

THE ELMS MEDICAL PRACTICE

May 2026 NEWSLETTER

PRACTICE NEWS

The practice will be closed for staff training on **Tuesday 12th May** from 1pm and will re-open the next day at 8am.

Medication reviews

Why they matter.....

They're one of the safest ways to make sure your treatment is still right for you as your health changes.

- They keep your medicines effective
- They reduce side effects and risks
- They prevent harmful combinations
- They can simplify your treatment

It's also your chance to ask questions

So, if you are offered a review or think you need one contact the practice.



Bank Holiday Opening Times

Please note that our practice will be **closed on the following Bank Holidays:**

- **Monday 4th May**
- **Monday 25th May**

During these times, the practice will not be open.

If you require **urgent medical help**, please call **111** or visit **NHS 111 online** for advice and support.

For life-threatening emergencies, always call **999**.

Thank you for your understanding.

National Walking Month, 1st-31st May

Walking is an easy way to increase the amount of exercise you are getting, and all you need is a pair of shoes! National Walking Month encourages people to walk more throughout May and includes Walk to School Week.

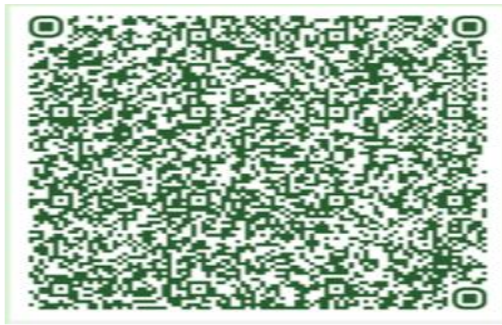
Short, 20-minute walks are a perfect way to start, and can fit around your day as part of your journey to work or school, during lunch breaks, or at evenings or weekends. You can walk alone, or with family and friends, or even join a walking group!

Living Streets are running the #Try20 challenge and have 20 fun and easy ways to fit 20 minutes' walking into your day. Visit their #Try20 page,

<https://www.livingstreets.org.uk/get-involved/national-walking-month/try20-tips/>

Follow us on @TheElmsMedicalPractice on Facebook & Instagram

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



Google
Reviews ★★★★★

LEAVE A REVIEW ON GOOGLE

The Elms Medical Centre is absolutely
the best surgery.

All the Doctors are so attentive and
incredibly patient. I cannot thank all the
staff at the Elms Medical Centre
enough.

They do so much behind the scenes too.



Sun Awareness Week, 11th–17th May

marks the start of a summer-long
campaign to raise awareness and provide
information around sun protection and
skin cancer – currently the most common
cancer in the UK.

The week focuses on:

Prevention – raising awareness of the
dangers of burning and excessive tanning,
and discouraging people from using
sunbeds

Early detection – teaching people how to
spot the signs of skin cancer to increase
the numbers being diagnosed early

You can find more information about Sun
Awareness week at

<https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/>

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



International Day against Homophobia, Transphobia and Biphobia, 17th May

IDAHOBIT is a global moment for collective action, awareness,
solidarity, and visibility, bringing together individuals,
organisations, and governments under a shared global theme
to raise awareness about the issues facing LGBTQIA+ people,
and to advocate for policies and laws that protect their rights.

IDAHOBIT is currently celebrated in 155 countries and
territories, including 35 where consensual same-sex acts are
illegal. Communities in different places can organise their own
initiatives while contributing to a shared global impact.

You can get involved at <https://may17.org/idahobit/>

Follow us on @TheElmsMedicalPractice on Facebook & Instagram



Dementia is the UK's biggest killer and is caused by different diseases that damage the brain. The symptoms include:

- memory loss
- confusion and needing help with daily tasks
- problems with language and understanding
- changes in behaviour

Dementia is progressive, which means symptoms get worse over time. Sometimes it is not diagnosed for a long time, but 91% of people affected by dementia say there are benefits to getting a diagnosis.

Alzheimer's Society's Dementia Action Week is an awareness campaign which brings people and organisations together to act on dementia. Everyone is encouraged to join the Forget Me Not Appeal, to wear the forget-me-not badge and share the stories that lie behind the flower badge, of lives devastated by dementia.

