

THE ELMS MEDICAL PRACTICE

February 2026 NEWSLETTER

PRACTICE NEWS

The practice will be closed for staff training on **Tuesday 3rd February 2026** from 1pm and will re-open the next day at 8am.

Time to Talk Day, 5th February

These longer, colder months can be really difficult; winter can make us feel less motivated and sometimes lonely.

Conversations are important for our mental health. Whether that's a quick chat or something more meaningful, let's make Time to Talk!

<https://www.mind.org.uk/get-involved/time-to-talk-day/>

February is Heart Month, so let's raise awareness and help reduce this number.

If you'd like to check your blood pressure, please speak to our team.

<https://www.bhf.org.uk/how-you-can-help/support-our-campaigns/heart-month>



Patient Communication Update

We will shortly be changing our **primary method of patient communication from text message (SMS) to email**.

To help us contact you more efficiently and share important information about your care and our services, please ensure we have your **preferred email address**. You can update your details securely using the link below:

<https://www.elmsmedicalcentre.co.uk/update-your-email-address>

Providing an email address is **optional**. If you do not have an email address, you can continue to contact the practice in the usual way, and we will respond using your existing contact method.

How we use your information

Any email address you provide will be used only for healthcare-related communication and managed in line with **NHS confidentiality and data protection requirements**.



Follow us on @TheElmsMedicalPractice on Facebook & Instagram

DID YOU KNOW? you can self-refer to a Pharmacy for many common health conditions without needing to see a GP first. They have received additional training to provide consultations and treatments for minor conditions, including antibiotics and antivirals.

These include the following 7 conditions:

Clinical pathway	Age range
Acute otitis media* (Ear ache)	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years



The graphic features a purple background with white and yellow text. It includes three cartoon illustrations: a man in a yellow vest and blue shorts, a woman sitting on the floor, and an older man falling. The text is organized into three main sections: 'Feel unsteady when standing or walking?', 'Have you tripped over before?', and 'Worry about losing your balance?'. To the right, a yellow box contains the text 'Use our website to help you stay active & independent'. Below this is a list of four actions with blue chevron icons: 'Complete a guided self-assessment', 'Download a personalised action plan', 'Discover exercise ideas & local services', and 'Read about home hazards & safety'. At the bottom, there is a QR code, the text 'scan the QR code, or visit: www.steadyonyourfeet.org/cheshire', and logos for Cheshire West and Chester, NHS Cheshire and Merseyside, and Cheshire East Council.

Can you  **SUPPORT** us?

"Elms Patient's Voice"

We're looking for patients who want to:

- ✓ Share ideas and feedback
- ✓ Help improve our services
- ✓ Work with staff to support the local community
- ✓ Influence how services are developed

Who can join?

Any registered patient—everyone is welcome!

(You can participate in person or
remotely.)

Interested?

👉 Speak to reception
👉 Or visit our website to sign up



National HIV Testing Week, 9th–15th February

HIV testing is a vital part of protecting your own health and the health of others.

Testing is **free, confidential and quick**, and is available through a range of services.

<https://www.hivpreventionengland.org.uk/campaigns/national-hiv-testing-week/>

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🔥 If you need somewhere to stay warm this winter, ask your local council if they have information about nearby 'warm spaces'.

These are public places that anyone can use to stay warm - for example a community space like a library.

Find out more [➡](https://bit.ly/2SQOVm7)

<https://bit.ly/2SQOVm7>



Find local warm spaces

You'll be 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.

If you missed out on your HPV jab
you can catch up until your 25th Birthday.



Contact your school nurse or GP practice to arrange an appointment.

Pill Checks

 You can get oral contraception and emergency contraception directly from

participating pharmacies, without needing a prescription or GP appointment. This makes accessing contraception quicker and more convenient, helping you stay in control of your sexual health. Trained pharmacy teams can offer confidential advice and support to help you choose the right option for you. Emergency contraception can stop you getting pregnant after unprotected sex (sex without contraception or when contraception might have failed). If you need emergency contraception after having unprotected sex, speak to your local pharmacist as soon as you can. You need to use emergency contraception within 3 to 5 days of having unprotected sex. ✨

Find a pharmacy offering contraception without a prescription: <https://www.nhs.uk/.../find-a-pharmacy-offering.../>



Need your next supply of oral contraception?

You can now arrange to get your supply directly from our pharmacist in confidence.

IS ALCOHOL COSTING YOU MORE THAN MONEY?



Alcoholics Anonymous

0800 917 7650

www.alcoholics-anonymous.org.uk
Email: help@aamail.org



ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE

rasasc

Rape and Sexual Abuse Support Centre

for adults, children and young people in Cheshire and Merseyside

We BELIEVE... We SUPPORT...
We LISTEN...



