

THE ELMS MEDICAL PRACTICE

November 2025 NEWSLETTER

PRACTICE NEWS

The surgery will be closed for staff training on **Tuesday 4th November from 1pm** and will re-open at 8am the next day.

For urgent medical assistance that cannot wait till we re-open please contact NHS111

Pharmacies can now give help, advice and medication for urinary tract infections (UTIs or "water infections") if you're aged between 16 and 64.

 Pharmacy First



YOU DON'T HAVE TO BE BEACH READY TO BE SMEAR READY

Professional nurses will put you at ease and won't care what you look like either.

The NHS Cervical Screening Programme saves an estimated 5000 lives every year.

THIS QUICK APPOINTMENT COULD SAVE YOUR LIFE.



THE ELMS MEDICAL PRACTICE

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



Providing NHS services



New to Uni? Register with a GP Today!



Your health matters



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](#)

Stay safe on Bonfire Night

Never touch fireworks



Stand well back from the bonfire



Never go near a firework after it has been lit



Only one sparkler at a time



Wear gloves when holding a sparkler



Keep pets indoors



11 - 19 years old?
One text can
make a difference...
07312 263260

 ChatHealth



www.startingwell.org.uk/chat-health

Chester & Rural Duty Team
Our duty team is available:
Monday to Friday
9.00am - 5.00pm
01244 397412
Please do not hesitate to contact us if you
need advice and support.
www.startingwell.org.uk/contacts

We can discuss anything e.g.

Exam Stress Self Harm Physical Health Emotional Health LGBTQ+ Changing Schools
Family Worries Low Mood Growing Up Worries Diet and Exercise Healthy Relationships
College Life Anxiety Body Image / Body Confidence Social Media Bullying Immunisations

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first.
Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules.
We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text.
Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).
Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

What do I need help with?		Where can I go for help?
- Minor cuts and grazes - Minor bruises	- Minor sprains - Coughs and colds	Self Care 
- Minor illnesses - Headaches	- Stomach upsets - Bites and stings	Pharmacy 
- Feeling unwell? - Unsure?	- Anxious? - Need help?	NHS 111 
- Persistent symptoms - Long term conditions	- Chronic pain - New prescriptions	GP Advice 
- Breaks and sprains - X-rays	- Cuts and grazes - Fever and rashes	Urgent Treatment Centre 
- Choking - Chest pain	- Blacking out - Serious blood loss - Stroke	A&E or 999 

Who is eligible
for the COVID-19 and free flu
vaccines this autumn?

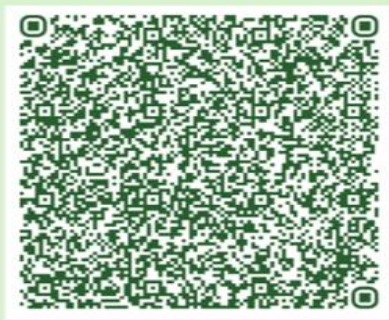
COVID-19 vaccine:

- ✓ residents in a **care home** for older adults
- ✓ all adults aged **75 years and over**
- ✓ persons aged 6 months and over who are **immunosuppressed**

Flu vaccine:

- ✓ all adults aged **65 or over**
- ✓ individuals (18-65) with certain **long-term health conditions**
- ✓ anyone who is **pregnant**
- ✓ people living in a **care home**
- ✓ those **living with someone** who has a **weakened immune system**
- ✓ **carers** in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- ✓ **frontline health and social care worker**
- ✓ **children** aged 2-3 years, school-age children (reception to year 11) and those at clinical risk

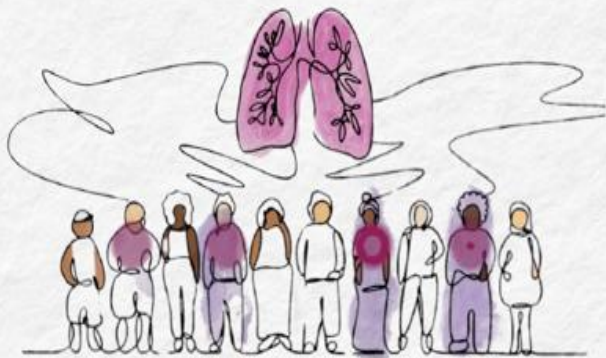
THE ELMS MEDICAL PRACTICE



MAKE OUR DAY BY LEAVING US A
REVIEW ON



Lung conditions can
affect anyone, but people on
probation can have worse
health outcomes than others



ARE YOU LOOKING AFTER YOUR LUNGS?

Find out more
about being on
probation and
good lung
health



Find out more
about lung health
on the NHS
website



www.nhs.uk



DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET
THIRSTY
TIRED
THINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

© Diabetes UK 2022. Product code: 102035EINT

Diarrhoea and vomiting is unpleasant for everyone. If you come down with a case, here is what you can do to reduce the spread. 🤢👤

nhs.uk/symptoms/diarrhoea-and-vomiting/



Vomiting and diarrhoea?