We can all wear the badge to raise awareness and hope for quicker diagnosis and better treatments in the future. Visit

<https://www.alzheimers.org.uk/get-involved/dementia-action-week> to find out more and get involved.

The practice is hosting a Bake Sale to raise essential funds for Dementia Friends on the 21st May. Let us know if you would like to donate to this wonderful charity or take part in a fundraising event.

Stroke Awareness Month, 1st–31st May

Stroke can happen to anyone, of any age, at any time. The faster you call 999 and get treatment, the better the chances of survival and recovery, so it's vital to know how to spot the signs of a stroke.

The FAST acronym (Face, Arms, Speech, Time) is a test to quickly identify the three most common signs of stroke:

- **Face weakness:** Can the person smile? Has their mouth or eye drooped?
- **Arm weakness:** Can the person raise both arms fully and keep them there?
- **Speech problems:** Can the person speak clearly and understand what you say? Is their speech slurred?
- **Time to call 999:** If you see any one of these signs

A stroke can change a life in seconds, leaving survivors unable to walk, speak, or live independently. Stroke Awareness Month aims to raise awareness of the devastating impact of stroke and highlights the importance of support for stroke survivors and those who care for them.

This May, Stroke Association is asking everyone to 'Make May Purple', so they can fund research and support more people affected by stroke. You can organise a 'purple event', or join their '31 Minutes in May' campaign and pledge to run, walk, dance or swim for 31 minutes a day during May. Find more fundraising ideas, resources and stroke information on their website: <https://www.stroke.org.uk/stroke-awareness-month>



May Measure Month, 1st–31st May

Raised blood pressure is the number one cause of preventable death worldwide.

- Over 10 million lives are lost each year due to high blood pressure
- Only 50% of people affected are aware their blood pressure is high

May Measurement Month is a global blood pressure screening awareness campaign, helping people to get their blood pressure checked every May, completely free, all across the world. It aims to:

- Highlight the importance of measuring your blood pressure (BP)
- Raise awareness of the dangers of elevated BP and hypertension
- Increase the numbers of adults who regularly get their BP checked
- Help people understand how this can increase your knowledge about your health
- Provide diet and lifestyle advice to those with high BP
- Improve follow-up for sufferers
- Motivate governments to improve their countries' BP screening facilities

A quick arm squeeze could save millions of lives. Join in using the hashtag

#TheBigSqueeze and find out more at

<https://www.maymeasure.org>



Mental Health Awareness Week, 11th–17th May

Mental Health Awareness Week is a great opportunity for the whole of the UK to come together to:

- Focus on getting good mental health
- Tackle stigma
- Understand and prioritise our own and others' mental health

It also makes sure that mental health stays at the centre of the public conversation, contributes to government policy changes and provides a special day for mental health charities to promote fundraising activities to support their work.

This year's theme is 'Action'.

Raising awareness is vital, but real change comes when we take action too. You can take action yourself!

See the many ways you can get involved at

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

World Fibromyalgia Awareness Day, 12th May

Fibromyalgia is a chronic illness which causes pain and fatigue. There are approximately three million sufferers across the UK, but there is very little awareness of the condition. It is a debilitating and life-altering condition, but it is very hard to reach a diagnosis, find information, or get effective treatment, as there has been very little research into it until recently.

Symptoms include:

- Un-refreshing sleep, waking tired and stiff and fatigued
- Headaches or migraines
- Pain throughout parts of the body
- Irritable bowel, leading to constipation and diarrhoea, gas and nausea
- Cognitive problems and memory impairment, sometimes known as 'fibro fog'
- Clumsiness and dizziness
- Sensitivity to weather changes, noise, bright lights and other environmental factors

The actual cause of fibromyalgia has not yet been found. Sometimes it starts with no obvious trigger, sometimes it seems to be triggered by a trauma, such as a fall or car accident, a viral infection, childbirth, an operation or an emotional event. The latest research aims to find out more about the causes and possible treatments and to support sufferers to have the best quality of life possible. Learn more at

<https://www.fibroawarenessuk.org>

