

THE ELMS MEDICAL PRACTICE

OCTOBER 2021 NEWSLETTER



ARE YOU A MILITARY VETERAN?

Please let the practice know so we can support you

Greater Manchester West 
Mental Health NHS Foundation Trust

Military Veterans Mental Health Services Cheshire and Merseyside



A Veteran is someone who has served at least one day in any of the British Armed Forces, regular or reserves.

Veterans in Mind provides support for ex-forces personnel who are experiencing psychological difficulties associated with being in the Armed Forces and require intervention to recover from these.

How can I access the service?

To make a referral you can complete a simple online referral form by visiting www.gmmh.nhs.uk/military-veterans-services

Alternatively, you can contact the service on **0151 908 0019**.

They accept self-referrals and referrals from healthcare professionals, GPs, third party organisations, family members or carers.



Main symptoms of Lupus are

- joint and muscle pain
- extreme tiredness that will not go away no matter how much you rest
- rashes – often over the nose and cheeks

But also

- Headaches – mouth sores – hair loss – sensitivity to light

For further information <https://www.nhs.uk/conditions/lupus/>

Lupus Awareness Month takes place during October in the UK every year. It is an important opportunity to raise awareness of the disease amongst the public and medical profession as well as improving the understanding of the impact that lupus can have.

By making people more aware of lupus you can help control its impact. We need your help to raise awareness of lupus, its symptoms and how it effects people's lives.



Shingles Vaccinations

If you are aged 70 – 79 and would like your vaccination please contact the practice to be booked in
01244 351000

For more information about the vaccine got to <https://www.nhs.uk/conditions/vaccinations/who-can-have-the-shingles-vaccine/>



Covid Booster vaccinations

The Elms will be administering boosters for our patients here at the practice. Please do not contact us, until we send out your invitation as you can only receive the booster 6 months after your 2nd dose.

Thank you

WELLBEING WALKS

Keep your fitness levels up

Join a wellbeing walking group across Cheshire West and Chester, coordinated by the Health Ranger team at Cheshire West and Chester Council and led by trained walk leaders.

Check out the website below it shows different walking groups and routes.

<https://www.walkingforhealth.org.uk/walkfinder/cheshire-west-and-chester>



"Walking is the most likely way all adults can achieve the recommended levels of physical activity."



Being active promotes mental health and wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed and staying active helps those who are depressed recover. In older people, staying active can improve cognitive function, memory, attention and processing speed, and reduce the risk of cognitive decline and dementia.

Stop smoking Start saving

Join the thousands of people who are stopping this October.



Download the free NHS Quit Smoking app to get started.



Giving up smoking is one of the best things you'll ever do for your health. There are lots of other benefits too, and they start almost immediately.

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

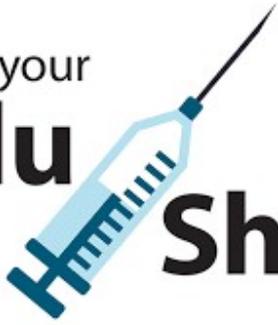
Download the NHS Quit Smoking app to get started, let your friends and family know so they can support you. For further information go to the links below

<https://www.nhs.uk/better-health/quit-smoking/>

<https://cheshirechangehub.org/services/quit-smoking/>

get your

Flu Shot



Are you 65 and over?

Did you receive your Flu Vaccination Invite?

Then please contact the practice on 01244 351000 to book in to one of our two Saturday clinics 2nd or 9th October here at the practice.

We will invite more patients as our delivery of the vaccines is confirmed.

Polite request

Please be kind and courteous when phoning into the practice. We are doing our best in this busy time.

Please do not shout at our receptionists they are here to help you.



Thank you

BREAST CANCER AWARENESS

On Friday 22 October The Elms Medical Practice will be wearing pink, to raise money and help make breast cancer research and care happen.

Wear it pink day is a great way to have fun and support people affected by breast cancer. All funds raised could help support the ground-breaking research that gets us closer to faster diagnosis and kinder treatments.

If you would like to donate, please contact the practice



The Elms Medical Practice

2nd 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.**

21st October 2021

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



PRACTICE NEWS

We are pleased to welcome our new GP

Dr Elizabeth Harding who has clinics at the practice on Thursday and Fridays.

Face Masks – Although some restrictions have been relaxed, patients are still required to wear a face mask when attending our practice.

This not only helps our staff stay safe but also the very vulnerable patients that attend the practice for their appointments.