

THE ELMS MEDICAL PRACTICE

July 2026 NEWSLETTER

PRACTICE NEWS

Welcome to our newest members of the team!!

Natalie Walsh has joined the practice as our new Business Support Administrator.

Melanie White joins the practice as our new Medical Secretary.

Welcome to the team!!

We're proud to be a **donation point for Cheshire West Food Bank** and would love your support in helping local people and families facing hardship.

Every donation, no matter how big or small, can make a real difference. By donating non-perishable food, toiletries, or other essential household items, you'll be helping Cheshire West Food Bank provide emergency support to people in our local community when they need it most.

If you would like to donate, you'll find our **Food Bank collection point by the reception desk**. Simply place your donations in the collection box during your visit to the practice.

Communities are strongest when we support one another, and together we can help ensure that no one has to face hunger alone. Thank you for your kindness and generosity in supporting **Cheshire West Food Bank** and the vital work they do for our community.



We will be
CLOSED
for Staff Training



Thursday 9th July 2026

From 1pm

We will reopen
Friday 10th July 2026 at 8am



Our branch surgery in Blacon
will also be closed during this time.



For urgent queries that
cannot wait till the next day
please contact NHS 111.



For medical
emergencies
contact 999.

Thank you for your understanding. ♥

First Digital Workshop a Great Success!

On 22nd June, the practice held its first Digital Workshop, organised by our Care Navigator, Matthew Gregory.

The session was well received by those who attended and focused on how to use our online consultation provider, Blinx PACO, helping patients feel more confident accessing our digital services.

Following the positive feedback, we are pleased to announce that more Digital Workshops will be held over the coming months. We look forward to welcoming more patients and supporting them in making the most of our online services.



Follow us on @TheElmsMedicalPractice on Facebook & Instagram

Group B Strep Support (GBSS) Awareness Month, 1st–31st July

Group B Streptococcus is a type of bacteria which can be passed on by direct physical contact, and is carried by around 1 in 4 adults, usually harmlessly and with no symptoms. But during childbirth, it can be passed to babies – and in rare cases, lead to serious complications like sepsis, pneumonia, or meningitis. On average, two babies a day in the UK develop group B Strep infection.

One baby a week dies, and another is left with life-changing disability.

However, most group B Strep infections are preventable.

With better awareness, routine testing, and timely antibiotics during labour, the risk can be significantly reduced. Because GBS can be passed on by skin-to-skin contact, everyone should wash and dry their hands properly before handling a newborn baby.

Group B Strep Awareness Month, aims to save lives by educating expectant parents and health professionals about how GBS is carried, how it can be transmitted during childbirth, and what steps can be taken to reduce the risk.

Information about GBS and getting support in the UK can be found at <https://gbss.org.uk>

South Asian Heritage Month, 1st–31st July

South Asian Heritage Month is a time for learning, reflecting on and celebrating South Asian contributions to British life. This year's theme is 'Unity in Diversity', and it invites us to explore what unites us across these differences, such as shared values, intertwined histories, and a common commitment to community and belonging, while celebrating the beauty and strength that diversity brings.

Find out more, including information about events near you, and toolkits to help you get involved at

<https://southasianheritage.org.uk/south-asian-heritage-month/about-sahm/>

Elms Voice Gets Off to a Fantastic Start!

Our very first **Elms Voice** meeting took place on **24th June**, and we were delighted with the fantastic turnout and enthusiasm from everyone who attended.

The group shared lots of great ideas about how we can improve primary care services, with a particular focus on supporting our most vulnerable patients and tackling health inequalities in our community. It was a positive and productive discussion, and we're excited to start turning these ideas into action.

Elms Voice is all about giving our patients the opportunity to have their say and help shape the future of our practice. Whether you have ideas to share, feedback to give, or simply want to get more involved in your local community, we'd love for you to join us.

Keep an eye out for details of our next meeting—we hope to see even more new faces there!



