

# THE ELMS MEDICAL PRACTICE

## July 2025 NEWSLETTER

### PRACTICE NEWS

In June the practice did some fundraising for the Hospice of the Good Shepherd.

The hospice is a local charity that provides compassionate care and support to people living with life-limiting illnesses, as well as to their families and loved ones. The hospice also provides specialist palliative care, emotional support and bereavement services both at the hospice and at patients own homes, helping people live as fully and comfortably as possible.

**We raised £132 to support this vital work**



The practice will be closed for staff training on **Wednesday 16<sup>th</sup> July from 1pm** and will re-open the next day at 8am.

Welcome to our new Practice Nurse Tamsin Billington and new Data Clerk William Hurley who start with us on the 1<sup>st</sup> July 2025.

### Healthy Skin, Health You: A Glowing Success!

We're thrilled to share that our recent **Healthy Skin Event** was a wonderful success, bringing together patients for an evening of education, inspiration, and self-care.

Held on **the 10<sup>th</sup> June** at the main Elms Medical Practice site, the event welcomed a full house of attendees eager to learn more about maintaining healthy skin. The evening featured engaging presentations from Dr Snowden on the different skin cancer types, their appearance and treatment but most importantly the importance of how to stay safe from the sun and the UV rays. This was followed by an interactive Q&A session.

Guests had the opportunity to receive personalised advice from Dr Snowden tailored to their skin concerns.

The response was overwhelmingly positive, with many attendees expressing appreciation for the practical information provided on the evening. One participant shared, *"this event was incredibly helpful and empowering."*

Attendees enjoyed complimentary skincare samples and refreshments.

We are so grateful to everyone who joined us and made the event so special. Thank you for helping us promote skin health and confidence in our community — we look forward to hosting more educational events in the near future!

Across England, including Cheshire and Merseyside, access to the medication is being phased and prioritised to ensure patients with the greatest clinical need can receive it.

Cohort 1 – will start in the summer of 2025 in response to the requirement of NICE to make this drug available in “Primary Care Settings”. GPs should not directly prescribe Tirzepatide for weight loss. The ICB is in the process of commissioning community/ primary care weight loss prescribing services so that GPs have somewhere to refer eligible patients in line with the NICA TA1026 and NHS England Commissioning Guidance. As soon as these are available we will update you, we are looking to implement these as soon as possible.

The eligibility set by NHS England mean access this year is only for people with at least **4 of the 5 health conditions listed below plus a BMI of at least 40 (BMI to be adjusted for ethnicity\*)**. **The following weight-related health conditions will be used to define those who are eligible first:**

type 2 diabetes mellitus

high blood pressure

heart disease

obstructive sleep apnoea (when your breathing stops and starts while you sleep)

abnormal blood fats (dyslipidaemia)

# Mounjaro

We understand the media is reporting that Mounjaro is now available under the NHS, however this is **ONLY to a limited group of patients**.

- ✓ You must be over 18, with a BMI of 40+, or 37.5+ if you're from a Black, Asian or other minority ethnic background.
- ✓ You must also have four or more weight-related health conditions, such as type II diabetes, hypertension and heart disease.

We cannot offer any weight loss drug for cosmetic or general weight loss.

➔ Please keep our lines and request forms free for those in medical need.

**Physio appointments** – did you know that we now have physio appointments available on Saturdays at the Enhanced Service Clinic, as well as Tuesday and Thursday here at the practice. You can book directly with a physio for any musculoskeletal problem without the need to see a GP first.



Alcohol Awareness Week  
7-13 July 2025

ALCOHOL CHANGE<sup>UK</sup>

Is your work causing you to drink more?

Discover ways to help you cut back. Even small changes can boost your health, mood and productivity.

alcoholchange.org.uk #AlcoholAwarenessWeek

## Alcohol Awareness Week (1st - 7th July)

Around 10 million of us are regularly drinking alcohol in ways that can harm our health. The theme for this year's Alcohol Awareness campaign is 'Alcohol and Work' to encourage conversations and awareness about the relationship between alcohol consumption and the workplace.

Some will manage work stresses by using alcohol as a way to try to cope. The reality is that drinking alcohol as a way to try to manage our stress and anxiety can worsen our symptoms and prevent us from performing well.

Realising you have a problem is the first step to getting help: <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support>

# Childhood Immunisation

If your child is due immunisations after 1st July 2025, there will be a change to the timetable as the national schedule goes through the first phase of changes; the second will follow in January 2026.

Your baby will no longer receive the Hib/MenC vaccine at their one-year appointment

The second dose of MenB will be brought forward to 12 weeks

The first dose of PCV13 will be moved to 16 weeks

Find the full schedule here: <https://www.gov.uk/government/publications/routine-childhood-immunisation-schedule>

If you'd like more information, please speak to the Practice Nurse or your Health Visitor.

