

# THE ELMS MEDICAL PRACTICE

June 2026 NEWSLETTER

## PRACTICE NEWS

The practice will be closed for staff training on **Wednesday 10<sup>th</sup> June** from 1pm and will re-open the next day at 8am.

We welcome two new members of staff to our team this month.

**Natalie Walsh** starts with us this month as our new Business support Administrator and **Melanie White** as our Medical Secretary.

**FAREWELL**..... After an incredible 25 years of dedicated service, we say a fond and heartfelt farewell to a truly valued member of our practice team.

Throughout the years, Helen has been at the heart of our practice—bringing professionalism, warmth, and unwavering commitment to both colleagues and patients alike. Her knowledge, experience, and reassuring presence have made a lasting impact on everyone who has had the pleasure of working with her. While we are sad to see her leave, we are equally excited for the next chapter ahead and wish her every happiness, relaxation, and adventure in this well-deserved new phase of life.

On behalf of everyone at the practice—past and present—thank you, Helen for your outstanding service. You will always be a cherished part of our story.

We wish you all the very best for the future.

## Blinx Paco Workshop

Mon 22 June 2026



You will need to bring your own device if attending

Join us for informative workshop outlining how to use our new online consultation system, Blinx Paco GP!

### Where?

Elms Medical Practice  
Fountains Health  
Delamere St  
Chester  
CHI 4DS

Follow us on socials to stay updated:

 @Elms Medical Practice

 @elmsmedical

### What time?

The workshop will run from 4-6pm and will be a drop-in session held in the Elms meeting room



Follow us on @TheElmsMedicalPractice on Facebook & Instagram

# Recording your Ethnicity

## Why it's important to record your ethnicity on your NHS record

We are asking all patients to ensure their ethnicity is recorded on their medical record. This information is an important part of your health record and helps the NHS provide safer, fairer care for everyone.

Recording your ethnicity helps us to:

- **Understand your individual health needs** – some conditions are more common in certain ethnic groups, and having this information helps clinicians make better decisions about screening, diagnosis and treatment.
- **Reduce health inequalities** – the NHS uses anonymised data to identify gaps in care and improve services for different communities.
- **Plan and improve services** – accurate data helps us ensure services are designed to meet the needs of all patients.

Your ethnicity information:

- Is **confidential** and held securely within your medical record
- Will **only be used to support your care and improve NHS services**
- Is **optional**, but providing it can make a positive difference to your care and to others

**What you need to do** Please take a moment to check and update your ethnicity details:

- Speak to a member of our reception team at your next visit
- Call the practice to update your record
- Use your online NHS app
- **Thank you for helping us provide better care for all patients.**

## Pride Month, 1st–30th June

Pride Month is a celebration that recognises the LGBTQ+ community, the challenges they face, and their contributions to society. Everyone is asked to stand in solidarity with their fight for equality, acceptance, and human rights. Pride Month is a joyful and colourful display of love, unity, and resilience, with events and activities that promote inclusivity, educate the public, and celebrate the diversity of sexual orientations and gender identities.

You can find out more about Pride and its history, and see a full, searchable calendar of global Pride events at <https://www.iglta.org/events/pride-calendar/>

## PATIENT FEEDBACK CORNER

Well organised and fast attention to patients

Excellent doctors and staff.

I wish I'd changed to this practice years ago.



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



Get your cervical screening result faster with the NHS App



Scan for more information on the NHS App

We will send paper letters to people who do not get their results by NHS App

## GET ON YOUR BIKE!!!

**Bike Week, 8th–14th June**

Cycling UK's Bike Week is the UK's biggest celebration of cycling and a chance to show how cycling can make everyday life better – healthier, happier and greener for people and communities across the country.

<https://www.cyclinguk.org/bikeweek>



## Did you know?

Medications including antidepressants like **Sertraline** can affect the body's response to heat.



**Prickly heat (heat rash)** is common in warm weather and happens when sweat gets trapped under the skin. It can feel uncomfortable, but it's usually harmless and clears up on its own.

