

# THE ELMS MEDICAL PRACTICE

## June 2023 NEWS

The practice will be closed on Thursday 22<sup>nd</sup> June from 1pm-5pm, for staff training.

Huge congratulations to Dr Lizzie Harding who got married on the 6<sup>th</sup> May 2023- we all wish them well as they embark on this next chapter of life



## BLACON CLINIC

### **We have some exciting news!!!**

Our branch surgery in Blacon is re-opening on the  
**14<sup>th</sup> June 2023**

in brand-new purpose-built premises on the parade.

We are really pleased to be back and have a presence in Blacon like we have done for many years providing excellent patient care and services.

We look forward to welcoming our patients in our new Blacon branch clinic!

**NHS 75**

Since the measles vaccine was introduced in 1968

**20 million infections**

have been avoided and 4,500 lives have been saved.



Armed Forces veteran friendly accredited GP practice

**We are an Armed Forces veteran friendly accredited GP practice.**

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

## Carers Week

**5<sup>th</sup> June – 11<sup>th</sup> June**

Do you look after a friend or relative?

- getting their shopping
- doing their paperwork
- providing emotional support
- going to appointments with them
- picking up their prescriptions

Please join the practice in the national campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise contribution they make to families and communities throughout the UK. Pop in to have a chat with the Cheshire and Warrington Carers Trust representative to find out more about what services are available to you in our area

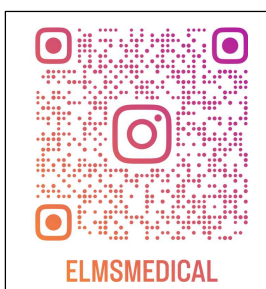
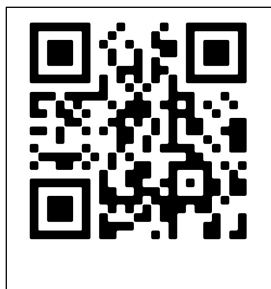
[Home - Cheshire West Carer Support](#)

**Come along and chat with Cheshire and Warrington Carers Trust staff who will be at.**

**FOUNTAINS MEDICAL BUILDING  
6<sup>TH</sup> JUNE, 9:00 – 12:00**

## #FOLLOW US

On social channels below for latest news and health updates



## Shingles vaccination

Who's eligible?

Aged  
**70-79** years?

Everyone aged between 70 and 79 years is eligible for the shingles vaccine up to 79 years of age.

Protect yourself from the pain of shingles – speak to your GP surgery about having your vaccine today!

immunisation



## Tips if you're feeling overwhelmed

shout  
85258

- What are 5 things you can see?**  
Look for small details such as patterns, objects you've never noticed, or the way light bounces off surfaces.
- What are 4 things you can feel?**  
Notice how your clothes feel on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture and other physical qualities.
- What are 3 things you can hear?**  
Listen to the sounds your mind has tuned out, such as a ticking clock, trees blowing in the wind or distant traffic.
- What are 2 things you can smell?**  
These could be smells in the air around you, or you could look for something that has a scent, such as a flower or a candle.
- What is 1 thing you can taste?**  
Pop some chewing gum or a snack in your mouth and focus your attention closely on the flavours and textures.

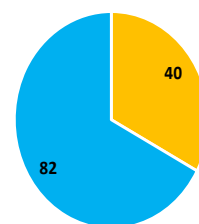
## WOMENS CONTRACEPTION CLINICS

Do you know the Elms have the following clinics

Implant clinics  
Coil Clinics

## DNAs for May

DNA'd Appointments



GP Nurse

# patches

Have you registered on PATCHS as yet?

<https://www.elmsmedicalcentre.co.uk>

PATCHS is a new easy way to contact the surgery online. All you have to do is register once then you can submit a request for yourself or on behalf of someone you care for.