

THE ELMS MEDICAL PRACTICE

August 2025 NEWSLETTER

PRACTICE NEWS

We're Proud to Be a GP Training Practice!

At The Elms Medical Practice, we are committed to delivering the highest standards of care – not just for our patients, but also for the future of general practice. That's why we are proud to be a training practice, supporting the development of GP registrars (fully qualified doctors completing their specialist GP training).

Our registrars work closely under the supervision of our experienced GPs and bring fresh ideas, enthusiasm, and up-to-date medical knowledge to the team. Patients may be offered appointments with a GP registrar and can be confident they will receive high-quality, compassionate care.

By supporting the next generation of GPs, we're helping ensure strong, sustainable primary care for years to come.

We welcome **Dr Romeesa Khan** and **Dr Josephine Oliver** to the Elms team as they join us on August to do their registrar training at the practice.

Measles is highly infectious and can be passed on even before a rash appears.

Make sure you are protected from becoming seriously unwell from measles by making sure you are up to date with your MMR (measles, mumps and rubella) vaccinations.

Find out more [!\[\]\(cf531ed27e91483460120fcc057b3901_img.jpg\) Search 'NHS MMR'](#)



The poster features the NHS logo in the top right corner. On the left, a series of four dark grey text boxes with white text reads: "Measles is not just", "a childhood disease –", "it can make adults", and "seriously unwell too". Below these boxes, the text "Make sure you are up to date with your MMR vaccinations" is displayed. On the right side of the poster is a stylized illustration of a woman with long brown hair, wearing a blue top and a pink shawl, with a white bandage on her upper left arm.



The poster features the NHS logo in the top right corner. The main text is arranged in four dark blue text boxes with white text: "2 doses of the MMR", "vaccine can stop your", "child becoming seriously", and "unwell with measles". Below this text are two illustrations of blue vaccine bottles with white labels. To the right of the bottles, the text "Make sure your child is up to date with their MMR vaccinations" is written in white.

Need urgent mental health support?

Call: 111 and select the mental health option

Open to all ages 24/7
calls are free

**CALL
111**

Helping to improve the lives of
everyone in our communities

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust



Prescription medicine at your pharmacy for:

Sinusitis 12yrs+
Sore throat 5yrs+
Earache 1-17yrs
Infected insect bites & stings 1yr+
Impetigo 1yr+
Shingles 18yrs+
Uncomplicated urinary tract infections (UTI) in women 16-64yrs

Have you checked out our MyMind website? MyMind is our dedicated website for children and young people's mental health and wellbeing in Cheshire and Wirral.

It was codesigned with children and young people and has recently had a refresh, with new sections including:

- Virtual tours of our buildings
- A refreshed self-help resources library
- Waiting times information Plus much more!

Visit: www.mymind.org.uk



NHS
Cheshire and Wirral
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Visit: www.mymind.org.uk



www.startingwell.org.uk

NHS
Cheshire and
Wirral Partnership
NHS Foundation Trust

School Aged Immunisation Service (SAIS)

The Human Papillomavirus Vaccination (HPV)?

The HPV vaccine helps protect against Human Papillomavirus (HPV) that can cause cervical cancer mouth and throat cancers and some cancers of the anus and genital areas.



The Teenage Booster Vaccination?

This vaccination helps to protect you against Tetanus, Diphtheria and Polio



The Men ACWY Vaccination?

Protecting against the 4 strains of the Meningococcal Bacteria that causes Meningitis and Septicaemia.



The 2 dose MMR Vaccination?

The MMR vaccine help to protect against 3 serious diseases Measles, Mumps and Rubella.



Are you a young person or have child aged 5 to 19 years of age, outstanding any of these vaccinations?

The team are here to support you. We are a dedicated and experienced team consisting of immunisation nurses, clinical support workers and admin staff, working in partnership with families, schools and the wider community to deliver the National School Aged Immunisation Programme.

If you have missed any of your vaccinations you can speak to a member of the team about our catch up clinics.

