

THE ELMS MEDICAL PRACTICE

September 2025 NEWSLETTER

PRACTICE NEWS

The surgery will be closed for staff training on the **9th September** from 1pm and will re-open at 8am the next day. For urgent medical assistance that cannot wait till we re-open please contact NHS111

We would like to wish **Erin Byrne** the very best in her future ventures. She will be sorely missed by both her colleagues and patients!

Warm welcome to our new practice nurse **Emma McNeill** and our Apprentice Administrator **Matthew Gregory** who both start in September.



Hey Chester University Students – Don't Forget to Register with a GP!

Starting university is exciting (and sometimes a bit overwhelming), but here's one thing you *really* don't want to forget... **register with a local doctor near your term-time address.**

Why it matters:

- ✓ If you get ill, you'll already be signed up – no last-minute panic.
- ✓ You can get prescriptions, vaccinations, mental health support, and referrals when you need them.
- ✓ It's quick, free, and super easy to do. Just complete an online form!



University of
Chester


THE ELMS MEDICAL PRACTICE


Luxury Hamper Raffle

In aid of **Macmillan Cancer Support**

Your chance to win an indulgent hamper packed with treats!

 Tickets just £1 per strip

 Every ticket helps Macmillan Cancer Support continue their incredible work.

 Available from: Elms Medical Practice Reception desk

Draw date: Friday 26th September 2025

Get yours today!!

Donations whether big or small, help raise vital funds to support the almost 3.5 million people in the UK living with cancer, from the moment they are diagnosed, throughout treatment and beyond.



SAFE SURGERIES DECLARATION

THE ELMS MEDICAL PRACTICE

IS PROUD TO BE A SAFE SURGERY FOR EVERYONE IN OUR COMMUNITY

In recognition of the barriers to healthcare access faced by people in vulnerable circumstances, including migrants, we commit to protecting the human right to health.

We will take steps to ensure that everyone in our community may fulfill their entitlement to quality healthcare.

In partnership with Doctors of the World UK, we will ensure that our practice offers a welcoming space for everyone who seeks to use our services.

Mindful of our duties to uphold equality and human rights law, we will implement patient registration policies which do not discriminate based on race, gender, sexual orientation, immigration status or any other characteristic.

Supported by the Safe Surgeries initiative, we will ensure that our staff understand the specific barriers faced by migrants in vulnerable circumstances and that they are empowered to mitigate these barriers, where possible.

We will ensure that a lack of identification or proof of address, immigration status or language do not prevent patient registration.

As a member of the Safe Surgeries community, we will endeavour to support other Safe Surgeries and, where appropriate, provide feedback to Doctors of the World UK to support the development of the network.

SIGNED *Atiya Alam-Jones*

ROLE PRACTICE MANAGER

DATE 01.07.2025

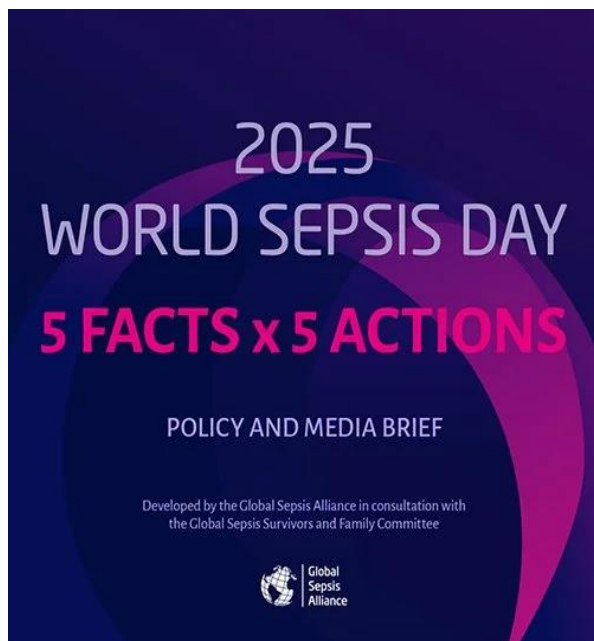
Lucy Jones

Lucy Jones
Director of Programmes, Doctors of the World UK

2025 World Sepsis Day – September 13, 2025

Sepsis is responsible for 1 in 5 deaths globally, yet it remains dangerously overlooked. In 2025, we are calling on governments, healthcare systems, media, and communities to act: improve awareness, invest in prevention, train providers, and make early treatment a priority.

[Sepsis_Fact_Sheet_WSD_English.pdf](#)



Fact 1 Sepsis is the leading cause of death

Fact 2 Sepsis Hits the Most Vulnerable the Hardest

Fact 3 Most Deaths from Sepsis Are Preventable

Fact 4 Only 15 of 194 countries invest in Sepsis


Fact 5 A stronger Sepsis response is essential Global Health




When Should You Go to A&E?

Accidents and emergencies happen – but do you know when it's really the right time to go to A&E?

