

THE ELMS MEDICAL PRACTICE

April 2026 NEWSLETTER

PRACTICE NEWS

The practice will be closed for staff training on **Tuesday 21st April** from 1pm and will re-open the next day at 8am.

A huge well done to **Sharon** our care navigator for completing the **MBNA Chester 10K** with a personal best!!



Congratulations to our Care Navigator **Natalie** who **graduated** on the 26th March in Healthcare Studies



🐰 **Happy Easter from all of us at the practice** 🐰

We would like to wish all our patients a joyful and peaceful Easter. We hope you enjoy the long weekend, whether you're spending it with family, friends, or simply taking some well-earned time to relax.

Please remember that the practice will be **closed on bank holidays**. If you need medical advice during this time, you can contact NHS 111, or in an emergency, call 999.

We look forward to welcoming you back after the Easter break on **Tuesday 7th April @ 8am**



COVID Spring Booster Campaign

NHS

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed



COVID Spring Booster Campaign will start on the 13th April.

We will have clinics on the 13th and the 14th April here at the practice.

Eligible patients will be invited via email to self-book. If you haven't received a text message or an email, please ring us to book in.

Follow us on **@TheElmsMedicalPractice** on Facebook & Instagram

We're pleased to let you know that our practice is now using **Blinx Paco**, a secure online consultation system to make contacting us quicker and more convenient.

You can submit **Non-Urgent** medical or administrative queries online at a time that suits you and receive a response from our team without always needing to visit the practice.

We will also be using **email** as a keyway to contact patients going forward. Please ensure your email address is up to date via our website.

[Homepage - The Elms Medical Centre](#)

Thank you for your support as we improve our services.



Online Patient Access
from **paco** GP®

Enter the Digital Front Door 

Can you  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



NHS

Don't ignore your cervical screening invite

Screening saves lives. Help us help you.

“**Brilliant service** by David Greenhalgh. He Reassured me and called me back and saw me at the surgery, He went over and above what was expected”



“An **excellent service** as usual”.

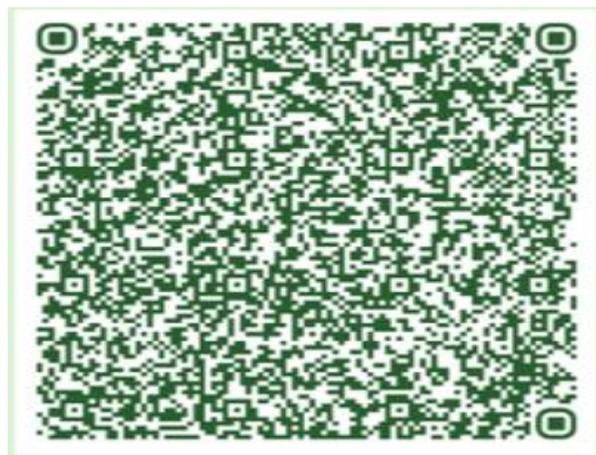
“Tamsin at the Blacon Clinic was so great at **Calming my nerves** and made the process much nicer”



“Minor surgery with Dr Snowden. **Quick service**, shorter waiting time than expected, very quick procedure.”

“Really can't fault you guys you've **looked after us** For 40 years all I can say is thank you”

**Make our day and
leave us a review!!**



Google
Reviews ★★★★★

LEAVE A REVIEW ON GOOGLE

Repeat prescriptions?

**Thank you for only
ordering what you need**

If you have enough medicine at home, there's no need to
order now – **you can request more in future.**



Stay Well



Stay Safe



Stay Green



Stay Organised

Speak to your pharmacist if you have any questions.
You're making a big difference to your health and community.

**Only order
what you need.**

Scan to find out
more information



cheshireandmerseyside.nhs.uk/medicines-waste

Meningitis Update – Important Information for Patients

We understand that recent news about meningitis cases may be worrying.

At present, **the risk to the general public remains low**. Public health teams are closely managing the situation and are **contacting individuals directly if they are at increased risk**.

Following guidance from the UK Health Security Agency, additional measures have been put in place. Antibiotic preventative treatment (chemoprophylaxis) is being offered to specific groups, including:

- Students living on the Canterbury campus
- Staff who live or work in affected halls of residence
- Individuals who attended Club Chemistry on 5th, 6th, or 7th March
- Close contacts identified by public health teams

If you are in one of these groups, you will be contacted directly or advised where to attend.

Vaccination

Currently:

- **Extra meningitis vaccinations are not being offered routinely**
- Vaccination is only available for **specific high-risk groups identified by public health**
- Private vaccination is **not currently recommended in this situation**

If You Are Concerned

If you have questions about your vaccination history, our team can check your records.

If you think you may be at risk but have not been contacted, please seek advice:

- Contact **NHS 111**
- Visit the National Health Service website for up-to-date information

Important

If you or someone you know feels unwell with symptoms such as fever, headache, neck stiffness, or a rash, **seek urgent medical attention immediately**.

Breast Screening Saves Lives

NHS
Wirral and Chester
Breast Screening
Programme



Breast screening is taking place for patients registered with our practice now!

You will automatically receive an appointment for Countess of Chester Hospital, but please feel free to ring the Breast Screening Office on 01244 365 135 if the time or date is not convenient and we will do our best to provide an alternative.

Primary Eye Care Services

Local opticians can assess and treat many eye conditions through the NHS Primary Eye Care Service. Optometrists have specialist training and equipment to examine eyes in detail, so they are often the most appropriate first place to assess eye problems.

Find out more:

<https://primaryeyecare.co.uk/.../minor-eye-conditions.../>



Champs Public Health Collaborative has launched a brand new campaign across Cheshire and Merseyside encouraging residents to cut down on alcohol consumption by using the free [NHS Drink Free Days app](#).

Part of the NHS Better Health initiative, the app supports people who want to reduce how much alcohol they drink by helping them introduce a few alcohol-free days into their week. Users can choose their drink-free days, track their progress and stay motivated with tips, reminders and milestone celebrations.

The campaign highlights how small changes can make a big difference. Choosing just a few drink-free days each week can help people feel healthier, sleep better and save money.



Scan to download the app