You can email the team at cwp.0-19immsandscreening@nhs.net or call on 01244 397470



www.startingwell.org.uk/immunisations

Hello my name is ...

Liz

I'm a dementia specialist Admiral Nurse.

You can book a free, 45-minute appointment in any of the following Nationwide Building Society branches:

Birkenhead	Northwich Bullring
Carlisle	Preston
Chester	Sandbach
Crewe	Southport
Ellsmere Port	Warrington
Liverpool	Macclesfield
Newcastle under Lyme	

Visit dementiauk.org/nationwide or scan the QR code to book your appointment



If you are unable to book online send a text message with the word: APPOINTMENT to 0747 872 4000, and we will call you to help make a booking.



Supported by
 nationwide



Cheshire West & Chester Council

School Holiday Activities

Take a look at all the fun things happening across Cheshire West and Chester over the holiday period.



Please use your smartphone to scan the QR code to access the School Holiday Activities page

Would you like to know what is on young people over the holiday period?

Find out more at <https://www.cheshirewestandchester.gov.uk/news-and-views/campaigns/school-holiday-activities>

Or search - 'Cheshire West and Chester, School Holiday Activities' to access all the information in one place.

Information for activities and events have been provided by our partners. We may therefore not be aware of any last minute changes to their programme due to circumstances beyond their control. For further information please contact the event organisers.



Breastfeeding and returning to work??

If you're returning to work, education, or training after having a baby, you might wonder whether you can continue breastfeeding your baby.

The answer is yes, it's completely possible and many women do it.

For more information visit:
www.startingwell.org.uk/breastfeeding#breastfeeding



Breastfeeding and Returning to Work



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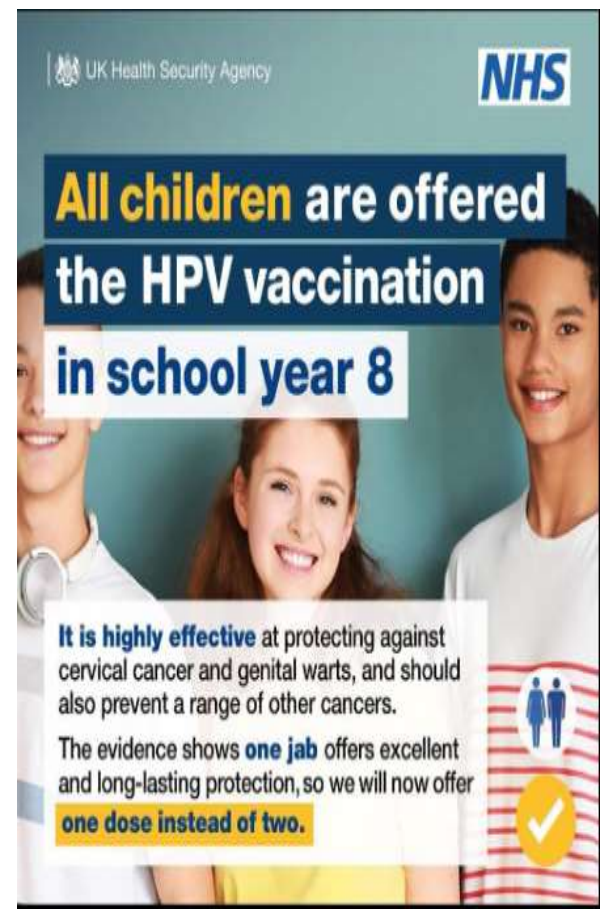
DID YOU KNOW Pharmacists can prescribe! Find out more about what your pharmacist can prescribe on this website [The surprising things your pharmacist can prescribe](#)

UK Health Security Agency **NHS**


All children are offered the HPV vaccination in school year 8

It is highly effective at protecting against cervical cancer and genital warts, and should also prevent a range of other cancers.

The evidence shows **one jab** offers excellent and long-lasting protection, so we will now offer **one dose instead of two.**



Why is sunscreen so important?

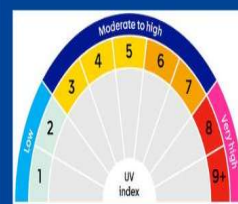


Sunscreen stops your skin getting burned in the sun.

