

THE ELMS MEDICAL PRACTICE

October 2023 NEWS

The practice will be closed for staff training on Tuesday 17th October'23 from 1pm-6:30pm.

We welcome Katie Griffiths, Rebecca Mills & Elisha Williams our new Medical Administrators to the team. Thank you for your patience while they complete their training & induction.



HM Government NHS

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

Commit to quit

Better Health Let's do this

When you stop smoking, good things start to happen! Join the thousands of smokers who are committing to quitting with Stoptober. nhs.uk/better-health/quit-smoking/

Feeling lonely or isolated?

changing lives
together
for everyone, for future



Join our Buddy & Befriending Scheme!

Our **experienced volunteer co-ordinators** will match you with a buddy based on your **shared interests**. They will ensure your calls go smoothly, and will be there to **support you** throughout our scheme.

Are you **lonely or isolated**, or know someone who is?

We organise **weekly 30-minute phone calls** between volunteers and **over 50s in Cheshire** to help tackle loneliness in the community.

We can help! Get in touch today:

befriending@changing-lives-together.org.uk  Find us on **facebook**
07919 327131

Charity Number: 1139983. Company Limited by Guarantee: 07400660.

We're here for you 24/7.



Text BLUE to 85258
for free and confidential support 24/7

This is a free & confidential text support service available 24/7 for anyone who is feeling overwhelmed or struggling to cope.

If you live in Cheshire West, Wirral or Cheshire East text BLUE to 85258 for a conversation with a trained volunteer, at any time of day or night

#YouAreNotAlone

COVID VACCINATIONS

The practice has arranged COVID vaccine clinics during October for the Autumn Booster.

The eligible cohorts for the Autumn Boosters are;

- Care Home patients
- All adults aged 65 years and over
- Patients 16yrs to 64 years in a clinical risk group
- Frontline health and social care staff
- Patients aged 12yrs to 64 years who are household contacts of people with immunosuppression
- Carers

The practice has invited patients in these cohorts to book an appointment at one of the booster clinics.

The Autumn booster is also being offered at community pharmacies and you can book an appointment via the national booking system.

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>

In September we administered 1185 Flu vaccines in our Flu clinics

Patient Feedback Corner

PATCHS online consultations

"Brilliant piece of kit making access quick and efficient without having to hang on the phone. Much easier to explain symptoms given the time to compose answers to the questions asked."

"Being a full-time working mum using PATCH is of great help and I think it's really helped me able to contact the practice quickly and efficiently for support knowing if an appointment is needed. Questions are intuitive and easy to answer."

DID NOT ATTEND

There were 232 appointments that were wasted due to DNAs in September

Please cancel your appointment if you don't need it!



This year we raised £26 at the

[MacMillan Coffee Morning](#)

on the 29th September 2023