Going too early or for non-urgent issues can delay care for those in serious need. On the other hand, waiting too long can put your health at risk.

 Know the signs of a true emergency:

<https://ow.ly/HsLv50WBV41>

 A&E is there for life-threatening or serious conditions like:

- ✓ Chest pain
- ✓ Difficulty breathing
- ✓ Heavy bleeding
- ✓ Seizures
- ✓ Serious injuries

Mums-to-be to skip the GP to get faster first NHS midwife appointments

Hundreds of thousands of newly pregnant women across England can now self-refer online to get their “all-important” first midwife appointments quicker, ensuring the best and most personalised care for their baby.

By completing a simple online form on [NHS.uk](https://www.nhs.uk), mums-to-be can now refer themselves directly to their local maternity services without seeing a GP first.

The new NHS England service enables families to choose which NHS trust to refer themselves to, helping them to meet their midwife and begin NHS pregnancy care as early as possible.

[Refer yourself for NHS pregnancy care - NHS](#)



NHS launches official WhatsApp Channel

The NHS England social media team has launched a new [official NHS WhatsApp Channel](#), designed to get trusted health information straight to the public’s phones. The channel will be sharing short, visual updates on public health campaigns, health alerts and seasonal advice, key NHS announcements and myth-busting and fact-checking content.

The channel can be found on a phone or by searching ‘NHS’ in the WhatsApp ‘Updates’ tab.



Time for Your Annual Health Review

When you receive your invitation, please book your appointment. It’s a key step in staying well and keeping your care on track.

DID YOU KNOW

You can easily find your NHS number through your NHS app, or by using the Find your NHS number service.

[Find your NHS number - NHS](#)



Talking Therapies

Talking Therapies services are for adults and older people, with mild, moderate-to severe symptoms of anxiety or depression. Find out more on our [dedicated Talking Therapies website](#).

Café 71 Crisis Café

Open from 10:00am until 10.00pm, Cafe 71 provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a welcoming environment for people to connect with others who are experiencing similar problems. [Find out more](#).

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

World Suicide Prevention Day, 10th September

This World Suicide Prevention Day, we want to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary. A recent poll showed that only 45% people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who feel comfortable talking about mental health.

We want to change this. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.




Students – Protect Yourself!


Get your FREE MenACWY vaccine

- ✓ Protects against 4 types of meningitis
- ✓ Quick, safe & could save your life
- ✓ For all students aged 18–25

Know the symptoms:

- Severe headache
- Stiff neck
- Rash that doesn't fade
- Fever, vomiting, confusion

 If in doubt, **get medical help immediately**.

-  **Book your jab with your GP today!**

Back to school After a long summer, it can be difficult to settle back into the routine of early wake-ups and getting back to school. There are a few tips you can follow to help make it a little easier.

- Establish a sleep routine before school starts.
- Always eat a good breakfast
- Try to get some exercise.
- Prepare uniforms, bags, and books the night before.
- Discuss any emotions.

If your child is transitioning from primary school to secondary, or starting school for the first time, this can be an especially anxious time. Help them adjust confidently by taking them to shop for their uniform and supplies, practising the routine before the day, visiting the school, and talking about any challenges they might have.

The first day is always the hardest but after a few days, they will soon find their feet.

Find more helpful advice here:

<https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2020/07/CAMHS-going-back-to-school.pdf>

The HPV vaccine is given to boys to help protect against a range of cancers, including head, neck and mouth cancers.

All boys born after 1st September 2009 who missed their vaccination can catch up at the practice until their 25th birthday.

Contact us if you haven't had your HPV vaccine at school.

<https://orlo.uk/dOXHV>



NHS Cervical Screening Programme – digital results launching September 2025

From September, NHS Cervical Screening Programme will start sending results digitally via the NHS App. Patients with negative results will receive an app message and notification; if unread within 72 hours, a letter will be sent. Abnormal results will continue to be delivered by post.

It is important that all patients download the NHS app and enable notifications.



World Contraception Day, 26th September

World Contraception Day is about raising awareness of the contraceptive options available and empowering people to make informed choices about their sexual and reproductive health.

Options include hormonal methods (pills, patches, injections), long-acting reversible contraceptives (LARCs) like implants and coils (IUDs/IUCs), and barrier methods such as condoms. It's important to choose a method that suits your needs and to remember that in addition to preventing unwanted pregnancy, condoms are crucial for protection against sexually transmitted infections.

Know Your Numbers! Week will take place 8-14 September.

What are the symptoms of high blood pressure?

Blood pressure isn't usually something that you feel or notice. High blood pressure usually has no symptoms, so the first sign of it can sometimes be a heart attack or stroke. That's why it's called the silent killer. The only way to find out if you have high blood pressure is to have a [blood pressure check](#).

Occasionally, people with very high blood pressure have symptoms including:

- headaches
- blood shot eyes
- feeling sick or generally unwell

Visit your GP if you have any symptoms you're worried about.