**Common symptoms** include:

- Small red or raised spots on the skin 🟡🔴
- An itchy, prickly or stinging feeling 🤢⚡
- Mild swelling or irritation 💧🌟
- Often appears on the neck, chest, back or skin folds 🌿

**What can help:**

- Keep your skin cool and avoid overheating ❄️❤️
- Wear loose, breathable clothing like cotton 🌿
- Stay well hydrated 💧🌟
- Use cool compresses or showers to soothe the skin 🧊🚿

Heat rash usually improves within a few days, but if it doesn't get better or you're concerned, seek advice.

**Learn more about prickly heat and how to treat it:**

<https://www.nhs.uk/conditions/heat-rash-prickly-heat/>

**Medications can affect the body's ability to regulate temperature, especially in hot weather.** Make sure you:

- 💧 stay hydrated
- 🧊 keep cool
- 👨‍⚕️ consult a doctor or pharmacist if you have questions

Find out more on our blog post:

<https://ukhsa.blog.gov.uk/.../why-some-people-suffer.../>

# Physical Activity Guidelines for Older Adults



Staying active as you get older is one of the best ways to maintain independence, improve wellbeing and reduce the risk of conditions like heart disease and stroke. It's never too late to start, and even small amounts of movement can make a difference. 💙🧑🏻🌟

For older adults, the NHS recommends:

- Being active every day, even with light activities 🌿💙
- Aiming for around 150 minutes of moderate activity each week, such as brisk walking 🧑🏻🌟
- Doing strength exercises at least twice a week to keep muscles strong 💪🩺
- Including balance and flexibility activities to reduce the risk of falls ⚖️🌱

Activities like walking, gardening, swimming or gentle exercise classes can all help improve physical and mental wellbeing, as well as reduce loneliness and support independence.

Find out more about staying active as you get older: <https://www.nhs.uk/.../physical-activity-guidelines.../>

## Learning Disability Week, 15th–21st June

Learning Disability Week is designed to celebrate what people with a learning disability bring to society, and to share what life is like for people with a learning disability. The theme for 2026 is 'Do you see me?' and focuses on people with learning disabilities being seen, heard and valued.

Mencap campaigns all year to raise awareness, challenge the barriers that people with learning disabilities face, and champion ways for them to live life to the full. This week is a great time to get involved. You can join Mencap's 'One Big Walk' to raise funds and awareness, share your own story, or talk about the great things people with learning disabilities are doing in your community.

You can find information, videos and resources, and sign up for the walk and other events at

<https://www.mencap.org.uk/what-we-do/mencap-sho>

## **SANDS (Stillbirth and Neonatal Death Charity) Awareness Month, 1st– 30th June**

Each year in the UK, over 4,000 babies are stillborn or die within the first four weeks of life.

SANDS was founded in 1978 by bereaved parents who had experienced a lack of support after the loss of a baby, and it has grown into a leading UK charity. It provides vital services, such as a free national helpline, local support groups, and online resources for anyone affected by baby loss. It also advocates for improved maternity care and works closely with healthcare professionals to improve training and support best practices.

SANDS Awareness Month provides a dedicated time for national conversation, remembrance, and action, helping to reduce stigma and promote understanding.

There are lots of ways to get involved:

- Take part in fundraising events such as sponsored activities or community gatherings
- Share stories and resources on social media to help break the silence and spread awareness
- Wear the SANDS Awareness ribbon or other merchandise to show your support
- Attend remembrance services to honour babies who have died and support grieving families
- Donate to SANDS to help fund research, support services, and educational programmes
- Use these hashtags to help share the message on social media: #SANDSAwarenessMonth #BabylossAwareness #RememberingOurBabies #SANDSUK #BreakTheSilence #SupportSANDS

Find out more about SANDS and what you can do to support the cause at <https://www.sands.org.uk>

## **UK Windrush Day, 22nd June**

Today marks the sixth national celebration of Windrush Day and 75 years since the HMT Empire Windrush arrived at Tilbury Docks in Essex, carrying the first, mostly Caribbean, migrants to the UK, who came to help rebuild Britain after the Second World War.

This is a day to recognise and thank all those who arrived on the Empire Windrush (known as the Windrush Generation), and their descendants, for the enormous contributions they made to Britain during its recovery from the Second World War and have continued to make ever since. It's also an opportunity to reflect on the difficulties faced by the Windrush Generation, who often faced racism and intolerance due to the colour of their skin.