Stay
hydrated



Take
paracetamol
if needed



Prevent
spread



Stay at home
until 2 days after
symptoms stop

There's no specific cure for stomach bugs like **norovirus**. Treat yourself at home while the virus runs its course.

⚠️ Vulnerability may arise from various factors including

- ✓ Long-term health issues e.g. disability, addiction, cognitive or mental health conditions
- ✓ Major life events such as bereavement, job loss, or divorce
- ✓ Low resilience causing difficulty coping with financial or emotional shocks
- ✓ Capability challenges like poor literacy or digital skills, low confidence, and language barriers
- ✓ Circumstantial factors including low income, debt, caring responsibilities
- ✓ Age-related challenges like ill health, unfamiliarity with technology or a lack of life experience.

🔴 Vulnerability increases the risk of scams and fraud 🔴

To learn more visit <https://cwac.co/cB9cv>

There are many types of vulnerability in the UK

9.8 million people are living with a disability

1 in 6 adults have experienced depression or anxiety in the last week

1 in 7 adults consider themselves neurodiverse

Vulnerability can make you more susceptible to scams



#NoBlameNoShame

NATIONAL
TRADING
STANDARDS
Scams Team

UK Health Security Agency

Help stop infections from spreading

- Stay at home if you feel unwell
- Wash your hands regularly
- Catch coughs and sneezes in a tissue
- Open a window when meeting others indoors
- Consider wearing a mask if you need to go out

6 ways to keep someone with dementia safe and warm in winter



Set the thermostat and use timers



Join the Priority Services Register for extra support



Call our Dementia Support Line for info on grants



Have your boiler serviced before cold weather hits



Fit & test carbon monoxide alarms regularly



Close curtains at dusk and use draught excluders

DID YOU KNOW Online scams are becoming increasingly common, but you can protect yourself by knowing how to set up strong passwords 🖥️

Read some top tips for staying secure online <https://bit.ly/4n5S6Tt>

Falls aren't a normal part of aging — but taking lots of medications at the same time can increase your risk. Side effects from medicines may affect your balance.

Make sure you go to your health checks and medication reviews when invited, and if you have any questions, ask our clinical pharmacist.



Are you aged 15 to 24?

Chlamydia screening now available!

Speak to your GP or ask at reception for more information.

What is the criteria?

The national chlamydia screening programme is for females, including trans-female.

How does it work?

Your GP will provide you with a discreet testing kit. You can do the test at home.

Not meet the criteria?

Contact the Sexual Health Hub for more information.

The Sexual Health Hub will contact you within 10 days with your results.

For more information, scan the QR code to visit The Sexual Health Hub



For mental health and wellbeing support tailored to you, visit the **Kind to Your Mind** website. Built exclusively to support people living and working in Cheshire and Merseyside with a range of services and resources on offer.

Visit kindtoyourmind.org



Repeat prescriptions? ☒

Thank you for only ordering what you need

If you have enough medicine at home, there's no need to order now – **you can request more in future.**



Stay Well



Stay Safe



Stay Green



Stay Organised

Speak to your pharmacist if you have any questions.
You're making a big difference to your health and community.

Only order what you need.

Scan to find out more information



cheshireandmerseyside.nhs.uk/medicines-waste

RETURN YOUR USED INHALERS TO A PHARMACY TO HELP REDUCE YOUR CARBON FOOTPRINT



The propellants used in **some inhalers** are powerful greenhouse gases that contribute to **climate change**. Even after an inhaler is finished it still contains these environmentally damaging gases.

(Please be assured these gases are not harmful to you when you use your inhaler)

Return **all** used inhalers to your local pharmacy for **safe disposal** – Returned inhalers will be incinerated which will destroy the greenhouse gases and prevent inhaler plastics going to landfill



Don't throw used inhalers into your household waste or recycling bins! Landfill disposal of inhalers is harmful to the environment due to left over gases being released into the atmosphere. Plastics from inhalers cannot be recycled using domestic recycling schemes

Make each puff count! – Only order your inhaler when required to reduce waste

If you have concerns about the environmental impact of your inhaler, make an appointment with your GP practice - **don't stop using your inhaler!**