Who should have a blood pressure check?

All adults should have their blood pressure checked. Blood pressure becomes more common with age, so if you're over 40 you should have a blood pressure check at least every five years. It's a good idea to have a blood pressure check if you are younger as well, especially if you are carrying extra weight or have other [health problems](#).

Where can you get a blood pressure check?

You can have your blood pressure checked at you're the practice, in some pharmacies, or as part of an [NHS health check](#). It's quick, easy, free and painless. [See where you can have it checked](#).

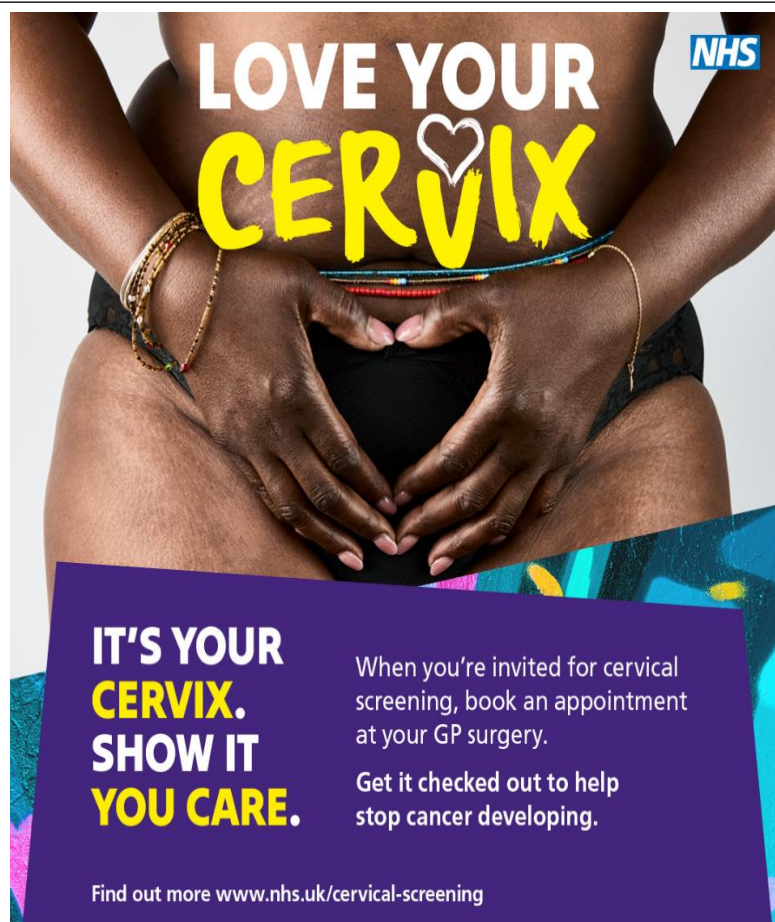
You can also measure your blood pressure at home using a [home monitor](#).


Why is high blood pressure a problem?

High blood pressure puts an extra strain on your heart and blood vessels, which can damage them and make them weaker. Over time, this can lead to [health problems](#) including heart attacks, heart failure, stroke, some forms of dementia, kidney disease and peripheral arterial disease.

If you have [other health problems](#) as well as high blood pressure, such as diabetes or high cholesterol, this makes serious health problems in the future more likely, making it more important to take steps to [lower your blood pressure](#).





LOVE YOUR CERVIX 

IT'S YOUR CERVIX. SHOW IT YOU CARE.

When you're invited for cervical screening, book an appointment at your GP surgery.

Get it checked out to help stop cancer developing.

Find out more www.nhs.uk/cervical-screening

♥ Love Your Cervix – Get Informed, Get Screened

Cervical screening saves lives – yet many people delay or avoid their smear test due to fear, myths, or embarrassment.

🌸 Let's break the stigma and talk honestly about cervical health.

📌 Bust the common myths about cervical screening:

<https://ow.ly/U2HZ50Wzryh>

🩺 Understand what to expect from your smear test:

<https://ow.ly/yszs50Wzry3>



Scan this code and make our day by leaving us a **Google Review!!**

We thrive on feedback and use it to ensure we continue to provide the best care to our patients. 😊

The UK government is testing the Emergency Alerts system on Sunday 7 September 2025 at 3pm. Compatible mobile phones and tablets will receive an alert, make a loud siren-like sound and vibrate. You will not need to take any action.

The Emergency Alerts system is used to warn if there's a danger to life nearby, including extreme weather. Regular testing ensures the system is functioning correctly, should it need to be used in a life-threatening emergency.

Find out more at gov.uk/alerts.



Patient Feedback Corner

Excellent practice. Had a physio appointment today and the physio was excellent. I've seen numerous physios privately for this shoulder cuff x 2 injury and have never been so thoroughly examined. He identified a different injury too to the left shoulder. This physio needs recognising for his excellent work. Thanks!