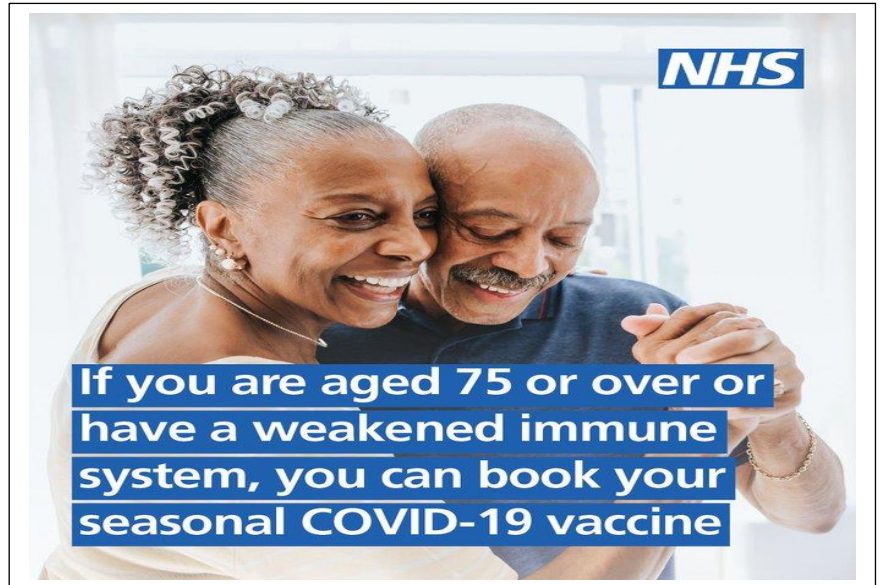


THE ELMS MEDICAL PRACTICE

May 2024 NEWS

The practice will be closed for staff training on the **15th May from 1pm-6:30pm**. we will re-open at 8am the next day. In case of an urgent query please contact NHS111.

For any dental emergencies please contact NHS 111



hcrq Care Group | Sexual Health Hub

Young People Drop-in Clinic

Every Monday 3:30-6:30pm
Stanney Lane Clinic, Ellesmere Port, CH65 9AE
0300 247 0020
For help and advice visit www.thesexualhealthhub.co.uk

A blue background with white text and graphics. On the right, there is a white plate with several condoms in different colors (red, yellow, blue) and a blister pack of pills. The NHS logo is in the top right corner.

PATIENT FEEDBACK

Excellent GP practice. I've been with this practice for 15 years and can honestly say I've never had a single complaint about service, efficiencies, or care. Highly recommend

Cervical Screening can help stop cancer before it starts

If you are sent a reminder for your screening or if you have missed your last one, book an appointment at the practice.



Cervical screening



We have administered **388 COVID Spring Booster** vaccines to our eligible patients during April.

What the practice did in

April

One Practice /One Month

Appointments booked = 5092

The number of online consultations (PATCHS) = 210

Physio appointments = 124

Number of cervical smears the practice nurses did = 139

Number of referrals = 190

Number of blood results processed = 971

Number of prescriptions issued = 3549

MMR vaccines given = 16

Shingles vaccines given= 8

DNA- Did Not Attend

April 2024

305 appointments = 51 hours



HM Government

NHS

PHARMACY FIRST

services available without a prescription

For patients in eligible age ranges

Earache 1 to 17 years	Sinusitis 12 years and over
Impetigo 1 year and over	Sore throat 5 years and over
Infected insect bites 1 year and over	Uncomplicated urinary tract infections Women 16-64 years
Shingles 18 years and over	

If you are struggling with feelings of depression, excessive worry, social anxiety... NHS Talking Therapies can help. The service is effective, confidential, and free.

You can refer yourself at <http://nhs.uk/talk>



HM Government

NHS

“Feeling anxious or depressed?”

Antoinette, NHS Talking Therapies Clinician

NHS Talking Therapies can help

Mental health matters
Help us help you

The Free NHS healthy Living Programme helps people feel confident in managing Type 2 Diabetes wherever they are. Find out more at

<https://t.co/6c8xQXhsog>



NHS

Sign up for free NHS support for type 2 diabetes.

Healthy Living
for people with type 2 diabetes

Dr Hannah Hughes is our GP Lead in Women's Health.

