

# THE ELMS MEDICAL PRACTICE

## July 2024 NEWS

The practice will be closed for staff training on the **17<sup>th</sup> July from 1pm-6:30pm**. We will re-open at 8am the next day. In case of an urgent query please contact NHS111.

We would like to welcome **Melanie White** our new Medical Secretary to the Elms team.

We would like to wish the very best to team members that are leaving

**Amanda Holmes**- our Medical Secretary who has served over 12 years here at the practice and has been pleasure to have in our team. We would like to wish her joy and best wishes in her new adventures.

**Dr Penny Morris** – Eventhough she has only been here a few months covering maternity leave, Dr Morris has made a big positive impact on patient care here at the practice and also with the Elms team. We would like to wish her the very best in her career.

Department for Work & Pensions **NHS** Providing NHS services



Cheshire West & Chester Council

## To refer yourself for IPS (Individual Placement Support)

Employment specialists 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 email: [IPS@cheshirewest.gov.uk](mailto:IPS@cheshirewest.gov.uk) or contact a member of our team Tel: 07783 808 876

[www.cheshirewestandchester.gov.uk/skillsemployment](http://www.cheshirewestandchester.gov.uk/skillsemployment)



Scan to find out more



West and Central Cheshire Talking Therapies

## Talk to us today

Evidence based psychological therapies to support common mental health concerns

- Low mood
- Anxiety or worry
- Long term conditions
- Employment support
- Relationships
- Stress

SCAN ME



No need to visit your GP. Refer yourself

Phone: 0151 488 8348

[www.talkingtherapies.cwp.nhs.uk](http://www.talkingtherapies.cwp.nhs.uk)

for anxiety and depression

Service provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWP)

NHS health checks are free checks up available at the practice to patients who are age 40 to 74 and have no other pre-existing conditions. These are eligible to patients every 5 years. An NHS health check involves a blood test and then two weeks later the health check involves height, weight, blood pressure, cholesterol checks, lifestyle updates and more. Invites are sent to eligible patients but if you think you are eligible and would like to get booked in please contact the practice.

## Dehydration



Babies, children, and older adults are more at risk of dehydration during periods of hot weather. Visit [nhs.uk](https://www.nhs.uk) for symptoms to look out for and what to do next.

Cases of **whooping cough** are continuing to rise. If you are pregnant, it's important to get the whooping cough vaccine to protect your newborn baby, as they are at greatest risk. Find out more.

<https://www.nhs.uk/conditions/whooping-cough/>




**HEALTHBOX**  
COMMUNITY WELLBEING SERVICES

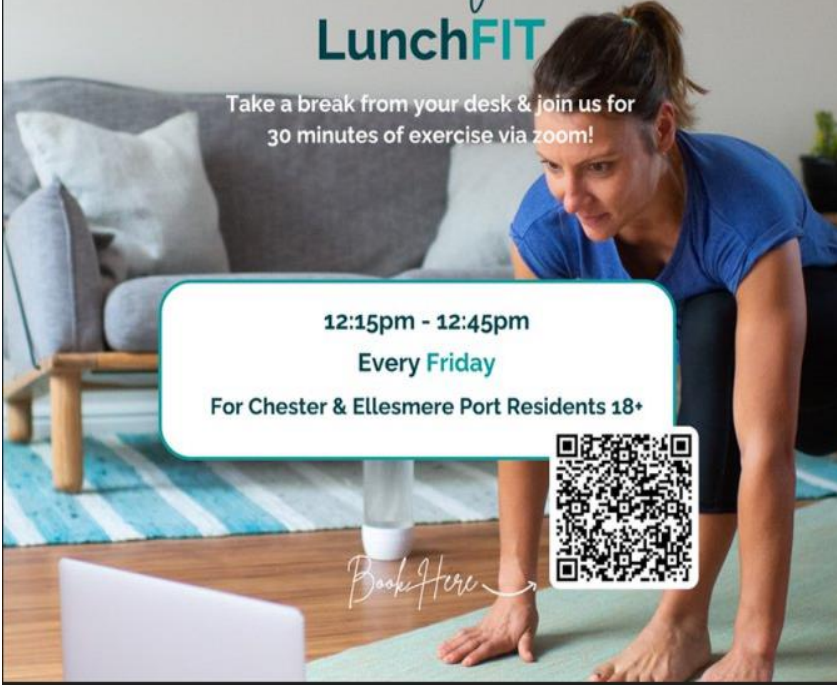
**FREE**

*Friday*  
**LunchFIT**

Take a break from your desk & join us for 30 minutes of exercise via zoom!

**12:15pm - 12:45pm**  
**Every Friday**  
For Chester & Ellesmere Port Residents 18+

*Book Here* 



**!!! DNA- Did Not Attend !!!**

**June 2024**

200 appointments were not attended in June that is 33 hours of clinical time wasted. This is almost equivalent to a full-time GP hours for whole week!!

What the practice did in

June

One Practice /One Month

Appointments booked = 4149

The number of online consultations  
(PATCHS) = 193

Physio appointments = 71

Number of cervical smears the  
practice nurses did = 51

Number of blood results processed =  
872

Number of prescriptions issued =  
3202

Number of new registrations = 78

Did you know we can  
send updates and reminders  
via text message?



You can opt in or opt out of  
receiving any text messages.

