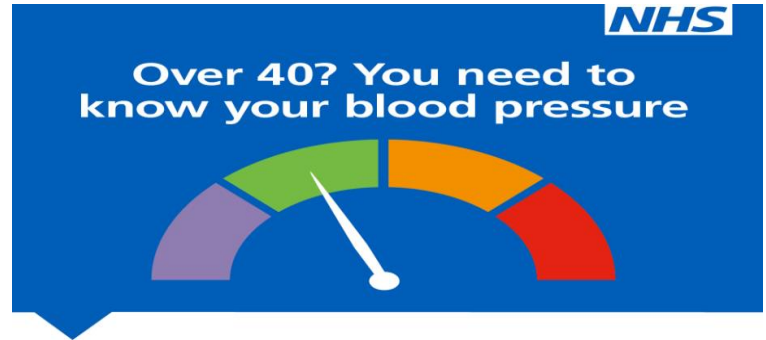


THE ELMS MEDICAL PRACTICE

June 2024 NEWS

The practice will be closed for staff training on the **4th June from 1pm-6:30pm**. We will re-open at 8am the next day. In case of an urgent query please contact NHS111.

You can book in with our HCA or visit the pharmacy to get your blood pressure done. Make sure you ring us and let us know the readings.



Knowing your blood pressure numbers can help you to manage your risk.

Your health matters
Help us help you

Learning Disability week

17th -23rd June 2024

The theme for this year is

"Do you see me?"

It is when we make sure the world hears what life is like if you have a learning disability.

[Learning Disability Week 2024 | Mencap](#)



Coronary Heart Disease is restriction of blood flow to the heart due to a buildup of fatty deposits in the arteries around it.

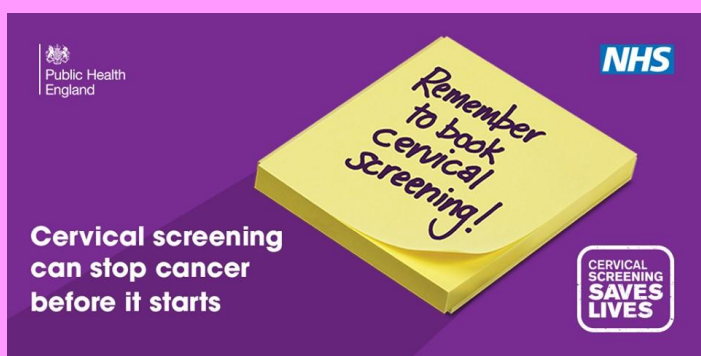
You can reduce your risk of coronary heart disease by maintaining a healthy weight, eating a healthy diet, quitting smoking, exercising, reducing alcohol consumption and taking your prescribed medications, along with keeping blood pressure and diabetes under control.

<https://www.bhf.org.uk/information-support/conditions/coronary-heart-disease>



Cervical Screening Awareness 17th – 23rd

If you receive your invitation for cervical screening, please contact the practice or use the booking link when sent to book in with one of our Nurses.



What the practice did in

May

One Practice /One Month

Appointments booked = 4516

The number of online consultations
(PATCHS) = 232

Physio appointments = 103

Number of cervical smears the
practice nurses did = 95

Number of prescriptions issued =
3333

Number of new registrations = 85

Number of blood results processed =
793

Number of referrals done to the
hospital = 159

DNA- Did Not Attend

In May we had 175 appointments that
were a "Did Not Attend"

175 appointments = 29 hours

PATIENT FEEDBACK

Fantastic place. Really looked after my daughter when we were worried about headaches. Diagnosed I believe correctly. Medication working properly and absolute god send she was struggling so much in day-to-day activities and because she was treated for migraines, I have my fun happy girl back so much thank you.

Receptionists are lovely and polite also
thank you!

Did You know??

If you have forgotten your prescription medication on a staycation in the UK, the local pharmacists can arrange an emergency supply, even if you are far away from home. You can also order your prescription online.

www.nhs.uk/nhs-services/

You can also visit NHS111 online or call 111 for advice, any time day or night.

111.nhs.uk

If you think you need to visit a hospital you can contact NHS111 to find out where you should go and when.

UK Health Security Agency

NHS

If you're pregnant,
getting vaccinated
gives your
child the best
protection against
whooping cough.

Getting vaccinated
is quick and easy.
Speak to your
midwife or contact
your GP practice.

The NHS Prescription Charge from 1 May 2024 is

£9.90

per item

NHS prescription charges are a contribution to NHS funding and are unrelated to the cost of your medicine(s).

Some items may have more than one charge, e.g. elastic hosiery; a member of the pharmacy team will explain if that is the case.

If you need multiple prescription items or are prescribed certain HRT medicines, a Prescription Prepayment Certificate (PPC) could save you money. For more information visit: www.nhsbsa.nhs.uk/ppc

Certain patient groups are entitled to free NHS prescriptions and certain items (e.g. contraceptives) are free-of-charge on the NHS. People on a low income who do not qualify an exemption from prescription charges can seek help under the NHS Low Income Scheme (LIS) To check if you're eligible for free NHS prescriptions or to apply to the LIS, visit: www.nhsbsa.nhs.uk/healthcosts



Insect bites and stings

Most insect bites and stings are not serious and

will get better within a few hours or days.

Visit nhs.uk for what to do if you've

been bitten or stung.

