

THE ELMS MEDICAL PRACTICE NEWSLETTER



MARCH 2018 EDITION

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

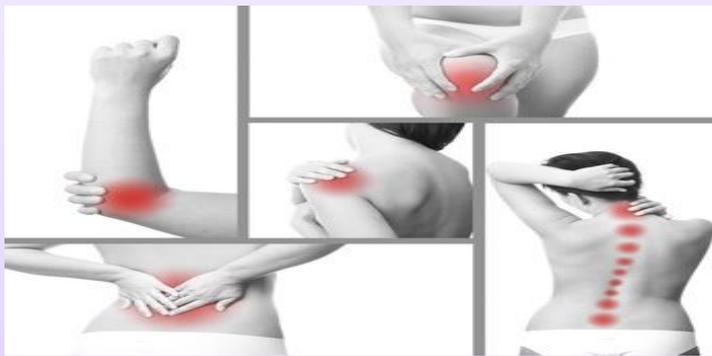
TEL: 01244 351000
www.elmsmedicalcentre.co.uk

PHYSIO FIRST - PHYSIOTHERAPY

You can book a direct appointment to Physio First yourself instead of making a GP appointment and waiting for a referral.

To book an appointment please ask one of our Reception Team or telephone us on **01244 351000**.

Here 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 Centre and Garden Lane Medical Centre. To book an appointment at any of the surgeries please call the Elms on **01244 351000**. In the event that you need to rearrange a booked appointment and it is not at the Elms you can contact the other Medical Centres directly.



PHYSIOTHERAPY LOCATIONS:

Northgate Medical Centre: 01244 385553

1st Floor Fountains Health, Delamere Street Chester CH1 4DS

Garden Lane Medical Centre: 01244 346677

19 Garden Lane, Chester CH1 4EN

(5 minutes walking distance from the Fountains Health)

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.

'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 physiotherapy practitioners can provide diagnosis, self-management advice, exercises as well as onward referrals and investigations such as x-rays and blood tests. At your appointment the physiotherapist will assess your symptoms and discuss your treatment options. They can answer any questions and help you decide how best to manage your condition.

For more information on Physiotherapy First visit:

<http://www.cwp.nhs.uk/services-and-locations/services/physiotherapy-first/>

ELMS NEWS

*We would like to let all our patients know in advance of some changes within the Practice that will come into effect from **1st April 2018**.*

*We are pleased to announce that Dr Oliver Jackson will become a GP Partner from **1st April 2018**. Dr Jackson will also be taking over the care of our Nursing Home patients at Chester Lodge.*

Dr Lowrie & Dr McNutt have made the decision to reduce their sessions. Dr Lowrie will be working Wednesday, Thursday and Fridays. Dr McNutt will be working Tuesday, Thursday and Friday.

*We are also delighted to announce that Dr Joanna Cleeton will be joining the practice as a Salaried GP from **2nd April 2018** and will be **working Mondays, Tuesdays and Thursdays**.*

Our Blacon Clinics as of 1st April 2018
(Please note these are subject to change):

Monday:	Dr Snowden	PM
Tuesday:	Dr Gardner	AM
Wednesday:	Dr Magrath	AM
Thursday:	Dr Cleeton	PM
Friday:	Dr Lowrie	PM

Cheshire West Carer Support Service

The Carers Trust 4all vision is to ensure every carer is recognised, supported and offered services to help maintain their own health and well-being.

As part of the Cheshire West Carers Support Service, Carers Trust 4all will provide home and community based one-to-one personal care for people with care needs. This allows unpaid carers to access a break from their caring role in the knowledge that the person they care for is being looked after to the highest standard. In Cheshire West and Chester there are almost 40,000 carers looking after a family member, friend or neighbour, saving the local economy more than £665 million per year.

If you are a Carer and would like to notify us or need any information please contact the surgery and ask to speak to one of our Carer Links:

Agnieszka Heywood or Allison Griffiths

FOR MORE INFORMATION ABOUT CARERS TRUST 4ALL:

TEL: 0333 323 1990

VISIT: www.carerstrust4all.org.uk

STAFF TRAINING DAYS

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

Thursday 22nd March 2018

Tuesday 24th April 2018

Tuesday 22nd May 2018

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.

Cheshire's Natural Health Service

The initiative builds on the growing body of evidence that activities in the natural environment can have a significant impact on both keeping people healthy. The programme is made up of health-promoting, enjoyable group activities within some of Cheshire West & Chester's wonderful green spaces to help tackle local health inequalities.

These activities include:

- > Health Walks
- > Forest School and Forest School activities
- > Horticulture Therapy
- > Practical Conservation, including Green Gym
- > Mindful contact with nature

Over the next three years the project is working to get over 3,000 people involved, aiming to increase their physical activity by 40% and wellbeing by 20%. The partnership consists of The Mersey Forest, Cheshire West & Chester Council and Active Cheshire.

Working in conjunction with the Natural Health Service Centre of Excellence, which includes both the University of Liverpool and Liverpool John Moore's University, all of the activities are academically evaluated. This will include a baseline and follow-on questionnaire and surveys, and will produce the much needed community based evidence to demonstrate the value of our 'Natural Health Service'.

Sessions are targeted at both adults and children and designed to be welcoming to complete beginners. To find out more, please contact Suzanne Londra on Suzanne.Londra@merseyforest.org.uk



Electronic Prescription Service (EPS)

The Elms offers the Electronic Prescription Service, if you nominate a pharmacy, your GP can send all future prescriptions electronically to your preferred pharmacy. If you would like to take advantage of this service and haven't yet completed a nomination form, you should speak to one of our reception team or ask your preferred pharmacy to set your nomination. This will **not** affect the way that you order / request prescriptions.



Benefits for you:

If you get a repeat prescription, you will not have to spend your time going to your GP practice each time to pick up your paper prescription. Instead your GP will send it automatically to the place you choose, with less chance of it getting lost.

Nearly all pharmacies will be connected to the service, so you will be able to get your medicines from any pharmacy you choose – whether it's near home, work or the shops.

You may not have to wait as long for your prescription items, as often there will be time to get your repeat prescription items ready before you arrive. If any of the medicines on your prescription are out of stock when the pharmacist receives your prescription, they can be ordered in ready for you.

What happens if I do not wish to use the service?

Nothing - You will continue to get paper prescriptions as you do now.

Can I change my nomination or cancel it and get a paper prescription?

Yes you can. If you don't want your prescription to be sent electronically tell your GP. If you want to change or cancel your nomination speak to any pharmacist or dispensing appliance contractor that offers EPS, or your GP practice.

Tell them before your next prescription is due or your prescription may be sent to the wrong place.

Is EPS reliable, secure and confidential?

Yes. Your electronic prescription will be seen by the same people in GP practices, pharmacies and NHS prescription payment and fraud agencies that see your paper prescription now.

More information

A full list of pharmacies who are offering Electronic Prescriptions are listed on the NHS Choices website -

www.nhs.uk

14th March, 2018 will be...
No Smoking Day

Quit 51

You're 4x more likely to quit with help from your local stop smoking service



0800 622 6968
(Mon-Fri 9.00am-7.00pm Sat 10.00am-2.00pm)
contact.quit51@nhs.net

'smoke free' to 66777
www.quit51.co.uk