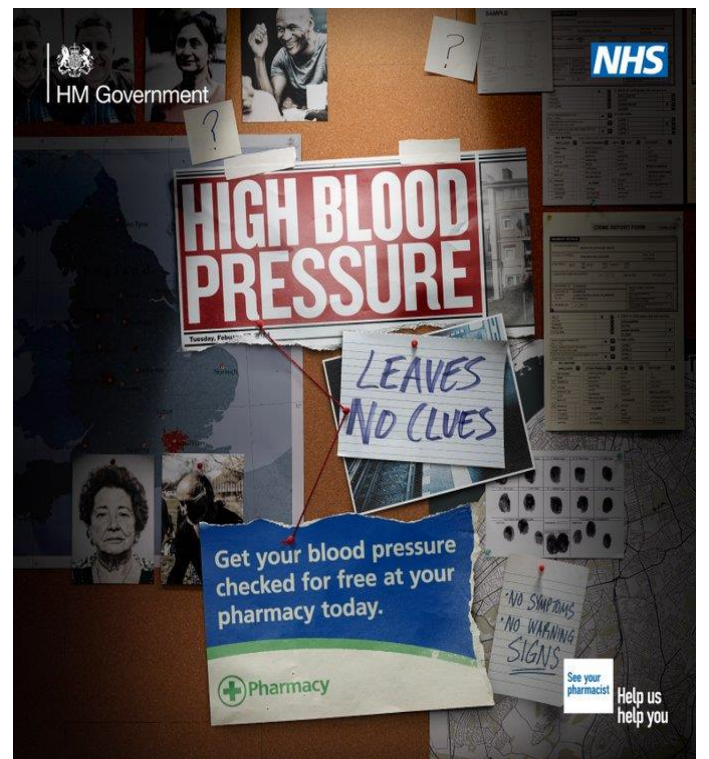


HM Government **NHS**

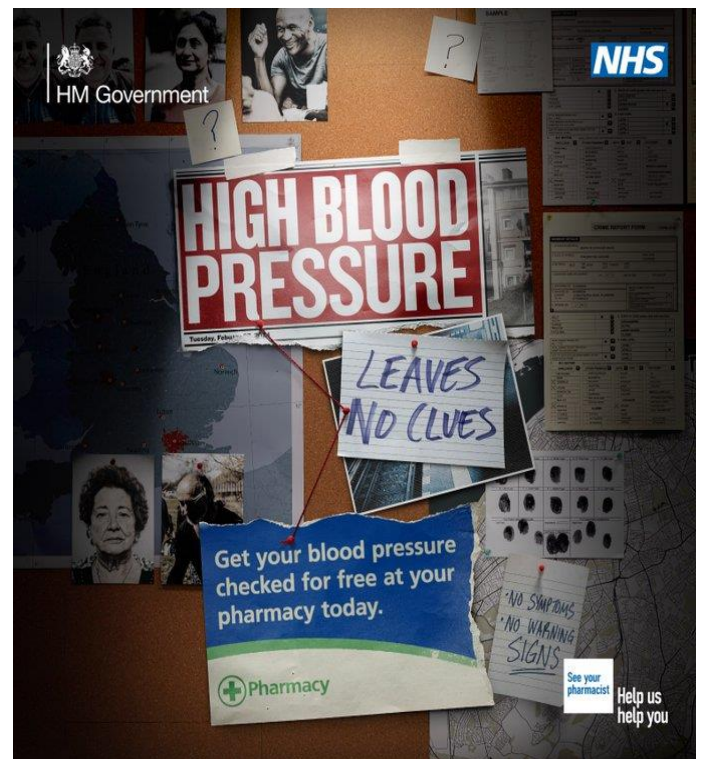


Don't suffer in silence

Contact your GP practice if your periods or menopause symptoms affect your daily life.
Find help at nhs.uk/womens-health



HM Government **NHS**



HIGH BLOOD PRESSURE

LEAVES NO CLUES

NO SYMPTOMS NO WARNING SIGNS

See your pharmacist Help us help you

Get your blood pressure checked for free at your pharmacy today.

Pharmacy

The Lullaby Trust offers free bereavement support helpline and can also answer safer sleep-related queries.

You can visit their website <https://www.lullabytrust.org.uk/safer-sleep-advice/>



the lullaby trust

Helpline opening times

BEREAVEMENT HELPLINE 0808 802 6868	Weekdays: 10am-2pm Weekends/public holidays: 6pm-10pm
SAFER SLEEP HELPLINE 0808 802 6869	Weekdays: 10am-2pm Weekends/public holidays: Closed



If you have a long term health condition, you could save money on your prescriptions.

A Prescription Prepayment Certificate will save you money if you pay for more than three items in three months, or 11 items in 12 months.

You can check your eligibility at nhsbsa.nhs.uk/ppc



NHS

If you live with a long-term condition, you could save money on your prescriptions

A Prescription Prepayment Certificate will save you money if you pay for more than three items in three months, or 11 items in 12 months.





POLITE NOTICE

We are NOT an
EMERGENCY DEPARTMENT
and therefore unable to provide
immediate medical assistance in
emergencies which may be life
threatening

**Please ring 999 or
go straight to A & E**

THANK YOU



**Have you
Downloaded
the NHS App?**

The NHS app allows you to
securely access your GP
health record, to see
information like your
allergies and your current
and past medicines

Lupus is a disease which can present many different facets, rarely do two people have exactly the same symptoms, and these can vary from just one to many.

[The Symptoms - LUPUS UK](#)



May is
Lupus
Awareness Month

With the bank holiday approaching,
make sure you order your repeat
prescription in advance.

NHS

**Remember to order
prescriptions early**



To avoid delays in getting your
medicines over the bank holiday,
please order prescriptions in good
time.

You can order repeat prescriptions
through the **NHS App** or at your **local
general practice.**

Your health matters Help us help you

May Bank Holiday Dates

The practice will be closed on the May Bank Holidays on
Monday 6th May and Monday 27th May