Free Services:

- Specialist Counselling
- Adults, Children and Young People's Service
- Independent Sexual Violence Advisors
- Wellbeing Groups and Peer Support

www.rapecentre.org.uk

Call our information line:

0330 363 0063

Or email us at:

support@rapecentre.org.uk



Household Support Fund

Age UK Cheshire are working with Cheshire West and Chester Council to help distribute the Household Support Fund to support older residents.

Are YOU:

- Aged 65 or over?
- Finding it difficult to pay your energy bills?
- Struggling to buy food?
- Resident of Cheshire West and Chester

YOU may be eligible for financial support if your savings are:

- £4,000 or less (Single Person)
- £5,000 or less (Couple)

To find out more or to apply:

Call : 0151 348 8111

Email: hsf@ageukcheshire.org.uk

Registered Charity Number : 1091608



www.ageukcheshire.org.uk

"The Elms Medical Practice in Chester was highly commended in the **Sustainability in Practice Award category**, recognising its commitment to putting sustainability at the heart of everyday practice to drive meaningful impact for people, communities, and the planet."

[Cheshire and Merseyside primary care excellence on display at General Practice Awards 2025 - NHS Cheshire and Merseyside](#)


GENERAL PRACTICE AWARDS 2025

Are you planning on Hajj this year??

All travellers aged over one year, arriving for Umrah, Hajj or for seasonal work in Hajj zones, are required to submit a valid vaccination certificate with a quadrivalent (ACWY) meningococcal vaccine received at least 10 days prior to the planned arrival to Hajj and Umrah areas.

Book a telephone call with our practice nurse or complete the travel questionnaire via our website.

<https://www.elmsmedicalcentre.co.uk/travel-risk-assessment>



Google
Reviews

LEAVE A REVIEW ON GOOGLE

Regular exercise plays a vital role in maintaining both physical and mental health, and it does not have to mean spending hours in the gym. Being active can help reduce the risk of long-term conditions, improve mood and boost energy levels, while also supporting independence as we age.

Examples of regular exercise include:

- 🚴 Brisk walking or cycling to improve heart health
- 💪 Strength exercises like carrying shopping or resistance training to build muscle
- 🧘 Balance and flexibility activities such as yoga or stretching to reduce falls and stiffness
- 🏊 Low-impact activities like swimming or chair-based exercises, especially later in life

Staying active in ways you enjoy makes it easier to keep exercise as part of everyday life.

Learn about the health benefits of exercise:

<https://www.nhs.uk/liv.../exercise/exercise-health-benefits/>

Explore exercise ideas for weight loss without the gym: <https://patient.info/.../the-best-exercises-for-weight...>

Read advice on exercising safely in later life: <https://patient.info/.../how-to-exercise-safely-in-later...>



Cost of living Many people are struggling with the cost of living. The Government has some suggestions and resources to help and support.

If you're really struggling to feed yourself or your family, foodbanks could help you manage for a few days. They can also help and signpost you to other support.

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

The practice is now officially a collection point for the Cheshire Food Bank. If you wanted to donate then please pop into the practice and put your donations in the collection box.



Measles

Last year saw an increase in measles cases, taking the number of cases to the highest it has been in decades. Vaccination is important to ensure the long-term health of your child, and of the nation as a whole.

Vaccinations for children in the UK are changing, with many children now being eligible for a vaccination that includes protection against chicken pox as well as other conditions that can cause serious complications.

If you're not yet vaccinated, you should make an appointment with a practice nurse.

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

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>



World Cancer Day, 4th February

Everyone's cancer journey is unique to them. In the UK, we're lucky to have access to healthcare free at the point of need.

Over the last 50 years, the proportion of the UK population dying from cancer (the cancer death rate) has fallen by more than a fifth, which is amazing news, but there is still much work to be done.

These figures are a testament to the progress we've made in preventing, detecting and treating cancer. Today,

1 in 2 people diagnosed with the disease will survive it for at least ten years, compared to just 1 in 4 in the early 1970s. And we're on the cusp of many more improvements.

Let's help to raise awareness.

<https://www.worldcancerday.org/>

International Day of Zero Tolerance for FGM, 6th February

Female Genital Mutilation (FGM) refers to procedures that deliberately alter, injure or remove parts of the female genitalia for non-medical reasons. It's a harmful practice that has no health benefits and can cause serious physical and psychological consequences. FGM is internationally recognised as a violation of the human rights of girls and women and is illegal in many countries.

FGM is most often carried out on girls from infancy to adolescence, though it can occur at any age.

If you're concerned that someone may be at risk of FGM, it's important to take those concerns seriously.

Raising awareness, listening without judgement, and knowing how to seek help are key steps in protecting those at risk. Everyone has a role to play in preventing FGM and supporting affected individuals, ensuring they're safe, informed and supported.

<https://www.gov.uk/female-genital-mutilation-help-advice>

