

December 2022

# The Elms Medical Practice



## The NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health.

It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access



## Contraceptive implant clinic

Did you know we have new clinic with trained nurse at Elms.

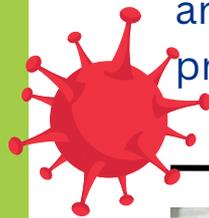
If you need changing or if you would like to discuss having one, please contact the practice on 01244 351000 to book an appointment with our Practice Nurse



## Covid boosters

Vaccination is the best protection against getting seriously ill with Covid over the winter.

If you're eligible for an autumn booster and haven't had it yet, please contact the practice on 01244 351000 to book in



## Order Repeat Medication Online

You can use the NHS App to order repeat prescriptions and view your medical records. As Christmas is coming it be a good idea to check your medication cupboards



MOVEMBER.COM



Please remember if you cannot attend your appointment to cancel ASAP. Your appointment could go to someone else. Thank you

Well done to Dr Magrath fundraising for Movember



We are closed for Christmas on 26th and 27th of December During this time if you need medical advice please use NHS 111

## Practice News

- Carer Survey - If you are a carer we would appreciate it if you would please complete a short survey regarding accessing appointments please get a copy from reception team. [nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/](https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/)
- Blood Pressure Check - We have a b/p machine at reception for all the patients please pass the results to reception team so we can update your medical records. For more information please visit [www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/](https://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/)



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