A poster for "SUMMER FITNESS FOR THE WHOLE FAMILY" at King George V Sports Hub. It features photos of families participating in various activities. The text includes: "CHESTER FOOTBALL CLUB COMMUNITY TRUST", "SUMMER FITNESS FOR THE WHOLE FAMILY", "King George V Sports Hub", "£5 per adult", and "Children attend for FREE but must be accompanied by a parent/guardian. Booking is required". Below this is a table of activities for five weeks.

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
<b>Circuits</b> Tues 29th July 11am - 11:45am	<b>Circuits</b> Tues 5th August 11am - 11:45am	<b>Firm &amp; Burn</b> Tues 12th August 10:30am - 11am	<b>Circuits</b> Tues 19th August 10:30am - 11:15am	<b>Zumba</b> Thur 28th August 3pm - 3:30pm
<b>Wellbeing Walk</b> Thurs 31st July 10am - 11am	<b>Wellbeing Walk</b> Thurs 7th August 10am - 11am	<b>Wellbeing Walk</b> Thurs 14th August 10am - 11am	<b>Wellbeing Walk</b> Thurs 21st August 10am - 11am	
	<b>Firm &amp; Burn</b> Thurs 7th August 1:30pm - 2pm	<b>Zumba</b> Thurs 14th August 3:30pm - 4pm		

The **MenACWY vaccine** helps protect against life-threatening illnesses like meningitis and sepsis. It's offered to teenagers in school but can be given up to the age of 25 if it's been missed.

If you have missed getting this vaccine, please call us to book in with the practice nurses.



DID YOU KNOW ..... you can view your test results in the NHS App?

You can see recent test results that have been added to your online GP health record, without having to phone your GP practice.

Find out more: [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)



### Talking Therapies

Talking Therapies services are for adults and older people, with mild, moderate-to severe symptoms of anxiety or depression. Find out more on our [dedicated Talking Therapies website](#).

### Café 71 Crisis Café

Open from 10:00am until 10.00pm, Cafe 71 provides a safe space for people struggling with emotional distress who consider themselves to be in a self-defined crisis. It offers a welcoming environment for people to connect with others who are experiencing similar problems. [Find out more](#).

[Need urgent help? :: Cheshire and Wirral Partnership NHS Foundation Trust](#)



### UV Safety Month (1st - 31st July)

The sun is at its strongest between 11am and 3pm from March to October. While you might like to sit out, it's important to consider your health.

Ultraviolet rays can damage our skin and eyes, and while it's great to be outdoors, consider reducing your exposure to UV with these tips:

Wear sunglasses with UVA and UVB protection

Wear protective clothing (e.g., a sun-safe, long-sleeve top)

Use SPF30 or higher

You can read additional sun safety information here:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

## Some of what the practice did in June

Appointments booked = 3449

Online consultations (PATCHS) =  
615

Smears appointments = 37

Prescriptions issued = 3531

Lab results processed = 858

Shingles vaccine given = 32

## Appointments not attended

There were 142 appointments that were not attended and not cancelled on time in June.

That is approximately one full week of GP appointments that were wasted!



**BE  
SCHOOL  
READY**

**Starting school,  
but struggling  
with toilet training?**

Read our toilet training guidance  
for tips and expert advice

[parentkind.org/be-school-ready](https://parentkind.org/be-school-ready)

**Parentkind**

If you're worried that your child is not toilet trained yet, or struggling with the process, you can find tips and expert advice on the Be School Ready hub. Read it now:

<https://bit.ly/bsr2025>



## Going away this summer and on regular medication?

Please remember to order enough of your medication, at least five days in advance of your holiday. Running out of regular medication where you're unable to source more could cause serious side effects, and could make you very unwell.

Remember if you're going aboard to keep your meds in their original containers with all their labels. Enjoy your holiday; request your medication early!

## South Asian Heritage Month (18th July - 17th August)

South Asian Heritage Month celebrates people with roots in the South Asian countries of India, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Nepal, Bhutan and the Maldives.

The 2025 theme is 'Roots to Routes', embracing each individual's unique story shaped by their roots and the routes travelled to get to where they are today.



## 'Amazon-style' prescription tracking goes live in NHS App for millions of patients

Millions of patients can now track their prescriptions thanks to the rollout of a new feature in the **NHS App** helping to reduce unnecessary calls and visits to pharmacies.

NHS England today announced that nearly 1,500 high street chemists – including every Boots in England – are now offering the service, which enables patients to check on their prescriptions through real-time “Amazon-style” updates.

