

THE ELMS MEDICAL PRACTICE NEWSLETTER



JULY 2018 EDITION

2nd Floor Fountains Health
Delamere Street, Chester CH1 4DS

TEL: 01244 351000
www.elmsmedicalcentre.co.uk

Let's talk
about
dementia

Let's Talk About Dementia

The Elms Medical Practice at Holy Trinity Church, Blacon, is hosting a free event for Carers and Patients - join us for refreshments, plus quizzes and bingo

Thursday 5th July 2-3.30pm

The Elms Medical Practice

Holy Trinity Church, Norris Road, Blacon CH1 5DZ

Phone Georgina Clarke at Cheshire West Communities Together on 07881 345031 or email hello@cwtogether.org.uk for information or to book a free place

Dementia
friendly
activities

Free to
access

Presentation
from a Dementia
Champion

Share ideas
and make new
friends

Discover the
power of
conversation



The Elms Medical Practice



Dementia
Friends
An Alzheimer's Society Initiative

NHS70

Cheshire West
Communities
Together



 **consult** www.elmsmedicalcentre.co.uk

WHAT IS ECONSULT?

- Did you know you can simply access this service via our website and it is a safe efficient way of getting advice for your health condition.
- You can consult with your GP from the convenience of your own home?
- Get advice about specific conditions like back pain, coughs, mental health concerns, general tiredness, bleeding, pain or weakness.
- Request sick notes and other types of administrative help.

HOW DOES THE SERVICE WORK?

- You complete a simple form about your problem or request.
- Your GP decides on the best treatment for you.
- We call you (and in some instances email you) with advice, a prescription or an appointment.
- The response will be within 48 HOURS (excluding weekends).

BLOOD TESTS EXTENDED HOURS

Blood tests are now available in the evenings and weekends.

Patients registered with a GP practice in West Cheshire can access blood test appointments at the following locations:

- 1829 Building, Countess of Chester Hospital
- Ellesmere Port Hospital
- Neston Surgery (Neston)
- Laurel Bank Surgery (Malpas)



TO BOOK AN APPOINTMENT CALL:

0300 123 7743

Please note the opening times and services offered at different venues will vary.

For more information search online for "West Cheshire Extended Hours".

BLOOD TESTS @ Countess of Chester Hospital

You can have your blood taken at Outpatients 3 at the Countess of Chester Hospital.

This is a drop in service which is open Monday to Friday 7:30 AM - 5:55 PM.

You can also use the online booking service to reserve a blood test appointment at the Countess. To access this service go to: www.coch.nhs.uk/blood-test-booking

MISSED GP APPOINTMENTS

DID YOU KNOW THAT THERE ARE AROUND '12 MILLION' MISSED GP APPOINTMENTS EVERY YEAR?
MISSED APPOINTMENTS WASTE NHS RESOURCES AND CAN CAUSE SERIOUS DELAYS IN TREATMENT FOR OTHER PATIENTS.

IF YOU THINK YOU WILL BE UNABLE TO ATTEND YOUR APPOINTMENT THEN PLEASE LET US KNOW AS SOON AS POSSIBLE SO WE CAN OFFER IT TO SOMEONE ELSE.

ELMS - 128 APPOINTMENTS IN MAY NOT ATTENDED!

THAT'S AN AVERAGE OF **29** APPOINTMENTS PER WEEK NOT ATTENDED

5.4 HOURS A WEEK OF CLINICAL APPOINTMENTS WASTED

128 APPOINTMENTS OTHER PATIENTS COULD HAVE UTILISED

21.6 HOURS OF CLINICAL APPOINTMENTS AND CLINICAL TIME WASTED IN 1 MONTH!

CYCLE TO WORK DAY

WEDNESDAY 15TH AUGUST 2018



The Cycle to Work Day is a free event organised by Cyclescheme that anyone can take part in. It is a great way to get people thinking about not taking the bus or car to work and getting on your bike instead – helping you get fit and saving some pennies! If your employer joins the Cyclescheme it can enable employees to get a bike tax-free, saving 25-39% on the high street value while spreading the cost. It is completely free to join for both employers and employees and easy to set up online. To find out more visit www.cyclescheme.co.uk

STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

TUESDAY 24th July 2018

WEDNESDAY 22ND AUGUST

THURSDAY 27TH SEPTEMBER

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm. This means the Practice is not open to drop off or collect prescriptions – you need to use the drop off box provided at the main entrance of the Fountains Building.

The Elms Medical Practice Travel Advice Service

The Practice Nurses will only be able to provide advice and vaccinations for standard travel / package tours for holidays up to 3 weeks maximum duration. For travel advice and vaccinations you will need to book an appointment at least 8 weeks before you travel.

We stock Hepatitis A, Typhoid, Tetanus, Diphtheria and Polio vaccinations free of charge for travellers. Hepatitis B vaccination is available at a cost of £40 per injection (this is a course of 3 doses £120). Japanese Encephalitis is available at a cost of £90 per injection (this is a course of 2 doses £180).

ALL VACCINATIONS REQUIRE PAYMENT IN ADVANCE

We can also provide basic malaria advice. If a prescription is required for malaria tablets there will be a **charge of £25 for the prescription** as this is not covered by the NHS. If you obtain at the Chemist you will **pay the chemist for the cost of the malaria tablets as well as a prescription charge**. For yellow fever vaccinations which are commonly recommended you will need to attend one of the "Well Travelled Clinics, as they are not available on the NHS.

If you are travelling for any of the following reasons below, we recommend that you visit one of the travel clinics for more specialised advice and vaccinations. **Please note that if you book with the Practice Nurse for the reasons below she will ask you to attend the travel clinic instead.**

- At short notice
- Complex itineraries to different countries
- Pregnant or breast feeding women
- Longer periods of travel
- Visits to relatives abroad
- Work experience abroad
- Pre-existing medical conditions