Follow us on @TheElmsMedicalPractice on Facebook & Instagram

Disability Pride Month, 1st–31st July

Disability Pride Month is an important opportunity for disabled people and allies to come together as a community to share experiences and start conversations. It's also a celebration of the creativity, resilience, and achievements of disabled people and a time for challenging the negative attitudes that hold disabled people back.

Disabled people still face unfair treatment and harmful stereotypes, and Disability Pride helps change the conversation. It's a chance to speak up, be proud, and create change.

You can join in by sharing stories and photos online, fundraising or donating, or helping to raise awareness on social media. Find out more and download fundraising resources at <https://www.scope.org.uk/disability-pride-month>



Banks and the police will **never call asking you to:**

- ✗ transfer money
- ✗ hand over bank cards, cash or other valuables to a courier sent to your home

FRAUDSTERS ARE OPERATING IN YOUR AREA

Report Fraud | **STOP! THINK FRAUD** NATIONAL CAMPAIGN AGAINST FRAUD | **Cheshire Constabulary** | Report cyber crime and fraud: reportfraud.police.uk

Hyperpigmentation/Melasma Awareness Month, 1st– 31st July

Melasma is a common, non-infectious, harmless adult skin condition where brown or greyish patches develop, usually on the face, often during the summer. It is more common in people with brown or black skin and those who tan quickly, but can occur in anyone, triggered by many factors including pregnancy, medication, or exposure to UV light. Although melasma is not harmful, and does not hurt or itch, its appearance may be upsetting, and cause low self-esteem, or prejudice. Melasma Awareness Month aims to improve knowledge of the causes, treatments and preventative steps people can take to lessen its impact.

You can find out more about melasma and discover ways you can fundraise for a variety of skin conditions on the British Skin Foundation website at

<https://www.britishskinfoundation.org.uk/conditions/melasma>



COMMUNITY HUB



Why not join us at the new ONE Chester Community hub where we will be delivering a range of groups to get support with better managing your various aspects of your life with help from our trusted partners.

No need to book just turn up on the day

Manage It Mondays

Connect to Work
Disability Employment Advice
Benefits Advice
Debt Advice
Housing Support (on hold till sept)
9-11.30

Chronically Supported
(Chronic condition support)
12-2.30

Home Instead
(Dementia and Alzheimer's Support)
3-5

Manage It Mondays

22/06/2026

27/07/2026

24/08/2026

05/10/2026

16/11/2026

14/12/2026

ST MARYS CREATIVE SPACE

ST MARYS HILL CHESTER

CH1 2DW



COMMUNITY HUB



Why not join us at the new ONE Chester Community hub where we will be delivering a range of Mental Health support and Mindfulness with help from our trusted partners.

No need to book just turn up on the day

Mindful Mondays

ND Directed
ADHD support
9.30-11

The Autism Hub
11.30-1.30

Chapter Mental
Mental Health support
2-5

Mindful Mondays

29/06/2026

03/08/2026

07/09/2026

19/10/2026

23/11/2026

ST MARYS CREATIVE SPACE

ST MARYS HILL CHESTER

CH1 2DW

UV Safety Month, 1st–31st July

July is UV Safety Month, which highlights the dangers of ultraviolet (UV) radiation, the importance of protecting yourself from UV rays and how you can stay safe in the sun.

Sunshine helps our bodies to make vitamin D, and while this is very important, the benefits of getting some sun must be balanced with the need to protect yourself from over-exposure. There is no such thing as a healthy, safe way to tan, and a tan does not protect you from UV rays.

The risks of excessive UV exposure include:

- Sunburn
- Premature ageing (such as wrinkles and age spots)
- Increased risk of skin cancer
- Eye damage (increasing the risk of cataracts and other eye conditions)

Visit <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/> to find out more about the dangers of UV light, and how to stay safe this summer.

The Long Covid Forum

A story of resilience – join us and have your say!

