

# THE ELMS MEDICAL PRACTICE

## August 2023 NEWS

We want to wish Dr Rosie Clarke and Dr Andrew Kelly the best of luck in their GP careers as they finish their GP training here at the practice this month.

## Weekly wellbeing walks

Chester

- **Blacon**, Tuesday 10am
- **Grosvenor Park Strollers**, Tuesday 11am
- **Lache**, Wednesday 10am
- **Newton**, Thursday 10am
- **Countess of Chester Country Park**, Friday 1pm

Free

All welcome

Find out more:

- Visit <http://cheshirewestandchester.gov.uk/walks>
- Contact [healthranger@cheshirewestandchester.gov.uk](mailto:healthranger@cheshirewestandchester.gov.uk)



Cheshire

**SIGHT LOSS  
INFORMATION  
LINE**  
**01244 478910**

A National Lottery Funded Project  
in Partnership with NHS England,  
Cheshire West and Chester,  
Cheshire East Council,  
Vision Support and  
East Cheshire Eye Society.



## Long COVID?



People like you are seeking help



Speak  
Out!



Support  
available!



Seek  
Professional  
Help!

Coronavirus (COVID-19) can cause symptoms that can last weeks or months after the infection has gone.

This is known as Long COVID and it does not always go away. Assessment and treatment services are available across the North West Region. If you are still not feeling right 4 weeks after COVID infection, it is important that you seek help if you feel you need it.

If you think you have Long COVID, need advice with managing symptoms or feel you would benefit from a referral to a North West Long COVID Clinic, please scan this QR code or visit the websites below.

### Common Long COVID symptoms:

- Fatigue
- Brain Fog
- Breathlessness
- Cough
- Headache
- Joint or muscle aches
- Palpitations
- Taste or smell changes
- Dizziness
- Mood changes





**NHS**  
 Countess of  
 Chester Hospital  
 NHS Foundation Trust

## Post Pregnancy Physiotherapy Class

You are invited to attend a baby friendly advice and exercise session to assist in your postnatal rehabilitation.

The class will cover early postnatal exercise, pelvic floor education and advice on safe return to activity and exercise.

- Booking in advance is required.
- Please wear clothing and footwear that is suitable for gentle exercise.
- You may bring your new baby.



**Booking:**  
 Therapy Services  
 01244 365234

**Venue:**  
 Ellesmere Port Sports Village

**Day:**  
 Tuesday

**Time:**  
 1:30-2:45pm

## More Appointments

Later appointments are now available to book from:

**Monday to Friday**  
 6:30pm - 8:00pm

Appointments are now also available:

**Saturday**  
 9:00am to 5:00pm

Contact us on 01244351000 to book a later appointment or one on the weekend.

## Patient Feedback Corner

Patient Access is brilliant!!!

I love the patient access facility at the practice. I manage my repeat prescriptions online and find the system easy and efficient to use.

## What is NHS Healthy Start?

The scheme helps young families and those who are pregnant to access healthy food, milk and vitamins.

Eligibility for the scheme also depends on the benefit the person receives and what their income is.

Beneficiaries will get:

- **£4.25** each week of their pregnancy (from the 10th week of pregnancy)
- **£8.50** each week for children from birth to one year old
- **£4.25** each week for children between one and four years old

The payments will stop on the child's 4th birthday or if they no longer receive the qualifying benefits.



### NHS Healthy Start beneficiaries can buy:

- **plain liquid cow's milk**, including long-life, pasteurised or ultra heat treated (UHT) varieties of milk. This does not include milk which has had chemicals, vitamins, flavours or colours added or removed.
- **fresh, frozen and tinned fruit and vegetables**, including loose, pre-packed, whole, sliced, chopped or mixed fruit or vegetables, fruit in fruit juice, or fruit or vegetables in water, but not those to which fat, salt, sugar or flavouring have been added
- **cow's milk-based infant formula milk**. This must be labelled as suitable for use from birth and satisfy, by itself, an infant's nutritional needs
- **fresh, dried and tinned pulses**, including but not limited to lentils, beans, peas and chickpeas but not those to which fat, salt, sugar or flavouring have been added

### Beneficiaries of the scheme can also collect the following free Healthy Start vitamins from their local distributors:

- Women's vitamins for those who are pregnant or have a child up to one year old
- Children's vitamin drops for children up to four years old.