

THE ELMS MEDICAL PRACTICE

August 2026 NEWSLETTER

PRACTICE NEWS

The Practice is closed on the 31st August'26

For the Summer Bank Holiday.



We will be CLOSED

for the Bank Holiday Monday



We will reopen
Tuesday at 8am



Order your prescriptions in time
Please remember to order your prescriptions early to ensure you have sufficient medication over the long Bank Holiday weekend.



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



For medical emergencies contact **999**.

Thank you for your understanding. ♥



Accessing dental services in the North West



If you think you need urgent dental treatment this bank holiday, **contact your regular dentist**. If you can't, or don't have one, please call:

Greater Manchester: **0333 332 3800**

Cheshire and Merseyside: **0161 476 9651**

Lancashire and South Cumbria: **0300 1234 010**



THE ELMS MEDICAL PRACTICE

2nd Floor Fountains Health, Delamere Street Chester CH1 4DS
Elms Branch Surgery - 32 The Parade, Blaenau CH1 5HN



NHS
Providing NHS services

New to Uni? Register with a GP Today!



Don't wait until you're unwell — make sure you're registered with your local GP practice.

- ✓ Access healthcare when you need it.
- ✓ Order prescriptions
- ✓ Travel Vaccinations
- ✓ Routine Immunisations
- ✓ Forms & other medical evidence reports

Register today- its quick, free and important for your health.



Telephone 01244-351000

www.elmsmedicalcentre.co.uk

You can also follow us on Instagram Facebook

111.nhs.uk



Think you need medical help?

Use 111 online to check your symptoms and get the right help.



**Use 111
online**

**Help us
help you**

Follow us on @TheElmsMedicalPractice on Facebook & Instagram

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.



Why does the receptionist need to ask what is wrong with me?

- A receptionist connects the patient with the most appropriate service for their needs
- It may be more appropriate to see a different clinician
- The GPs have asked reception staff to ask certain questions when booking to help the smooth running of our clinics.
- It is important to ensure you see the most appropriate clinician.

This can help us save a GP appointment for you when you really need it.

Thank you for your understanding.

THE ELMS MEDICAL PRACTICE



MAKE OUR DAY BY LEAVING US A
REVIEW ON



Download Our App

Download our free App for information on women's, maternity and baby's health



Download Now on
Apple and Andoid



ANDROID



APPLE

Follow us on @TheElmsMedicalPractice on Facebook & Instagram

THE ELMS MEDICAL PRACTICE

2026 Patient Survey Results

GP PATIENT SURVEY

Results from the 2026 survey

Practice details

The Elms Medical Centre

2Nd Fl, Fountains Health, Delamere Street, CH1 4DS

N81079 Practice code

386 surveys sent out

106 surveys sent back

27% completion rate

Overall experience

Good overall experience of this GP practice



Comparisons with National results or those of the ICS (Integrated Care System) are indicative only, and may not be statistically significant.

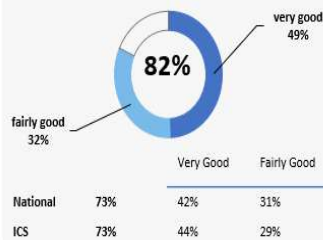
Data by Ipsos

The Elms Medical Centre



Accessing the practice

Good overall experience of contacting this GP practice



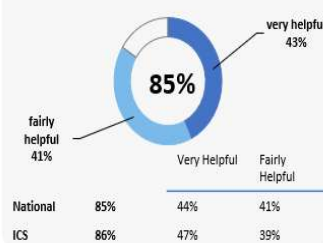
Easy to contact this GP practice on the phone



Easy to contact this GP practice using their website



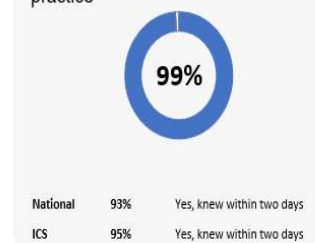
Helpfulness of reception and administrative team at this practice



Knew what the next step would be after contacting this GP practice



Knew what the next step would be within two days of contacting this GP practice



For more information about this practice, please go to: <https://Gp-Patient.Co.Uk/Patientexperience/Results?Code=N81079>



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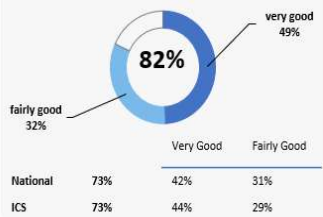
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Accessing the practice

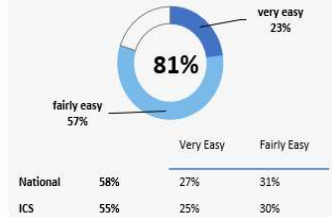
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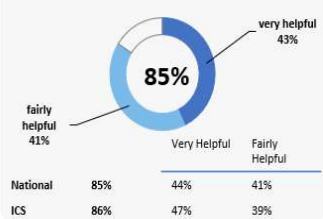
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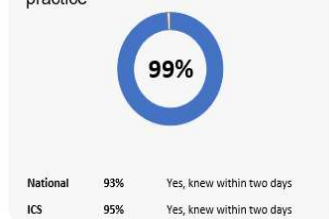
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We're proud to be a **donation point for Cheshire West Food Bank** and would love your support in helping local people and families facing hardship.

