

THE ELMS MEDICAL PRACTICE

February 2024 NEWS

The practice will be closed for staff training on the 14th of February 2024 from 1pm-6:30pm

10 MINUTE GP APPOINTMENTS



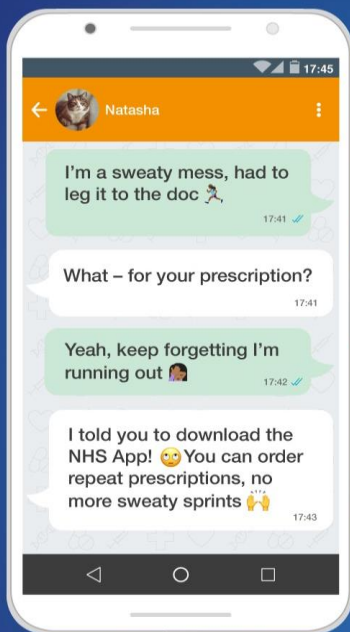
One Appointment
One Problem
One Patient

Its tempting to bring a list of unrelated problems but consider what is achievable in 10 minutes.



We are updating our current telephony service on the **8th of February**. We apologise in advance if there is some disruption while the new system is being installed. We are working very hard to make sure that there is little to no disruption to our patients while this happens.

Thank you for your patience.



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For more information see the link below.

[NHS App and your NHS account - NHS \(www.nhs.uk\)](http://www.nhs.uk)

MMR Vaccination- There is a national campaign to offer unvaccinated 1–25-year-olds the MMR vaccine, which protects against measles, Mumps and Rubella.

We will be contacting parents of children who have not had their vaccine.

NHS England will also be texting parents of children from 6 year and adults up to 25 years of age, who have not had their MMR vaccine to book with their GP practice to have the vaccine.

What the practice did in January

One Practice /One Month

Appointments available = 4449

Physio appointments = 165

Number of referrals = 136

The number of online consultations (PATCHS) = 136

Number of prescriptions issued = 3511

Number of cervical smears the practice nurses did = 147

Shingles vaccines given= 36

Op**COURAGE**

NHS

The Veterans Mental Health and Wellbeing Service

Mental health support for veterans

A specialist service for ex-armed forces veterans and service personnel who are approaching discharge, to support and recognise the early signs of mental health problems

Tel: 0300 373 33 32

Email: opcourageNORTH@cntw.nhs.uk

Scan:



North of England Team

Service provide
Cumbria, Northumberland Tyne and Wear NHS Foundation Trust
Tees, Esk and Wear Valleys NHS Foundation Trust
Pennine Care NHS Foundation Trust
Leeds and York NHS Partnership Foundation Trust
Humber Teaching NHS Foundation Trust
Walking With The Wounded
Combat Stress

Patient Feedback Corner

The new Blacon surgery is marvellous. The staff are all very helpful, want to say thank you to Erin who has been veery kind and professional.

ANP is great & a credit to the practice!!

Compliments to the reception team as we are always greeted with a smile!

Helpful and polite admin team on the desk and on the phone. All the nurses and doctors have been friendly and professional. Haven't struggled with getting an appointment and the patchs online consult they offer is very useful!



Our first "Women's Health" Evening was held on the 29th Jan'24 where we shared experiences, concerns and had queries regarding menopause answered by Dr Hughes.



Time to Talk Day is a vital initiative focused on encouraging open conversations about mental health. Observed on [February 1st](#) each year, this day aims to reduce the stigma surrounding mental health issues and promote understanding and empathy.

[Start a Conversation](#)

[Share Your Story](#)

[About - Time To Talk Day](#)

NEW CLASS

CHAIR BASED EXERCISE

Free to attend

Join us and embrace a healthier lifestyle from the comfort of your chair.

Mondays 13:30pm-14:15pm
Matthew Henry Evangelical Church, Blacon

- Improve strength and mobility
- Safe & Gentle: Exercises designed to reduce risk and promote well-being.
- Boost mood and mental wellbeing
- Meet new people



Join Now!

All sessions are free to access, to book or for more details contact info@healthboxcic.com
0151 355 0205

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NEW CLASS

CHAIR BASED EXERCISE

Free to attend

Join us and embrace a healthier lifestyle from the comfort of your chair.

Thursdays 13:45pm-14:30pm
King George V Sports Hub, Blacon

- Improve strength and mobility
- Safe & Gentle: Exercises designed to reduce risk and promote well-being.
- Boost mood and mental wellbeing
- Meet new people



Join Now!

All sessions are free to access, to book or for more details contact info@healthboxcic.com
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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.

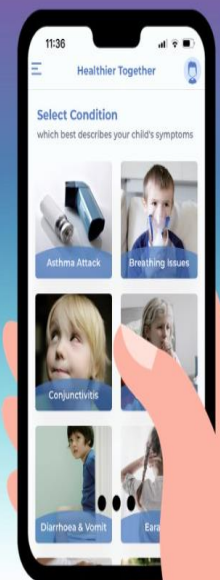
This can help us save a GP appointment for you when you really need it.

Thank you for your understanding.

NHS

Instant health advice to help care for your little ones this winter

Download the Healthier Together app or visit: what0-18.nhs.uk



Healthier Together