

THE ELMS MEDICAL PRACTICE

July 2023 NEWS

The practice will be closed on **Tuesday 18th July** from 1pm-5pm, for **staff training**.

We welcome **Sharane Vaughn** who joins the Chester Central Primary Care Network Team as an **Occupational Mental Health Therapist**.



Are you travelling abroad?

If you are planning on travelling abroad, you may require vaccines some of which need to be given well in advance of your travel to allow your body to develop immunity. You can complete a travel questionnaire on our website to find out what you need.

<https://www.elmsmedicalcentre.co.uk/clinics-and-services.aspx?t=6>

ARE YOU A CARER?

If you are a carer, it's really important that you inform us, as we can offer help and support. If we are aware, we can provide you with advice and information and can also refer you to local support groups, or explain what you're entitled to, such as a free flu jab. It's really important to tell us about your responsibilities; you could do this by writing a letter, phoning or just popping in and speaking with our carer link worker.

<https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/talking-to-your-gp/>

BLACON CLINIC

32 The Parade, Blacon CH1 5HN

We are pleased and excited to announce that our new branch clinic is open. Appointments with GP and Nurses are available to book via the practice phone line 01244351000.



CARE NAVIGATION

As general practice grows and changes, we're able to offer a wider range of services.

As we work in partnership with other practices, we have access to a wide range of staff in a variety of disciplines to complement the work of our practice team. Additionally, we may suggest other services with the appropriate resources to help you with your issue. As ever, we look forward to looking after you and your health in the future.



Family Planning

Knowing your contraceptive options and what will work best for you, your body and your lifestyle is important.

Contraceptives can be something that are difficult to understand, and it can be hard to know whether the contraceptives you're using are right for you. There are many different contraceptive options, such as: the combined pill, condoms, the implant, the injection, hormonal and non-hormonal coils, progesterone-only pills and more.

These options all offer different types of contraception, from hormones to barrier methods. Making sure you're using contraceptives correctly and effectively is also important, as nothing is ever 100% effective.

To find out more about your options and what might be right for you, you can make an appointment with our practice nurses, and they will be able to advise you on what steps to take.

The practice now offers regular coil and implant clinics too.

<https://www.nhs.uk/conditions/contraception/>

HEALTHY EATING

As families we can do a lot to look after the health of ourselves and our loved ones. Making simple food swaps and exercise choices can make a big difference over a lifetime.

If you know you could do with losing a few pounds, but find it difficult to do so, there are a few tips you can use to help you towards your goal. Firstly, moving more, simply increasing your exercise level, means you'll burn more calories.

The practice will be sending text messages to patients with a recorded BMI of over 40, to see if they need help with their weight management. If you receive a text from us and would like to be referred to the programme, then reply yes to the message.

<https://www.nhs.uk/healthier-families/>

FRIENDS & FAMILY RESULTS

We would like to thank all our patients who took the time to complete the Friends & Family Survey. We have had some fantastic comments and are actively working to improve on the areas where we were rated below satisfactory.

