

YOUNGER

Events

News

Exercise

Recipes

Advice

Tips

Inspiring

Opportunities

Nutrition

NEWSLETTER

June 2018

THE ELMS MEDICAL PRACTICE



2nd FLOOR FOUNTAINS HEALTH

DELAMERE STREET

CHESTER CH1 4DS

TEL: 01244 351000

FAX: 01244 313497

www.elmsmedicalcentre.co.uk

GP PARTNERS

Dr M Lowrie, Dr A McNutt,

Dr D Snowden, Dr A Magrath, Dr O Jackson

CARERS WEEK

11th -17th June

A young carer is someone aged 18 or under who cares for a relative by taking on extra responsibilities to help the person live. A young carer usually looks after a relative with a disability, illness, mental health condition, or drug or alcohol problem. The extra responsibilities that being a carer brings may mean they miss out on school or free time with friends, in order to help their loved one.

Carer's week is a national campaign to raise awareness of the 6.5 million unpaid carers. There is an estimated 700,000 young carers in the UK. Young adult carers aged 16 – 18 years old are twice as unlikely to be in school, education, training or employment due to their responsibilities.

Although there is lots of help and support out there for young carers there are still lots of young carers who don't ask for help or don't know what help is available to them. Cheshire Young Carers is an organisation that has offered support and fun respite to young carers since 1997. It is important that young carers are given these opportunities so they can have a break and have someone to talk to.

You can get in touch with the organisation and find out how they can support you and your needs, by phone **0151 356 3176**, you can also contact them via their website:

<http://www.cheshireyoungcarers.org/contact/> or find them on

Facebook, Twitter and Instagram.



BIG SUCCESS for the MS Awareness Week

As previously mentioned in the April Newsletter, The Elms Staff had a fundraising week wearing blue clothing, having a cake sale and selling lapel pins to raise money and awareness for The MS Trust.

The "Be Bold in Blue Week" was an absolute success; we managed to raise a grand total of £90.00 for The Ms Trust!

We would like to thank everyone who supported this campaign by donating to MS Trust, and taking part in our fundraising.

Men's Health

Men's Health week 11th – 17th June 2018

Men's health week is an annual campaign that aims to raise awareness of preventable health issues and encourage boys and men to seek professional help. This year the focus is diabetes. Studies show that men are more likely to get diabetes with one in 10 men being diabetic they are more likely to suffer complications. Although so much work has been done in the diagnosis and fight against Diabetes, awareness is the most important thing. The more people are aware of it, the more likely they are to make healthy changes and stop or delay the onset of diabetes

How to reduce your risk of diabetes:

- Manage your weight
- Exercise
- Eat a healthy balanced diet
- Limit takeaway and processed foods
- Limit your alcohol intake
- Quit smoking
- Control your blood pressure
- See your doctor for regular check-ups

LET GO OF YOUR SMEAR FEAR...

Cervical screening awareness week 11th – 17th June 2018

A smear or a *cervical screening test* is a method of detecting abnormal cells on the cervix, which usually only takes around 10 minutes. A cervical screening test prevents 75% of cervical cancers from developing yet one in four women don't attend! Once you have reached 25 you will receive an invite through the post for a smear test and you will be recalled for this every 3 years.

The aim of promoting cervical screening week is to raise awareness about cervical screening tests, what they are and how important they are. It is also to ease the anxiety about having one and help you **LET GO OF YOUR SMEAR FEAR** and get that appointment booked in.

We have a fantastic team of highly skilled Practice Nurses at the surgery who are very friendly and comforting. You can book your smear test appointment with one of our Practice Nurses at reception. However, we do understand that it's not always easy for everyone to attend an appointment in surgery hours, there are evening and weekend appointments available through Extended Hours and The Sexual Health Department.

You can book an Extended Hours appointment by calling 0300 123 7740. You can book an appointment at The Sexual Health Clinic (located on the ground floor in the Fountains Building) at their reception or by calling them on 0300 323 1300.

Most women will have their bikini lines waxed but they won't have a smear test? A smear test lasts 10 minutes and cervical cancer lasts a lifetime.

#SmearTestsSaveLives



Pride Month June 2018



Pride month takes place every year throughout the month of June, people show their support to the Lesbian, Gay, Bisexual and Transgender community (LGBT). It is a celebration of sexual diversity for lesbian, gay, bisexual and transgender (LGBT) people. It is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, and self-affirmation and is a way of increasing society's awareness of the issues they face.

All across the globe various events are held during this special month as a way of recognising the influence LGBT people have had around the world. The reason it is celebrated in June is because it's when the Stonewall Riots took place back in 1969.

Chester celebrates Gay Pride every year with a parade with food and drinks stalls, live entertainment etc. This year the celebration takes place on Saturday 11th August 2018 at Castle Square. More than 10,000 people attended last year!

If you would like to speak to somebody in confidence about anything that's troubling you (nothing is off limits) you can speak to somebody from The LGBT Helpline via telephone: 0300 330 0630 or contact them via email: chris@switchboard.lgbt or chat online via their website <https://switchboard.lgbt/>