

THE ELMS MEDICAL PRACTICE

May 2023 NEWS

The practice will be closed on Wednesday 17th May from 1pm-5pm, for staff training.

Well done to Lauren who completed her Medical Administrator Apprenticeship in April and passed with distinction. We are very proud of her achievement!



patchs

You can now start using patchs, our new online consultation service

- Reporting symptoms
- Get GP Health Advice
- Request Sick Note
- Request Medication
- and more...

To register please visit : patchs.ai/practice/elmsmedicalpractice

Patchs are available from Monday to Friday 8am till 6:30pm

BANK HOLIDAYS

With three Bank Holidays this month please remember to order your prescriptions on time.

1st May'23 8th May'23 29th May'23

Remember to order
prescriptions early



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

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



APRIL APPOINTMENTS

Last month **135** patients **DID NOT ATTEND** their appointment with the **Nurse team**. Please let us know if you are unable to attend an appointment.

WEIGHT MANAGEMENT PROGRAMME

STEP FOR STAMINA

WEEKLY FITNESS WALK

Every Wednesday at 11:15am - 12:00pm

Meeting outside the Fountains Health Building, CH1 4DS

This fitness walk is suitable for anyone who wants to;

- Become healthier
- Build physical stamina & endurance
- Increase daily steps & activity
- Have more energy
- Meet new people

BOOK NOW



For more info, contact: georgia.rowbotham@nhs.net

IF YOU'RE THINKING OF DONATING FOOD TO THE **FOODBANK**, YOU CAN BRING IT STRAIGHT TO THEIR WAREHOUSE OR DROP IT OFF AT ONE OF THEIR PUBLIC COLLECTION POINTS THE PRACTICE COLLECTED A BOX FULL OF MUCH NEEDED ITEMS FOR THE FOODBANK IN MAY.

[HTTPS://WESTCHESHIRE.FOODBANK.ORG.UK/GIVE-HELP/DONATE-FOOD/](https://westcheshire.foodbank.org.uk/give-help/donate-food/)



It's important to be aware of the symptoms of diabetes so that you know whether you or someone close to you is starting to develop symptoms. Symptoms can include always feeling thirsty, urinating more often than usual, feeling very fatigued, having slow-healing cuts, blurred vision and more. If you're worried that you might be suffering from any of these symptoms, or there is a history of diabetes in your family, it's important to arrange an appointment at the practice.

BE DIABETES AWARE

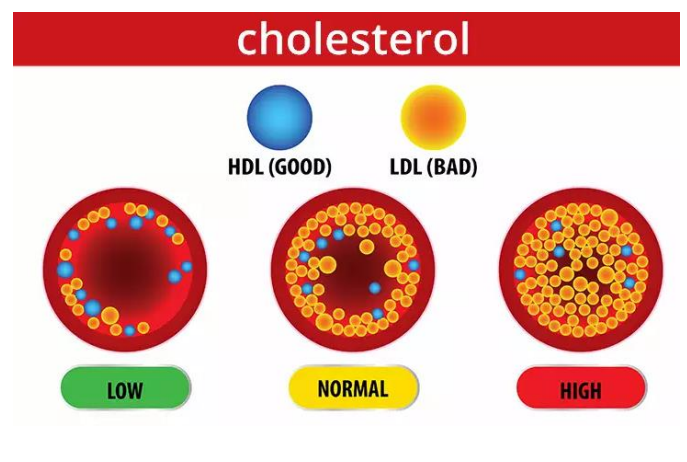
CHOLESTEROL

High cholesterol can be a serious issue for your overall physical health. High cholesterol can cause fully or partially blocked blood vessels, which may eventually lead to strokes or a heart attack. The main causes of high cholesterol are smoking, eating fatty foods, not exercising enough, and regularly drinking alcohol.

There are no symptoms of high cholesterol, and you can only find out through a blood test.

When you are invited to attend a **NHS Health Check** then please do attend as cholesterol is one of the things we test for during the check.

You can find further information via this link;
[High cholesterol - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Looking for a new social group ?!?

Why not try our gaming group?

*We meet every Monday 12 till 2pm at the
Geek Retreat Cafe. Chester, CH1 2LE*

*This group is for anyone interested in playing games
board or digital. There are games provided however,
you are also welcome to bring your own!*

HEALTHBOX

CHESTER
CENTRAL
PRIMARY CARE NETWORK

National Walking Month

May is national walking month! A brisk walk for 30 minutes a day can reduce your risk of a stroke by 27%!

Now that the evenings are lighter for longer it gives us the perfect opportunity to get outside and get walking.

#walkthismay

#nationalwalkingmonth