Thursday 28th May
6pm - 7.30pm

St Mary's
Creative Space
St Mary's Hill
Chester
CH1 2DW

Tea and coffee
will be provided.

Use of masks and
PPE is encouraged.



Book your FREE place here

www.eventbrite.co.uk/e/long-covid-forum-tickets-1988856542457

Email Support@longcovid.org for online access.



www.longcovid.org

Long Covid Support is a registered charity in England and Wales (1198938).
A company limited by guarantee.
Registered Company in England and Wales (13422248).

In-Person Peer Support Groups

For Cheshire West

Join our FREE monthly sessions, 10.15am - 11.45am
www.longcovid.org/support/support-groups

Blacon
Enterprise Centre
14 The Parade
Blacon, Chester
CH1 5HN

12th March
9th April
14th May
11th June
8th July



Refreshments will be provided.
If you have any dietary requirements,
you are welcome to bring your own.

Register your attendance here

<https://www.eventbrite.com/e/1982955272600?aff=oddtcreator>



Online access available, email Support@longcovid.org for details



www.longcovid.org

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FORCES FOOTBALL



Play football, keep active and connect through shared experiences with these social sessions open to all who have served in the Armed Forces. Whether you're an experienced player, looking to improve your fitness, or would like to volunteer and help out, come and get involved.

AGES: 16+

KING GEORGE V SPORTS HUB, BLACON, CH1 5BD

THURS
18.00 - 19.00

FREE

INTERESTED?

CONTACT US ON 01244 560580 OR EMAIL COMMUNITY@CHESTERFC.COM

JIM.GREEN@CHESTERFC.COM | ANNA.PRICE@CHESTERFC.COM
01244 560580 | 07308 477055

YOUTH CLUB

FREE TOAST
EVERY
WEEK

Pop in after school for a drink, a chat
and a bit of space after a busy day.

THURSDAY
3:30-5PM

St. Peter's Church, The Cross, Watergate
Street, Chester

- FREE DRINK ON FIRST VISIT CODE SY1
- CREATIVE SPACE
- TABLE TENNIS
- QUIET AREA TO STUDY/CHILL
- DELICIOUS CAKES £1!



@ St. Peter's Cafe

COMMUNITY CONNECTIONS DAY!

INFORMATION STALLS

With Sight Loss Line and
Cheshire West Voluntary Action



Discover the local charities, support groups, and community services available across Cheshire West

Whether you are looking for support with vision impairment, sight loss, mental health, wellbeing, or simply want to find out what help is available in Cheshire West, come visit our information stalls!

Friday 4th September 2026
Chester Market Square | 10:00am – 2:00pm

FREE – Everyone Welcome!



Vision
Support



Good Care Month, 1st–31st July

Good Care Month is an opportunity to celebrate the dedicated professionals working across the social care sector. Carers, both paid and unpaid, make a vital contribution to communities by providing support to vulnerable individuals.

It is spearheaded by adult social care organisations, local authorities, and care providers, and also aims to raise the profile of care as a rewarding and essential career path, particularly at a time when recruitment and retention in the sector are national priorities.

Everyone is encouraged to join in by doing simple things to thank carers in their local community, such as sending thank you cards, or providing a gesture such as pastries for staff tea breaks at a local care home.

#Samaritans Awareness Day 24/7 / #TalkToUs, 24th July

Samaritans is a charity that prevents suicide through the power of human connection. They connect people in crisis with trained volunteers who will always listen, and they connect people calling for change with those who need to listen. They answer a call for help every ten seconds.

Samaritans Awareness Day takes place on the 24th of July to highlight the fact that Samaritans are available to listen 24/7. It is a day to help raise awareness and funds to prevent suicide today, because tomorrow could be too late.

You can help by donating or fundraising to help keep their call centres open and staffed by highly-trained volunteers. There are lots of fundraising ideas and resources on their website, <https://www.samaritans.org/support-...your-own-fundraising/fundraising-inspiration/>.