NHS 24 Online

Virtual assistance and information on your nearest health services



Got a health issue that can't wait? The NHS 24 Online app is the fastest way to find out what to do and who can help. NHS 24 Online is available for free at:

www.nhs24.info/app-apple

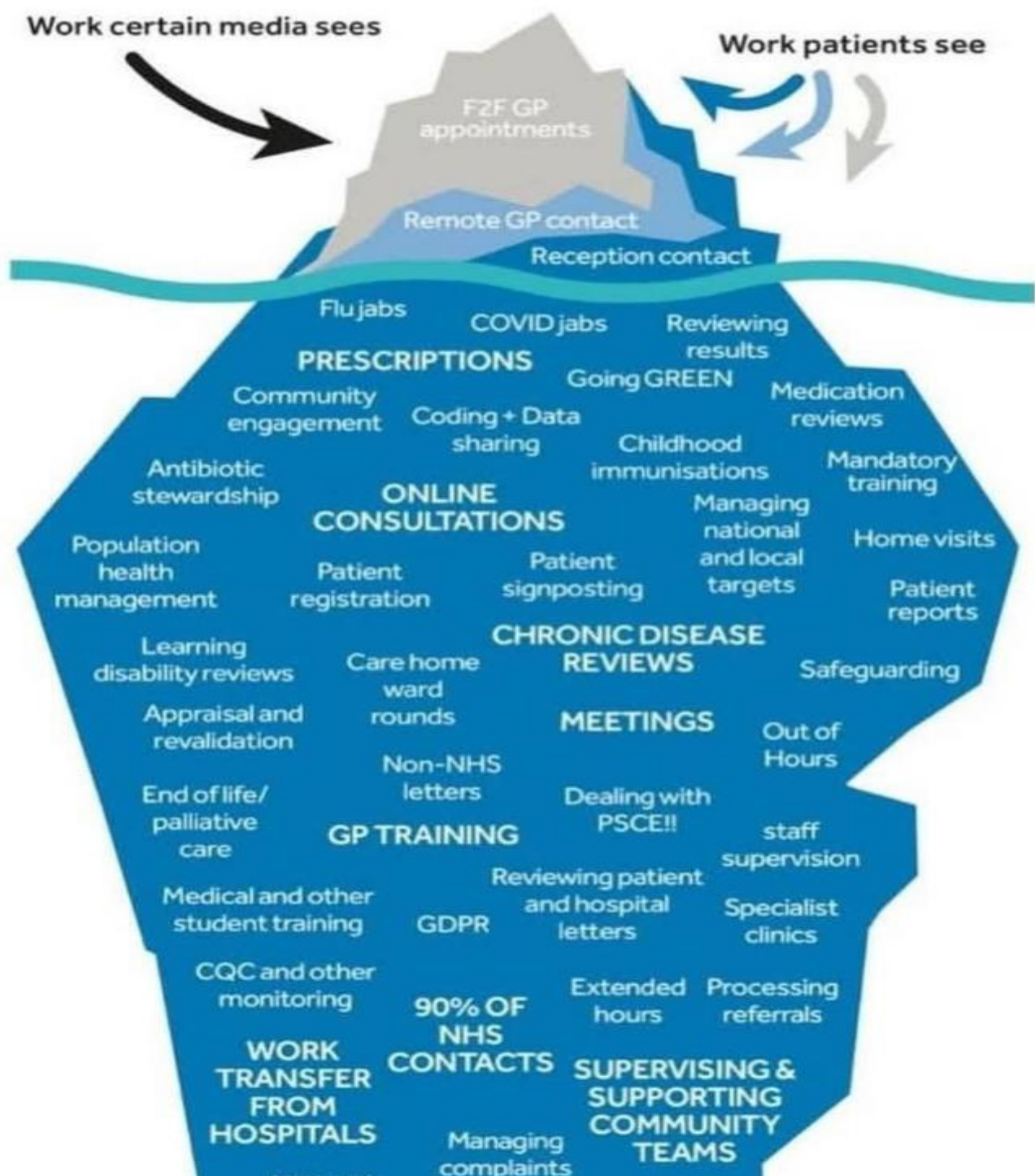
www.nhs24.info/app-android

There's more to General Practice than meets the eye!

When you think of your GP surgery, you might picture face-to-face appointments, phone calls, or repeat prescriptions — but that's just the tip of the iceberg.

Beneath the surface, our team work hard every day on a huge range of tasks you might never see — from coordinating care with hospitals, managing chronic conditions, safeguarding patients, training future doctors, and much more.

Every part of this “hidden work” is essential to keeping our community healthy, safe, and supported.



Do more with the NHS App!



-  Order repeat prescriptions
 -  Book appointments
 -  View your records
- And much more...

NHS
App

ENERGY PROJECTS PLUS
towards a sustainable future

Is the cold in your home putting your health at risk?



NHS
Cheshire and Merseyside

Our free Save Energy Advice Line offers impartial, expert advice to help you stay healthy and warm in your home.



Heating repairs or upgrades



Help with heating controls



Tips to stay warm at home and reduce energy bills



Energy and water bill advice



Tackling damp and mould

GET IN TOUCH:

Call FREE on:
0800 043 0151

Ready to Get Support?

Scan the QR code to refer yourself!



Website: epplus.org.uk
Email: advice@epplus.org

X @EP_Plus

f @Energy.Projects.Plus

@energyprojectsplus

Energy Projects Plus is a registered charity No. 10540131



**DON'T
TAKE THE
RISK THIS
SEASON**
GET THE FLU VACCINE

NHS

**Get protected -
get your free NHS
flu vaccine if you
are eligible**