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.

3 reasons NOT to miss your appointment

1

Help other patients

If you book an appointment but do not attend, another patient will miss out.

Reduce our workload

Failure to attend or to cancel an appointment increases administrative work.

2

3

Save the NHS money

According to Government data, a GP appointment costs up to £50. Missed appointments waste money that you have invested in the NHS.

How can you help?

Here are 3 simple ways you can help us to reduce the number of wasted appointments:

1. Encourage family members and friends to attend or cancel their appointment.
2. Write down your appointment and/or add to your phone calendar. Even better, set a reminder.
3. Always cancel unwanted appointments, no matter how late in the day.

Thank you for your co-operation, support and help.



Elms
PATIENT VOICE

HAVE YOUR SAY.

SHAPE OUR SERVICES.

IMPROVE PATIENT CARE.

Your voice.
Real change.



Stronger together.
Better care for all.

WE'RE LOOKING FOR PATIENTS WHO WANT TO:

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



WHY JOIN?

Your voice helps us understand what matters most to patients. Together, we can make meaningful improvements.



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

HELP IMPROVE
PRIMARY CARE SERVICES
WITHIN OUR COMMUNITY

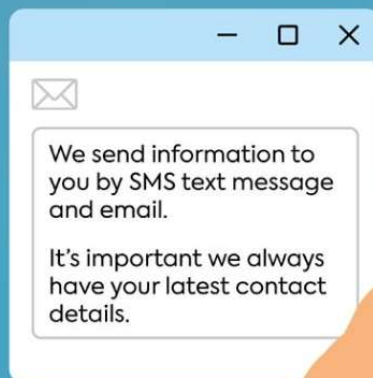
YOUR VOICE
MATTERS



Find out more and sign up today
[www.elmsmedicalcentre.co.uk/
elms-patient-voice](http://www.elmsmedicalcentre.co.uk/elms-patient-voice)



Do we have the right mobile number and email address for you?



We send information to you by SMS text message and email.

It's important we always have your latest contact details.

Make sure they're correct when you check in, or ask staff to check.

Tell us about any changes.

NHS

Water safety

When temperatures rise, water accidents are more likely to occur, with nearly half of drownings happening between May and August. If you're thinking about swimming, always follow the Water Safety Code.

- Check the area is safe and ensure you're competent to swim
- Enter the water slowly and carefully
 - Stay within reach
 - Always be supervised
- If you get into trouble, float and call for help
 - Call 999

Always remember, never use inflatables in open water – they can quickly get caught in the wind and be blown out to sea.

Have fun but be safe this summer!

<https://www.rlss.org.uk/listing/category/summer-water-safety>

<https://hmcoastguard.uk/on-the-beach>



Book your cervical screening appointment

Trans men and non-binary people aged 25-64 are eligible for cervical screening if they have a cervix.



Need urgent help for your mental health?



Call 111 and select the mental health option



Coping with stress

It's the school summer holidays and parents often find themselves managing work, noise and much more! Juggling parenting with other responsibilities can make you feel overwhelmed. It's really important to consider your own wellbeing, to prevent you feeling a little burnt out. Parental self-care is super important, yet often it's more likely to be neglected during the summer break.

Consider taking up a new physical activity, meet some friends in a park for a chat and a playdate, or find local fun days to attend. The six weeks will fly by!

<https://www.bbc.co.uk/bitesize/articles/zx64r2p>

<https://www.bacp.co.uk/news/news-fr...-can-take-the-stress-out-of-the-summer-break/>



Measles cases are on the rise in the UK.

Vaccination is vital to protect both your own children and those around you who are vulnerable. Vaccines are the most effective way to prevent many infectious diseases, and while anti-vaccine stories are often spread on social media, these may not be based on scientific evidence and could put your child at risk of a serious illness.

If people are not vaccinated, serious illnesses can spread. Measles can lead to life-threatening complications like meningitis and may even be fatal. **Book your child's vaccine today.**



Some Topics to keep an eye out for in our September newsletter

Flu and COVID vaccinations guidance and clinic details

Macmillan Cancer support-Hamper sales and coffee morning

Services that are offered in the practice