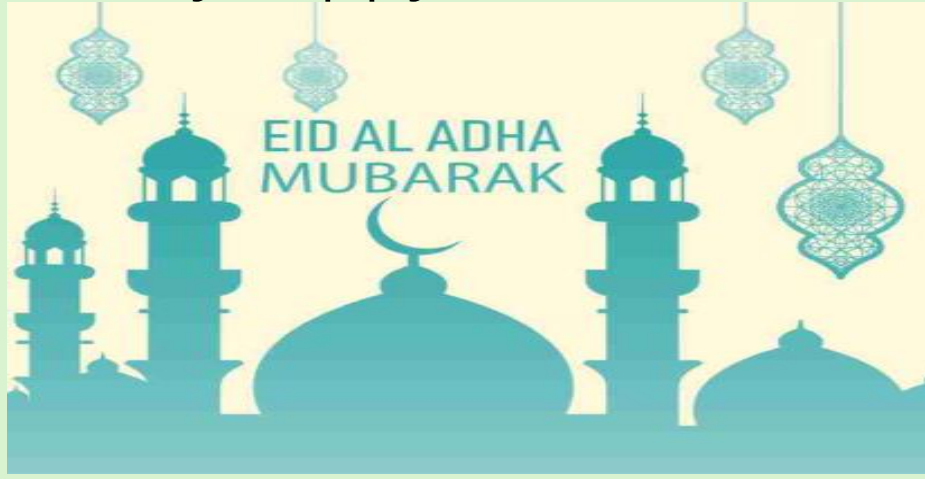


THE ELMS MEDICAL PRACTICE

June 2025 NEWSLETTER

We wish all our Muslim patients and colleagues a very happy Eid Al Adha.



PRACTICE NEWS

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

We welcome our two new care navigators Claire Hooper and Natalie Davies to the Elms team!

There are high levels of pollen across some parts of the country today.

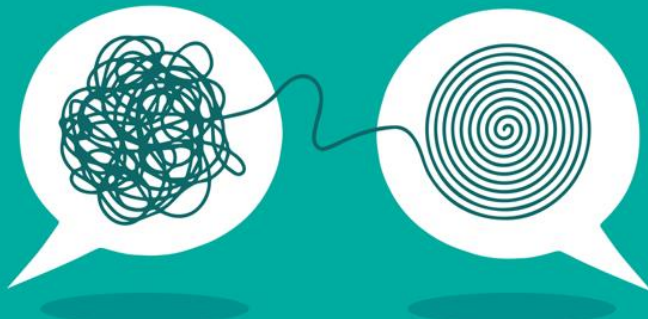
If you suffer from hay fever, visit the NHS website for things you can do to ease your symptoms.

<https://www.nhs.uk/conditions/hay-fever/>

An NHS poster for hay fever. It features an illustration of a woman with dark hair, wearing a white t-shirt, holding a green cloth to her nose as if sneezing. She is surrounded by stylized yellow and orange flowers. The NHS logo is in the top right corner. The text 'Hay fever' is in large black letters. At the bottom, a white box contains the text: 'Visit www.nhs.uk for things you can do to ease your symptoms when the pollen count is high'.A poster from Cheshire West & Chester Council. It features a large photo of a smiling woman in a denim jacket. To the right are three circular inset photos showing people in various work settings. The text includes: 'Department for Work & Pensions Providing NHS services' (with NHS logo), 'Cheshire West & Chester Council', 'To refer yourself for support from Employment Directions', 'Employment Directions can provide the support you need to find, stay in, or return to a good-quality job where you can thrive. To find out more pick up a leaflet or email: IPS@cheshirewestandchester.gov.uk', and the website 'www.cheshirewestandchester.gov.uk/skillsemployment'. Logos for 'Employment Directions' and 'Cheshire West and Chester' are at the bottom.

It's good to talk

It's okay to ask for help if you're struggling



- 1:1 coaching sessions either face to face or by telephone/online.
- Quick and easy self-referral.
- FREE wellbeing coaching service, funded by Cheshire West & Chester Council, and Cheshire & Wirral Partnership Trust.

Find out more and register

t: 01244 344 409

e: info@chaptermentalhealth.org

chapter
Positive About Mental Health

© 2024 Chapter Registered charity: 1072395, Registered company: 3294547, Registered office: Stanlaw Abbey Business Centre, Dover Drive, Ellesmere Port CH65 9BF

Medication Reviews

Medications are often necessary and help us to stay well. You should never stop or change your medications without speaking to a healthcare professional. When people are on lots of medications this can lead to harmful drug interactions and difficulty with taking the medications correctly. This is known as problematic polypharmacy. Annual medical reviews are good opportunities to discuss the need for regular medications with your healthcare provider based on your particular needs and goals. You can use this review to tell your healthcare provider about any difficulties with taking your medication, any uncertainties or questions, and to decide together which treatments are still worthwhile for you.

If you are concerned that you haven't had a medication review for a while, then please call us to book in with our Clinical Pharmacist or Pharmacy Technician

NHS

**Whooping cough
can lead to pneumonia
in young babies**



If you are pregnant, it's important to get the **whooping cough vaccine** to protect your baby as soon as they are born, as newborn babies are at greatest risk.

