

# THE ELMS MEDICAL PRACTICE

## November 2021 ~ Newsletter



### *Bonfire Night*

Many of us look forward to Bonfire Night, but each year people are injured through avoidable accidents.

Please attend an organized event on Bonfire Night rather than risking the safety of yourself, your family and friends by having your own bonfire.

Please see the link below for a list of organized events & first aid for burns

<https://www.cheshirefire.gov.uk/public-safety/campaigns/events/bonfire-and-firework-safety>

### November is Pancreatic Cancer Awareness Month, known to many as 'PCAM'!



The signs and symptoms of pancreatic cancer include pain in your tummy or back, losing weight without meaning to, indigestion, jaundice, and changes to your bowel habits. But symptoms can vary for each person if you are concerned speak to your GP.

If you're living with pancreatic cancer, or supporting somebody who is, use this link for free online support sessions. <https://www.pancreaticcancer.org.uk/>



#### Would you like your Flu Jab?

If you have not been able to book into one of our clinics Do not worry lots of pharmacy's are helping to roll this out. Speak to your nearest one.



Would you like to book in for your **covid Booster**?

Has it been 6 months' plus since your 2<sup>nd</sup> dose?

We have clinics every Monday please contact the practice to book in on 01244 351000

#### **3<sup>rd</sup> Primary Dose**

Have you received your letter to book the 3<sup>rd</sup> Primary dose from the hospital or NHS England.

If yes, you can book our Monday Clinics.

This is a top up for someone with a weakened immune system. This can be administered 8 weeks after the 2<sup>nd</sup> Dose. For further detail ring the practice on 01244 351000

## North West Sexual Violence Awareness Week 8 – 14 November

North West Sexual Violence Awareness Week aims to raise awareness of sexual violence and the support services available to survivors. It takes place from 8-14 November 2021.

The phrase sexual violence is an umbrella term that refers to crimes like sexual abuse and assault. It refers to any unwanted sexual act or activity such as rape, sexual abuse, sexual assault, sexual harassment etc.

**Cheshire' dedicated event** is Friday 12<sup>th</sup> November 2021. See details on the link below

<https://sexualviolencesupport.co.uk/cheshire-sexual-violence-awareness-week/>

## National Sandwich Day

3<sup>rd</sup> November 2021

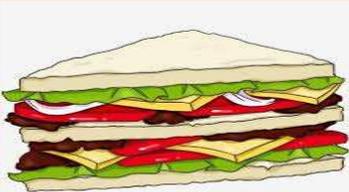
What's your favourite?

Ploughman's

Tuna & Mayo

BLT

**Nurse Erin's is a Reuben**



## Pharmacist & Minor Ailments

**Did you know** that Pharmacists are experts in medicines who can help you with minor health concerns.

As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains.

If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP, nurse or other healthcare professional.

**Try your pharmacy first they can help**

### **The Elms Medical Practice**

2<sup>nd</sup> Floor

Fountains Health

Delamere Street

Chester

CH1 4DS

01244 351000

We're on the Web!

See us at:

<https://www.elmsmedicalcentre.co.uk/>

## Staff Training

**We are closed for Training  
1pm – 5pm on.**

**23<sup>rd</sup> November 2021**

**During this time if you need  
medical advice please use  
NHS 111**



## PRACTICE NEWS

The practice raised awareness for Breast cancer by Wearing pink on the 22<sup>nd</sup> of October and eating cake all for a donation.



### **New Staff**

We have welcomed 2 new Medical Administrators to the practice. They are in training so please be patient if they are assisting you.

Thank you