

THE ELMS MEDICAL PRACTICE

OCTOBER 2026 NEWSLETTER

PRACTICE NEWS

Here at The Elms Medical Practice, we are proud to be a teaching practice. We are currently welcoming medical students as part of their training, helping to support and develop the healthcare professionals of the future.

**Elms**
Medical Practice
CARE • PEOPLE • COMMUNITY

Healthy People. Stronger Communities.

PLEASE NOTE

We will be CLOSED for Staff Training

Investing in our team to provide the best care for you.

**THURSDAY 8**
OCTOBER 2026

Our practice will be closing at **1:00pm** on **Thursday 8th October 2026** due to staff training.

We will reopen as normal on **Friday 9th October 2026** at 8am.

Our branch surgery in Blacon will also be closed from 1:00pm on this day.

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

For medical emergencies contact **999**.

Thank you for your understanding.

SAME CARE. A BRIGHTER TOMORROW.

**The Elms**
MEDICAL PRACTICE
Caring for you, caring for our community

FLUCLINIC

STAY WELL THIS WINTER

We are now offering flu vaccinations at The Elms Medical Practice.

Helps protect you, your family and our community

Reduces the risk of serious illness from flu

Especially important for those at higher risk

Helps keep our community healthier this winter

WHO CAN HAVE FREE FLU VACCINE?

 65+	Aged 65 and over	 Living in a long-stay residential care home
	Aged 6 months to 64 years in a clinical risk group (e.g. long-term health conditions)	 A carer (including young carers) who receives Carer's Allowance, or the main carer for an older or disabled person
	Pregnant	 A close contact of someone with a weakened immune system
	Children aged 2 or 3 years (on 31 August 2026)	 Frontline health and social care staff
	School-aged children (from Reception to Year 11)	 People aged 16+ who are rough sleeping or using homeless hostels or night shelters

**Eligible patients will be invited by text, letter or during routine appointments.**
If you think you may be eligible and haven't heard from us, please contact the practice.

| www.elmsmedicalcentre.co.uk | 

Elms Patient Voice

The Elms Patient Voice meeting was held on Monday 28th September. The meeting covered updates from the previous meeting held, patient feedback, the hypertension campaign, winter vaccinations, the Practice's Zero Tolerance Policy and fundraising for new equipment for the surgery.

If this sounds like something you would like to be a part of, scan the QR code below! We look forward to meeting you!



Keep us updated

From time to time, you may receive a request from us for your email address so we can keep your records up to date. Please respond to any requests you receive from the surgery, as it helps ensure we're providing you with the right care for you.

Follow us on @TheElmsMedicalPractice on Facebook

LMC SUPPORT NETWORK

Contacted by the NHS asking you to confirm your address?

Please respond asap

If you don't respond, the NHS may remove you from our patient list which may delay any treatment or care




Understanding ADHD

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition that affects how the brain develops and functions. It isn't simply about being hyperactive — ADHD can affect attention, organisation, time management, impulsivity and emotional regulation. ADHD can affect both children and adults, and for some people the condition is not recognised or diagnosed until adulthood. ADHD also tends to run in families, with genetics playing an important role in the likelihood of developing the condition. ADHD can present differently from person to person. In women and girls, symptoms can sometimes be less obvious, particularly when difficulties with attention are more prominent than hyperactivity. Raising awareness helps to challenge misconceptions about ADHD and encourages greater understanding of the different ways the condition can affect everyday life.

You can find out more at:

<https://www.adhdawarenessmonth.org/2026>

The Elms MEDICAL PRACTICE
Caring for you, caring for our community

What We Did in September!

 Patients Registered in September 145	 Prescriptions Issued 3458	 Referrals Made to Secondary Care 241
 Lab Results Processed 889	 Appointments Booked 4099	 Count of Appointments DNA'd 229

Here for Our Community
Providing accessible, compassionate and high-quality care for you and your family.
Your health, our priority.

www.elmsmedicalcentre.co.uk



New Patient Registration GMS1 - The Elms Medical Centre
elmsmedicalcentre.co.uk

The Elms MEDICAL PRACTICE
Caring for you, caring for our community

New to Chester?

Welcome TO REGISTER AT THE ELMS MEDICAL PRACTICE

If you're a student living in Chester, you can register with The Elms Medical Practice for your GP care. We're here to support you throughout your time at university and beyond.

 EASY REGISTRATION Register online or in practice – it's quick and straightforward.	 ACCESS TO GP CARE Appointments, advice and ongoing support for all your health needs.	 PRESCRIPTIONS If you need repeat prescriptions, you can request these online or via the NHS App.	 SUPPORT WHEN YOU NEED IT From physical health to mental wellbeing, we're here to help.
---	--	---	---

Your Health Matters **REGISTER TODAY**

We support our student community with friendly, accessible and confidential GP care.

www.elmsmedicalcentre.co.uk



Follow us on @TheElmsMedicalPractice on Facebook



DID YOU KNOW

Going Sober for October is a fundraising challenge run by Macmillan Cancer Support, encouraging people to go alcohol-free during October while raising money for people living with cancer.

The UK Chief Medical Officers recommend drinking no more than 14 units of alcohol a week on a regular basis, spread across three or more days if you do drink. 14 units of alcohol is equivalent to: 6 pints of average-strength beer (4%), 1.5 bottles of wine (12%), and 14 single measures of spirits (40%).

Regularly drinking above recommended limits can increase your risk of several health conditions, including high blood pressure, liver disease, stroke and some cancers.

Although alcohol can make you feel sleepy initially, it can disrupt the quality of your sleep, leaving you feeling less rested the following day.

Cutting down on alcohol can have benefits for both physical and mental wellbeing, including sleep, energy levels and mood.

You can find out more at:

https://www.soberoctober.org.uk/?no_redirect=t



World Mental Health Day takes place every year on 10th October, encouraging conversations about mental health and raising awareness of the support available.

Around 1 in 4 people in England experience a mental health problem each year, but mental health difficulties aren't always visible.

Someone may appear to be coping well while struggling privately, which is why checking in with friends, family and those around us can make a difference.

Looking after our mental health is just as important as looking after our physical health. Regular physical activity, good-quality sleep, staying socially connected and taking time to unwind can all support our mental wellbeing.

If you are struggling, talking about how you are feeling can be an important first step. You don't need to wait until you are in crisis to ask for help or support.

Small steps can make a difference, and support is available.

You can find more information at:

<https://www.who.int/campaigns/world-mental-health-day>

Cycle to School week is held between the 5th and 9th of October.

Cycle to School Week encourages children and families to consider active ways of travelling to school while highlighting the benefits that cycling can have for both physical and mental wellbeing. Children and young people aged 5–18 should aim for an average of at least 60 minutes of physical activity each day across the week. Cycling to school can be a simple and enjoyable way to build more activity into their everyday routine. Cycling is also a great way for children to develop balance, coordination and motor skills, while building confidence and independence.



Do more with the NHS app



Have you downloaded the NHS App?

2889 of our patients are not yet registered for the NHS App

The NHS App give you a quick and convenient way to manage your healthcare from your phone or tablet. You can use it to:

- Order repeat prescriptions
- View your health record and test results
- Manage appointments
- Receive messages from the Practice
- Access NHS services and health information

Download the NHS App today and take more control of your healthcare!