Some of what the practice did in May

Appointments booked = 2735

Online consultations (PATCHS) = 425

Dressings appointments = 46

Prescriptions issued = 3358

Appointments not attended

116

DID YOU KNOW By calling NHS 111 and selecting option 2, you can access round-the-clock support from a mental health professional in your area, anytime you're facing a mental health crisis.

Please note, this number is not for repeat prescriptions regarding mental health, you will need to contact your GP practice or prescriber for this.

Routine vaccinations for adults



University and college students

MenACWY

MMR

HPV

More than 1 dose may be required

Pregnant women

Whooping cough

From 16 weeks

RSV

From 28 weeks

Flu

Seasonal

COVID-19

50 years and over

Shingles

50 years old if immunocompromised or turned 65 on or after 1st September 2023 or 70-79 years old

65 years and over

Pneumococcal

Flu and COVID-19

75-79 years

RSV

or turned 80 on or after 1st September 2024

If you have missed a vaccine, contact your GP practice to catch up
www.nhs.uk/vaccinations

How to Stay Safe in The Sun

Enjoy the sunny days while staying safe and protected!

Drink Plenty of Water

Aim for 6-8 glasses a day. Encourage older adults and little ones to sip regularly, even if they're not thirsty.

Stay Cool Indoors

Use fans, draw curtains, and avoid direct sunlight. Cooling cloths or damp towels around the neck can help reduce body temperature.

Eat Hydrating Foods

Fresh fruits like watermelon, cucumber, and oranges are not only refreshing but also help maintain hydration.

Dress Light

Wear loose, light-colored, breathable fabrics, and a wide-brimmed hat when outdoors.

Avoid Peak Sun Hours

If possible, stay indoors between 11 am and 3 pm when the sun is at its strongest.

Check on Vulnerable Individuals

Make sure elderly relatives and young children are staying cool and hydrated.

UK Health Security Agency

Tick Awareness

Be tick aware



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 - 12:00 - 13:00 - Northgate Village Surgery

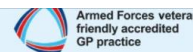
Thurs 11.09.25 - 09:30 - 10:30 - Northgate Village Surgery

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

Please speak to reception to register your interest

The group is not for complaints or personal issues.

Are you a veteran? It's really important to let us know if you're currently serving or have left the Armed Forces so we can ensure we look after the needs of you and your family.



Proud to support
our Armed Forces.

We're a Veteran Friendly GP practice.

If you're 40–75 years old and concerned about your heart health, why not book your free [NHS health check](#) to assess your risk of CHD and help reduce your risk.

<https://www.bhf.org.uk/informationsupport/support/taking-control-of-your-weight>

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia



Starting Well offer a range of services to support Children, Young People aged 0 to 19 years and their families...

Duty Teams

Our duty teams are available:
Monday to Friday
9.00am to 5.00pm

Chester / Rural - 01244 397412

Ellesmere Port / Neston - 0151 4888036

Northwich / Winsford - 01606 555285

Please do not hesitate to contact us if you need advice and support.

www.startingwell.org.uk/contacts

ChatHealth

ASK US ANYTHING

TEXT:

07312 263156

Supporting you and your family's health and wellbeing

NHS
Cheshire and
Wirral Partnership
NHS Foundation Trust

See what's on via the
Starting Well website!

www.startingwell.org.uk



ChatHealth

11 - 19 years old?
One text can
make a difference...

07312 263260



FOLLOW US ON
facebook
@startingWellCWP

**Better
Health**

Let's
do this

NHS

Need a quick and healthy dinner for four?

This turkey stir-fry – a 25-minute dinner winner!

**Better
Health**

Let's
do this

NHS

You'll need:

- 350 g skinless turkey breast, cut into strips
- 1 tbsp vegetable oil
- 5 spring onions, thinly sliced
- 1 pepper, any colour, deseeded and thinly sliced
- 1 carrot, cut into thin strips
- 1 tbsp reduced-salt soy sauce
- 1 small orange, juiced
- 1 tbsp cornflour
- 2 celery sticks, thinly sliced
- 1 handful mushrooms (cup or button), sliced
- 1 pinch ground black pepper
- 125 g dried egg noodles, medium or fine

Method:

