

# THE ELMS MEDICAL PRACTICE

## November 2023 NEWS

The practice will be closed for staff training on **Wednesday the 15<sup>th</sup> of November from 1pm-6:30pm.**

We would like to welcome **Gemma Jones** our new **Health care assistant** to the team!

Cheshire & Wirral Partnership NHS Foundation Trust have launched a brand-new **Talking Therapies** website.

You can self-refer to the service and there is no need to see the GP first.

You can visit the website and complete the self-referral form or give them a ring on **0151 488 8348** between 9am and 5pm Monday to Friday. After giving a brief description of your problem, a mental health nurse will review the referral and an appointment will be sent to you within a few days.

[www.talkingtherapies.cwp.nhs.uk](http://www.talkingtherapies.cwp.nhs.uk)



West and Central Cheshire  
Talking Therapies

## Men's health awareness month

November is our time to unite. To take on mental health, suicide, prostate cancer, and testicular cancer.

Get support and more information:

<https://uk.movember.com/mens-health/get-support>



## What the practice did in October....

One Practice /One Month

Number of new registrations = 72

The number of online consultations (PATCHS) = 192

Number of prescriptions issued = 2595

Number of referrals made = 46

Number of urgent 2-week referrals we made = 24

Number of cervical smears the practice nurses did = 56

Number of blood tests taken = 568

## FLU VACCINATIONS

The practice administered **1373** flu vaccines to our patients in September 2023

## MenACWY vaccination

"Fresher" students going to university for the first time should make sure that they've had the MenACWY vaccination to prevent meningitis and septicaemia, which can be deadly.

If you have missed the routine programme in school years 9 and 10 then contact the surgery to book an appointment with our practice nurse for the vaccine.

UK Health Security Agency

MENINGITIS

**Around 1 in 8 new students are unprotected against 4 deadly types of meningitis**



**13% of new students** missed their free MenACWY vaccine in school and remain unprotected

## Patient Feedback Corner

I saw a nurse yesterday to check me for my pill. My appointment was at 1.20pm. I don't know the nurses name, but she was so lovely. Just a really helpful person who cared. What a great asset you have.

Actually, I find the customer service from everyone great in the Elms, but it really felt like she cared about my wellbeing. Please tell her I appreciate how lovely she was, it can make all the difference to someone's day.

What a nice lady!

## COVID AUTUMN BOOSTERS

We are pleased to say that we vaccinated 750 elderly and immunosuppressed patients over 5 clinics in October.

UK Health Security Agency

Norovirus

If you catch it, stay home for **48 hours** after your symptoms clear.

### DO

- Wash clothes and bedding at 60°C
- Wash hands with soap, clean surfaces with bleach-based disinfectants



### DON'T

- Go to work or school, visit care homes or hospitals
- Prepare food for others



UK Health Security Agency

NHS

Sexually Transmitted Infections

**Get tested**  
**Get treated**

- STIs can be spread by unprotected sex
- Some people **don't get any symptoms** with STIs so you may not know if you have one
- Protect** yourself and your partner by using **condoms** and **testing regularly**
- Test at home** or at a **local sexual health clinic**

STI TESTING IS FREE AND CONFIDENTIAL



Find sexual health services near you at:  
[nhs.uk/service-search/find-a-sexual-health-clinic](https://nhs.uk/service-search/find-a-sexual-health-clinic)