It also remembers that in April 2018, the Windrush Scandal broke when it was discovered that, despite living and working in the UK for decades, many of the Windrush Generation had been told by the Government that they were in the country illegally due to a lack of official paperwork.

You can find out more about the history of Windrush Day on

<https://combatstress.org.uk/blog/history-of-windrush-day>

Many Caribbean communities in the UK hold Windrush Day events to celebrate and spread awareness, search online for local celebrations.



## Diabetes Week, 8th–14th June

Diabetes is a chronic condition causing high blood sugar due to a lack of, or difficulty using insulin in the body. Type 1 diabetes is caused by an autoimmune reaction, and is often diagnosed in childhood. Type 2 is the most common, and is often driven by obesity and lifestyle choices. Symptoms include:

- Extreme thirst
- Fatigue
- Frequent urination

Diabetes is serious, but can be managed by monitoring blood glucose levels, taking medication (such as insulin injections), and maintaining a healthy diet. If it is not well managed, it can lead to severe issues like kidney failure, heart disease, stroke, and sight loss.

Diabetes Week shines a light on what it's like to live with diabetes. This Diabetes Week continues Diabetes UK's campaign to Strike Out Stigma. Stigma causes harm, because blame and judgement can stop people getting the support they deserve, and the care they need. In a recent survey,

- More than 50% said that stigma or shame sometimes made them avoid medical appointments
- More than 70% said they experience blame and judgement for their condition
- People from ethnic minority communities are more likely to experience diabetes stigma
- 60% of people said stigma impacted their own self-confidence
- 1 in 5 experience stigma in the workplace every few weeks
- Stigma is most commonly experienced close to home, from friends and family members

Find out more and get involved at <https://www.diabetes.org.uk/support-us/diabetes-week>.

## Armed Forces Day, 27th June

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community, including serving personnel, their families, veterans and cadets.

It is the culmination of a week of celebrations, beginning on Monday 22 June, when the public can show their support and appreciation, including Reserves Day (24 June), which provides the country with an opportunity to recognise our Reserve Forces.

There are many ways you can get involved as an individual, community or organisation, and you can find lots of information and resources, and an interactive map to find your local events on the Armed Forces Day website:

<https://www.armedforcesday.org.uk/about/>.

Bladder cancer is one of the most common cancers, and recognising the signs early can make a real difference to outcomes. The most common symptom is blood in your pee, even if it only happens once or is not painful, and it should always be checked by a GP.

Other symptoms to look out for include:

- Pain, burning or stinging when passing urine 💧⚠️
- Needing to pee more often or urgently 🚽🕒
- Repeated urinary infections 📺🩺
- Pain in the lower tummy or back 😊🌟
- Feeling very tired or losing weight without trying 💙

These symptoms are often caused by other conditions, but it's important not to ignore them. Getting checked early can lead to earlier diagnosis and more effective treatment.

Learn more about bladder cancer:

<https://www.nhs.uk/conditions/bladder-cancer/>

Read detailed information from Cancer Research UK:

<https://www.cancerresearchuk.org/about-cancer/bladder-cancer>

**Bladder cancer** **NHS**

Blood in your pee is the most common symptom of bladder cancer

Less common symptoms include:

- a need to pee more often
- sudden urges to pee
- a burning sensation when you pee

Contact your GP practice if you're experiencing any of these symptoms

**Childhood vaccinations** are one of the safest and most effective ways to protect children from serious diseases.

Vaccines help the immune system recognise and fight infections like measles, meningitis and whooping cough before they can cause harm. By keeping up to date with vaccinations, you are not only protecting your child but also helping protect vulnerable people in the wider community.

Without vaccination, children are at higher risk of serious illness, complications, hospitalisation and, in some cases, long-term health problems. Outbreaks of preventable diseases can spread more easily when vaccination rates drop.

Benefits of childhood vaccinations include:

- Protection against serious and potentially life-threatening diseases 🌐
- Reduced spread of infections in schools and communities 🧑🌟
- Long-term protection and peace of mind 💙🌿
- Helping protect those who cannot be vaccinated ⚠️💛

Keeping vaccinations up to date is a simple step that can make a lifelong difference. 💙🌟

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

UK Government **NHS**

**WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS**

**STAY STRONG. GET VACCINATED.**