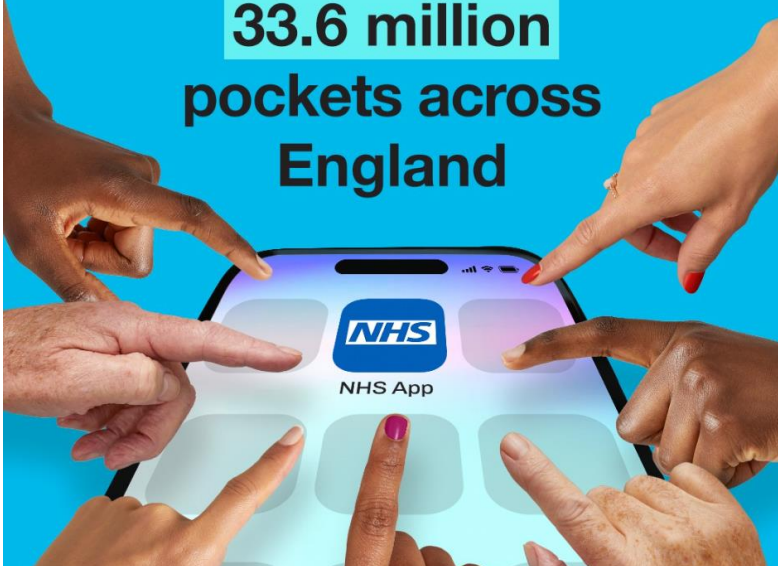
- Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes.
- Mix the orange juice, soy sauce and cornflour until smooth. Heat the oil in a wok or very large frying pan.
- Add the turkey and stir-fry for 3 to 4 minutes. Add the veg and stir-fry over a high heat for another 3 to 4 minutes.
- Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture.



HM Government

NHS

Found in
33.6 million
pockets across
England



The NHS App makes managing your healthcare easier than ever. With everything you need at your fingertips, it's a simple way to stay connected to the services that matter to you.

Download the app today to start taking control of your health. 📲

👉 <https://www.nhs.uk/nhs-app>

If you or anyone you know are finding life difficult after leaving the Armed Forces and are struggling with mental health and wellbeing, Op COURAGE is here to help. It doesn't matter how long you served for or when you left.

Available across England, visit

<http://nhs.uk/opcourage>.

OpCOURAGE

NHS



"Op COURAGE made me realise I wasn't alone."

Andy, one of nearly 30,000 veterans helped by Op COURAGE

CELEBRATING PRIDE MONTH

LGBTQ+ individuals often face unique challenges and disparities in healthcare. Patients are at the heart of our inclusive and welcoming practice. At The Elms Medical Practice, we welcome everyone and strive to provide a safe, supportive and caring environment. We believe in fairness and equality, and value diversity in our staff and patients.

This year, Carers' Week will focus on '[Caring About Equality](https://www.carersuk.org/help-and-advice/)', highlighting the disparities and disadvantages faced by unpaid carers across the UK, to increase awareness and improve support. Caring for someone can have a significant impact on your own health, finances, employment and education opportunities. 70% of carers report a long-term physical or mental health condition, disability or illness, compared to 50% of non-carers, so it's important you access the help you need as a carer.

<https://www.carersuk.org/help-and-advice/>

Carers Week 2025:
Caring About Equality'



PATIENT FEEDBACK CORNER



recommends The Elms Medical Practice.

May 23 at 9:53 AM · 🌐

I have only recently joined The Elms and the service I've received has been outstanding. It's just highlighted how inept my previous surgery was.

The Elms have been proactive in organising appointments/referrals I should've received long ago, the doctors and nurses have all been approachable and personable.....and every appointment has been on time!

Thank you 🙏

Free Antenatal Sessions

Womb To World

All groups are
FREE
to attend

The Starting Well 0-19 Service is here to support you and your family on your parenting journey.

Book a virtual or Face to Face group session today.

Chester and Rural

Call **01244 397412**

Text **07312 263156**

to book your place.



Service Booklet
Scan QR Code

Your partner or
birthing support
are welcome!

4th Trimester
Support



FOLLOW US ON
facebook



Countess of
Chester Hospital
NHS Foundation Trust

Come Join us this Diabetes Week

9th - 15th June 2025

Meet the team & let's talk!

Mon 9/06/2025 9AM - 4PM	Wed 11/06/2025 10AM - 4PM	Thurs 12/06/2025 10AM - 3PM	Fri 13/06/2025 9AM - 2PM
Fountains Health Building - Floors One & Two	Peace Doves 2025 Chester Cathedral - Mobile Research Unit	Countess of Chester— Wellbeing Hub (Staff only) + Nursing Students Teaching (10am - 12pm)	Ellesmere Port Hospital - Mobile Research Unit

Isa Alhajri (Diabetes Research Fellow) Susan Seal (Diabetes Specialist Nurse)

Our next "Cervical Health Day" will be held on the

20th June

If your smear is outstanding, please book in with
our Practice Nurse

June Raffle

We're proud to be raising money for the **Hospice of the Good Shepherd**, a local charity that provides compassionate care and support to people living with life-limiting illnesses, as well as to their families and loved ones. The hospice offers specialist palliative care, emotional support, and bereavement services both at the hospice and in people's homes - helping patients live as fully and comfortably as possible.

To support this vital work, our practice is running a raffle - and we'd love your help!

We've put together some fantastic hampers, full of lovely goodies, and raffle tickets are just £1 each.

All proceeds will go directly to the Hospice of the Good Shepherd to help them continue their incredible work in our community.

The lucky winner will be drawn in July!



Single use vapes will be banned in the UK from today (1 June) - it will be illegal for businesses to sell or supply all 'disposable' single-use vapes in shops or on-line <https://cwac.co/mDpLO>