Sunburn can lead to:


- Skin cancer
- Wrinkles and ageing of the skin.

Sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy.




Check the UV rating to find out if you should apply sunscreen. If there is UV 3 or higher think about using sunscreen. You can see UV rating on most weather apps.

Sunbeds can cause skin cancer. The UV radiation can damage the DNA in your skin cells. If you want a tan use fake tan from a bottle or a spray tan.



Find out more at [Skin.org](#)




Scan me!


Scan this code and make our day by leaving us a **Google Review!!**

We thrive on feedback and use it to ensure we continue to provide the best care to our patients. 😊


Gay and bisexual men, and transgender women, check your eligibility for:



Hepatitis A and B vaccinations



HPV vaccination



HIV PrEP (pre-exposure prophylaxis)

Many sexual health services in England now offer free **#STI** self-sampling kits you can order to your home & use to test for infections like **#Chlamydia**, **#Gonorrhoea**, **#Syphilis** and **#HIV**.

More info 🐾 <https://ukhsa.blog.gov.uk/.../getting-tested-for-an-sti.../>

Sexual health clinics are **confidential, free and available to everyone**, no matter your age, gender, ethnicity or sexuality.

Some of what the practice did in

July

Appointments booked = 5032

Online consultations (PATCHS) =
265

Smears appointments = 55

Prescriptions issued = 2958

Lab results processed = 1623

Shingles vaccine given = 50

Appointments not attended

**106 appointments were not attended
in July.**

You can cancel your appointment that
you don't need via NHSapp or by giving
us a call.

Are you concerned about your gambling, or the
gambling of someone else?

You can reach out day or night for free information,
support and advice.

📞 Call the National Gambling Helpline on 0808 8020
133 or start a live chat now:

<https://ow.ly/j66l50V24Zc>

**If you're ready to talk,
we're ready to listen.**

 National Gambling Helpline
0808 8020 133
GamCare.org.uk

24 hours a day, every day of the year



Symptoms of botulism

- drooping eyelids
- blurred or double vision
- facial muscle weakness
- difficulty swallowing
- slurred speech
- breathing difficulties



A small number of people have presented to the NHS
following bad reactions after receiving
cosmetic [#botox](#)-like procedures.

If you've recently had a botox-like procedure and
show symptoms of botulism, contact NHS 111.

Read the full story: <https://bit.ly/3lQLkCh>

Even if you've visited a country before, it's
important to know what disease outbreaks
there might be in the area you'll be travelling
to. 🦟

Check: <https://travelhealthpro.org.uk>



**Around 1 in 4
new students
are unprotected
against
4 deadly types
of meningitis**



Over 26% of new students
missed their free MenACWY vaccine
in school and remain unprotected

The MenACWY vaccine helps protect against life-threatening illnesses like **#Meningitis** and **#Sepsis**

It's offered to teenagers in school but can be given up to the age of 25 for free if it's been missed.

Contact the practice to catch up if you have missed your vaccine in school

<https://www.nhs.uk/vaccinations/menacwy-vaccine/>

NHS

**LOVE YOUR
CERVIX**

**IT'S YOUR CERVIX.
SHOW IT YOU CARE.**

When you're invited for cervical screening, book an appointment at your GP surgery.

Get it checked out to help stop cancer developing.

Find out more
www.nhs.uk/cervical-screening



From 1st July, most women and people with a cervix aged 25-49 who test HPV negative will be invited every 5 years. If HPV isn't found, the risk of developing cancer is very low, so that screening can be safely done every 5 years.

#cervicalcancer #CervicalCancerAwareness #CervicalScreeningSavesLives #cervicalscreening

PUBLIC TESTING OF EMERGENCY ALERT SYSTEM



EMERGENCY ALERT

The government will be carrying out a national test of the UK Emergency Alerts system on **7 September 2025 at 3pm**.

The test alert will be sent to all compatible 4G and 5G mobile phones and compatible tablets across the UK. This follows the first successful national test in April 2023.