Further details can be found on our  
website or ask at reception.

**NHS**

# HPV

vaccination

Protecting you from HPV cancers  
Everyone should have it in year 8

Scan here

HPV materials

Are you up to date on all your immunisations?

arm against cancer

**NHS**

UK Health Security Agency

## Should I keep my child off school?

**Yes**

|  | Until...   |
|--|--|
| Chickenpox                                     | at least 5 days from the onset of the rash and until all blisters have crusted over  |
| Diarrhoea and Vomiting                         | 48 hours after their last episode  |
| Cold and Flu-like illness (including COVID-19) | they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19. |
| Impetigo                                       | their sores have crusted and healed, or 48 hours after they started antibiotics  |
| Measles  | 4 days after the rash first appeared   |
| Mumps  | 5 days after the swelling started  |
| Scabies  | they've had their first treatment  |
| Scarlet Fever                                  | 24 hours after they started taking antibiotics   |
| Whooping Cough                                 | 48 hours after they started taking antibiotics   |

**No**  
but make sure you let their school or nursery know about...

|                      |                 |
|----------------------|-----------------|
| Hand, foot and mouth | Glandular fever |
| Head lice            | Tonsillitis     |
| Threadworms          | Slapped cheek   |

SCAN ME

**Advice and guidance**  
To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.

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*You are invited to our*

# Cervical Health Plus

## Evening

Covering;  
Menopause  
Breast cancer awareness  
Cervical Screening  
Contraception  
Periods

Come along  
Monday 8th July 5:30-7:00pm  
refreshments provided

The Elms Medical Practice  
Fountains Building, 2nd Floor  
Delamere Street  
Chester  
CH1 4DS



## PATIENT FEEDBACK

As a practice we believe that feedback from patients is one of the most important ways of seeing how we are doing. We appreciate all forms of feedback, and it is valuable to see what is working and what can be worked on within the practice and the services we provide. There are several ways you can provide feedback.

- Our website by completing a compliment form  
<https://www.elmsmedicalcentre.co.uk/info.aspx?p=5>
- Google Review
- In person
- Via email  
[elms.medicalcentre@nhs.net](mailto:elms.medicalcentre@nhs.net)



The Elms Medical Practice

Elms Medical Practice, 2nd Floor Fountains Health, Delamere Street, Chester, CH1 4DS  
01244 351000



Scan this code and make our day  
by leaving us a review on

## Support for people who may have been affected by infected blood

We know that people may be concerned about their own health following recent media coverage, so the NHS have set up a new online resource for patients and the public to find help and support - <https://nhs.uk/infected-blood-support>

This is a new online resource and is available for patients and the public to find support services from across the NHS and the Government and NHS staff can access their local employers' support services.

If you are concerned about a possible hepatitis C infection, you can book a home NHS test online. The tests are free and confidential. To receive a self-testing kit which can be quickly dispatched to your home visit [heptest.nhs.uk](http://heptest.nhs.uk)

Hepatitis B is also linked to infected blood, this usually clears up on its own without treatment, but could develop into chronic hepatitis B. Patients can find out more information here - [hepatitis B information](#)

HIV testing is also provided to anyone free of charge on the NHS. Home testing and home sampling kits are also available. You can find out more about [HIV testing](#) and the [HIV testing services search tool](#) on the NHS website.

Patients who want more details about the safety of blood from donations in England can find more information here: <https://www.blood.co.uk/the-donation-process/further-information/your-safety/>



**Get tested now for hepatitis C**  
The NHS test-at-home service for hepatitis C is safe and discreet.  
Order your free kit today.



Support for people who  
may have been affected  
by infected blood

[nhs.uk/infected-blood-support](https://nhs.uk/infected-blood-support)

HM Government **NHS**

**66.8 million prescriptions ordered**

Scan to find out how you can use the NHS App to order repeat prescriptions

11:02

**NHS**

NHS App

The Elms Medical practice

**FREE & CONFIDENTIAL CHLAMYDIA TESTING**  
for 15-25 year olds

Pick up a disc & swap for a test kit at reception or in your appointment

For discretion the discs are located in patient toilets and clinician/nurse rooms

**Swap for a kit**

**WHY GET TESTED?**

You should be tested for chlamydia especially if you have ever had unsafe/unprotected sex and/or change sexual partners. Untreated chlamydia infection can spread and can cause:

Infertility pregnancy complications  
Long term pelvic infections Chronic abdominal/testicular pain.

Remember, always use a condom to protect against Chlamydia and other STIs

**YOU DON'T HAVE TO BE BEACH READY TO BE SMEAR READY**

Professional nurses will put you at ease and won't care what you look like either.

The NHS Cervical Screening Programme saves an estimated 5000 lives every year.

**THIS QUICK APPOINTMENT COULD SAVE YOUR LIFE.**

Are you between 14 years and 25 years of age?

Are you up to date with your **MenACWY vaccination?**

If not please book an appointment with our practice nurse and get up to date with your immunisation.

hcr<sup>g</sup> Care Group | Sexual Health Hub

**Young People Drop-in Clinic**

Every Monday 3:30-6:30pm  
Stanney Lane Clinic, Ellesmere Port, CH65 9AE  
0300 247 0020  
For help and advice visit [www.thesexualhealthhub.co.uk](http://www.thesexualhealthhub.co.uk)