

THE ELMS MEDICAL PRACTICE

December 2021 ~ Newsletter



Here at The Elms Medical Practice we would like to wish all our patients a wonderful Christmas and a Happy New Year.

Another year has passed with the ongoing challenges that face us, living with the Corona Virus. We would like to Thank you for supporting us and continuing to wear your face masks and not attending the practice if you have any symptoms.



CHRISTMAS HAMPER RAFFLE

We are doing a Christmas Hamper to raise funds for

SAVE THE CHILDREN

If you would like a ticket, please pop in and pick one up.



Covid Boosters

We have administered the Covid booster to 84% of our eligible patients since October 2021, if you are yet to have yours, please contact the practice to get booked in.

We hold clinics every Monday.

We have done 83 visits to our housebound patients for Boosters & Flu's

Child Nasal Flu's are also available here at the Practice

Flu Vaccinations

We have administered around 1,500 vaccinations to our patients since October. If you are yet to receive one, please book in at one of our flu clinics.



Repeat Prescriptions

Please re-order routine repeat medication

By Friday 17 December

at the latest.

That will ensure that you have enough to last over the Christmas week.

Do you want to do something to support the homeless this Christmas?



Volunteers bring terrific value to all aspects of the services at CATH. If you wish to become involved please ring – 01244 314834

<https://cath.org.uk/>

Project Donations

Support one of our projects or specific causes like our "Buy A Brick" or suspended coffee campaigns, or just make a monetary donation to help the charity in general.

Not everyone is fortunate

<https://shareaid.co.uk/>

Christmas & New Year Opening Times

Christmas Eve – as normal

Monday 27th Dec – Closed

Tuesday 28th Dec – Closed

Wednesday 29th – 31st Dec – as normal

Monday 3rd Jan - Closed

Christmas & New Year Period 2021-22 Pharmacy Opening times

Follow the links below for the opening hours of pharmacies across Cheshire for the Christmas and New Year 2021-22 period.

<https://www.cheshireccg.nhs.uk/news/news-stories/christmas-pharmacy-opening-times/>

There are always fabulously festive things to do in Chester at Christmas.

Have a look at this website for ideas <https://chester.com/christmas/things-to-do-at-christmas-in-chester/>

Awareness week 1st to 7th December for

Crohn's Disease and Ulcerative Colitis are chronic (ongoing and life-long) conditions in which symptoms vary from person to person and will range from mild to severe.

Symptoms may also change over time, with periods of good health when you have few or no symptoms (remission) alternating with times when your symptoms are more active (relapses or 'flare-ups').

Here's a guide to the common symptoms of Inflammatory Bowel Disease (IBD).

<https://www.crohnsandcolitis.org.uk/about-crohns-and-colitis/what-are-the-symptoms>

Merry Christmas Everyone





Goey Chocolate Hazelnut Brownies

Method

- 1.
2. Preheat the oven to 170C/150C Fan/Gas 3. Line a 30x20cm/12x8in straight sided brownie tin with foil or non-stick baking parchment.
3. Sieve the flour, cocoa and baking powder together in a bowl and add a good pinch of salt. Break 250g/9oz of the chocolate into a heatproof bowl and place over a barely simmering saucepan of water, making sure the bowl does not touch the water. Leave to melt, stirring regularly.
4. When the chocolate has melted, remove and leave to cool slightly. Roughly chop the remaining chocolate and set aside.
5. Beat the butter and sugar together in a bowl until very light and fluffy. Add the eggs, one at a time, then pour in the chocolate. Mix thoroughly, then add a third of the flour mixture. Stir to combine, then repeat with the other two-thirds of flour.
6. Add half of the hazelnuts and all the reserved chopped chocolate and stir to combine, then scrape the mixture into the prepared tin.
7. Whisk the chocolate spread and hazelnut liqueur together (if using), until you have a smooth, paste. Make little wells in the brownie mix and add spoonful's of the mixture.
8. Sprinkle over the remaining hazelnuts and press down lightly. Bake in the preheated oven for around 30 minutes, testing after 25 minutes. When the brownies are done a wooden skewer should come out with a few crumbs attached – it shouldn't be wet, but it shouldn't be completely clean either.
9. Leave to cool in the tin. If you can bear to wait, put the brownie tin in the fridge to rest overnight before cutting them – it will help them settle into a consistency that isn't too cake-like. Cut into squares and store in an airtight tin.

100g plain flour
 50g cocoa powder
 ¼ tsp baking powder
 pinch salt
 300g dark chocolate, at least 70% cocoa solids
 250g butter
 250g granulated sugar
 4 free-range eggs
 100g hazelnuts, roughly chopped
 100g chocolate hazelnut spread (optional)
 50ml hazelnut liqueur (optional)

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 Fountains Health
 Delamere Street
 Chester
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 01244 351000
<https://www.elmsmedicalcentre.co.uk/>

*****Christmas Jumper Day*****
 10th December 2021
 We are raising funds again this year for
 save the children



Will you be wearing yours?