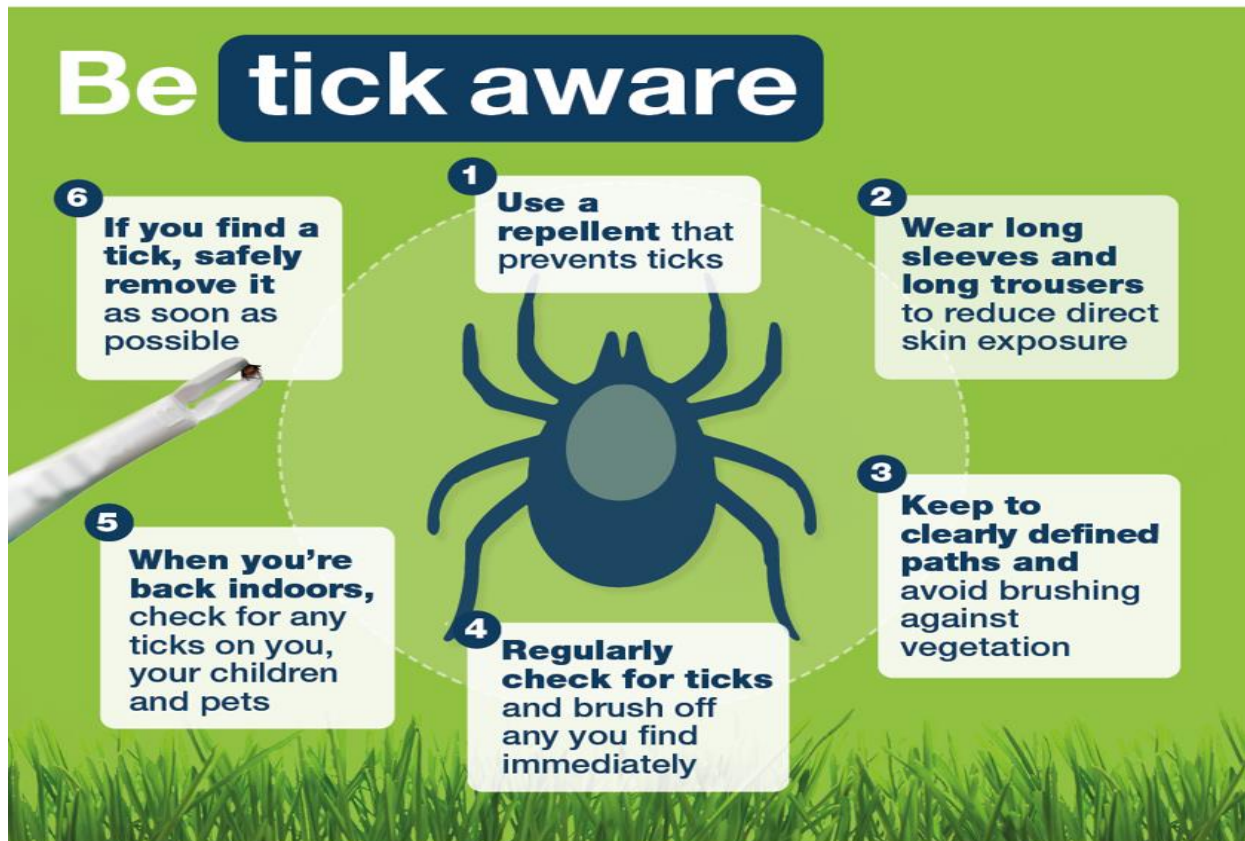
Warmer weather is enjoyable for many, but it can also mean an increased risk of getting insect bites and stings.

See our advice on what to do if you've been bitten or stung, and when to get medical advice.

www.nhs.uk/conditions/insect-bites-and-stings

Don't flick that tick! Use fine-tipped tweezers or a tick removal tool. And follow our handy tick tips, so you can enjoy being outside 🌱🌻🌻

👤 More info: <https://ukhsa.blog.gov.uk/.../what-is-lyme-disease-and.../>



Be tick aware

- 1 Use a repellent that prevents ticks
- 2 Wear long sleeves and long trousers to reduce direct skin exposure
- 3 Keep to clearly defined paths and avoid brushing against vegetation
- 4 Regularly check for ticks and brush off any you find immediately
- 5 When you're back indoors, check for any ticks on you, your children and pets
- 6 If you find a tick, safely remove it as soon as possible

Skcin have developed an app that will help you understand your risk of skin cancer. It will also help you monitor and assess any lesions.

<https://app.skcin.org/>



**DON'T TOAST THIS SUMMER
USE YOUR LOAF!**

SWOT UP ON SUN SAFETY AND SPREAD THE BREAD TO SAVE LIVES THIS MELANOMA MAY



Remember **F.A.S.T.** for the signs of a stroke.

- ▶ Face – has their face fallen on one side?
- ▶ Arms – can they raise both arms and keep them there?
- ▶ Speech – is it slurred?
- ▶ Time – it's time to call 999

nhs.uk/actFAST



FACE Has their face fallen on one side? Can they smile?

ARMS Can they raise both arms and keep them there?

SPEECH Is their speech slurred?

TIME To call 999 if you see any single one of these signs

Armed Forces Day

24th June 2024

Our armed forces and their families make many personal sacrifices for the defence of our nation. Military careers are fulfilling and distinguished, and Armed Forces Day offers an opportunity to celebrate this.

<https://www.armedforcesday.org.uk/>



Armed Forces veteran friendly accredited GP practice

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

To find out more, ask your nurse or GP.



Carers Week

10th – 16th June 2024

Across the UK there are millions of unpaid carers who support family members and friends. Without this unseen support, many people who need support would have additional challenges in their lives. Carers are a vital source of support for many.

Carers UK offers help, support and advice to carers across the UK. Carers provide essential support for the people that they care for, and we need to make sure we champion what they do.

<https://www.carersweek.org/>

<https://www.carersuk.org/>



**Make caring
Visible, Valued
and Supported**