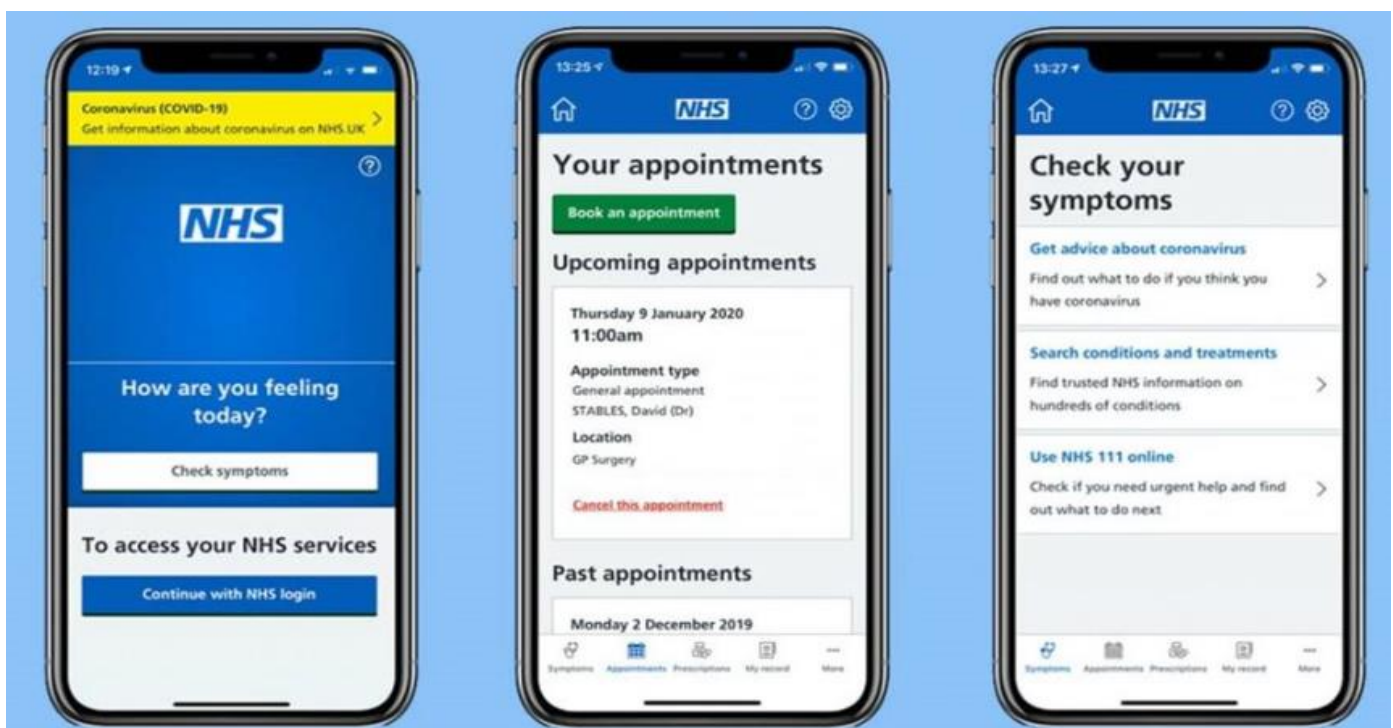
Almost half (45%) of phone calls to community pharmacies are estimated to be from patients asking if their prescription is ready, with the new service helping to free up time for pharmacists to provide advice to patients.

Instead of phoning up, patients can instead track their prescriptions by logging in to the app to see if their medicines are “ready to collect” or “dispatched by pharmacy” if they are being delivered.

The service is expected to be made available to nearly 5,000 more pharmacies over the next 12 months – covering 60% of those in England.

NHS App users are also being encouraged to use the app during the bank holiday weekend to order repeat prescriptions or check medical advice.

For non-urgent medical help, people can contact NHS 111 and those in life-threatening emergencies should call 999.





### Do you know what Group B Strep is?

It's vital for every expectant parent to know about Group B Strep.

Group B Strep (GBS) is a common type of bacteria that can cause serious infections in newborns, but with the right awareness and care, it's usually preventable.

Raising awareness could help to save a life. Learn more here: <https://gbss.org.uk/info-support/about-group-b-strep/>

— INTERNATIONAL —  
**GROUP B  
STREP**  
AWARENESS  
**MONTH**  
— JULY —



### Samaritans Awareness Day (24th July)

On Samaritans Awareness Day, remember you're never alone. Whether you're struggling or supporting someone who is, help is always just a call away. Let's break the stigma around mental health and start real conversations.

Samaritans are available 24/7; whenever you need them, someone will listen. You can call or message day or night. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)



### Good Care Month (1st - 31st July)

Life as a carer can be complex, with challenges faced on a daily basis. Supporting carers ensures that the people they care for can stay at home where possible. It's really important, if you're a carer, that you let us know so we can care for you while you care for others.

Good Care Month spans the whole of July and aims to not only celebrate healthcare workers from the social sector, but to acknowledge their hard work, as well as those who care for people in their homes and communities.

Find out more about support here:

<https://www.carersuk.org/>

**July is  
Good Care  
Month**



Scan me!

Scan this code and make our day by leaving us a

**Google Review!!**

We thrive on feedback and use it to ensure we continue to provide the best care to our patients. 😊

### International Day of Friendship (30th July)

Celebrate the International Day of Friendship and the people around us who bring joy, laughter and strength into our lives – our friends!

Remember to let those around you know how much they mean to you. It can bring a smile to their face on this **#InternationalDayOfFriendship**