

THE ELMS MEDICAL PRACTICE NEWSLETTER



JANUARY 2019 EDITION

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ELMS – Half Day Closures for Training 2019



All practices across the Western Cheshire CCG close for one half day a month between **12.00 - 5.00pm**. This allows for staff to be given training and for practices to get together to share knowledge and learning. During the time that the practice is closed if you need urgent medical assistance which cannot wait until the surgery re-opens at 5.00pm, please dial **111**. Calls to the **NHS 111** service are free from both land lines and mobiles. If you have a life threatening medical emergency please dial **999**.

The Half Days that we are closed for 2019:

Tuesday 29th January 2019
Thursday 28th February 2019
Wednesday 27th March 2019
Tuesday 30th April 2019
Tuesday 21st May 2019
Tuesday 18th June 2019
Thursday 25th July 2019
Tuesday 20th August 2019
Thursday 26th September 2019
Wednesday 30th October 2019
Thursday 28th November 2019
Thursday 17th December 2019

‘Friends of the Elms’

Our next
Patient Participation Group Meeting:

Monday 14th January 2019
@ 4:00PM
Fountains Health

We will be having an update on the Digital Buddies sessions hosted here at the Elms and attendance and information from Carers Trust.

Dr Gardner wanted to inform all our patients that she recently

got married



and she

will now be

known as

Dr Hayley Sanna

Have you heard of **PHYSIO FIRST?**

‘Physio First’ is a joint initiative between CWP and the Countess of Chester Hospital Foundation Trust. Rather than wait for a referral from a GP, this service has introduced Physiotherapists into GP Practices to improve access to assessment for people with musculoskeletal symptoms affecting their joints, bones, muscles and soft tissues. The Practitioners can provide diagnosis, self-management advice, exercises as well as onward referrals and investigations such as x-rays and blood tests.

This is a physiotherapy service which patients can book a direct appointment themselves instead of having to make a GP appointment and waiting for a referral.

All you have to do to book an appointment is telephone the Practice on 01244 351000. At the Elms we have appointments available with a Physiotherapist all day Friday. However, our patients can also book appointments with a Physiotherapist at Northgate Medical and Garden Lane Medical Centre and again just give us a call to book this.

Physio First is also available via Extended Hours. **You can book an appointment up to 2 weeks in advance by ringing 0300 123 7743 Monday to Friday 8:00 AM – 6:00 PM**



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ELMS NEWS - JANUARY 2019

From the week commencing 7th January 2019 Dr Jackson will be working on a Tuesday instead of Wednesday and Dr Cleeton will be working on the Wednesday instead of the Tuesday.

Dr Jackson will offer early morning appointments as part of our extended hours service every Tuesday from 7:10AM as will Dr Snowden every other Wednesday morning and David Greenhalgh (ANP) every Thursday morning.



Care Hub has been set up to help connect patients with Care Providers in the community. It is an online directory of services and providers that anyone can access to help improve and support self-care.

This can be accessed by visiting the Elms website www.elmsmedicalcentre.co.uk and clicking on the Care Hub icon on the homepage - which will take you directly to the Care Hub. Once you are here you can select the 'Find Care Providers' which will take you to Categories for further information such as:

- Babies & Toddlers
- Children
- Students/Young Adults
- Adult
- Seniors
- Make New Friends
- Volunteering



Many of life's problems can make you feel unwell.

Social prescribing helps you explore extra services that may support you to improve your health and sense of wellbeing.

Social prescribing enables a GP, nurse or other healthcare professional to refer you to a Wellbeing Coordinator based in your practice to talk about the issues you're facing and find the right services to support you.

The service helps you improve your health and wellbeing and to make positive life changes.

The next steps

Just ask someone at your GP Practice to make a referral. It is quick and easy.



The Wellbeing Coordinator can support you with the following:

Housing, benefits, and financial advice

Employment, training and volunteering

Education and learning

Healthy lifestyle advice and physical activity

Arts, gardening, creative activities

Befriending, counselling and groups

CERVICAL CANCER PREVENTION WEEK 2019 – MONDAY 21ST – 27TH JANUARY

During Cervical Cancer Prevention Week Jo's Cervical Trust want as many people as possible to know how they can reduce their risk of the disease and educate others. During the week you can raise awareness by fundraising, campaigning in your local community, at home, school, university, your GP surgery or hospital.

Jo's cervical cancer trust

www.jostrust.org.uk

HOW CAN YOU REDUCE YOUR RISK OF CERVICAL CANCER:

- Attending for cervical screening (smear test) when invited
- Know the symptoms of cervical cancer and to seek medical advice if experiencing any
- Taking up the HPV vaccination if aged 11 to 18
- Knowing where to find support and further information

What are the symptoms of Cervical Cancer?

- Abnormal bleeding: during or after sexual intercourse
- Post-menopausal bleeding: if you are not on hormone replacement therapy (HRT) or have stopped it for 6 weeks or more
- Unusual vaginal discharge
- Discomfort or pain during sexual intercourse
- Lower back pain

#Smear
For Smear