

# The Elms Medical Centre Newsletter



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SEPTEMBER 2014

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## **FLU CLINICS OCTOBER**

The flu vaccine is available free on the NHS for; pregnant women, children aged 2, 3 and 4, children aged 2 to 18 with a long-term health condition, adults aged 65 and older, people with a serious medical condition (diabetes, heart problems, chest complaints, breathing difficulties, kidney disease, lowered immunity, liver disease, previous stroke or TIA, neurological conditions, removal of spleen), healthcare workers or carers, people living in a residential or nursing home.

Flu is an infectious and common viral illness spread by coughs and sneezes. It is not the same as the common cold. Flu is caused by a different group of viruses. Symptoms tend to be more severe and last longer. You can catch flu all year round but it is especially common in winter which is why it is also known as "seasonal flu".

### **DATES FOR OUR FLU CLINICS ARE AS FOLLOWS:**

#### **AT OUR HOOLE SURGERY:**

SATURDAY 4<sup>TH</sup> OCTOBER 9.00AM - 12.00PM  
SATURDAY 11<sup>TH</sup> OCTOBER 9.00AM - 12.00PM  
SATURDAY 18<sup>TH</sup> OCTOBER 9.00AM - 12.00PM  
SATURDAY 25<sup>TH</sup> OCTOBER 9.00AM - 12.00PM

#### **AT OUR BLACON CLINIC:**

FRIDAY 17<sup>TH</sup> OCTOBER 2.00PM - 4.00PM  
FRIDAY 24<sup>TH</sup> OCTOBER 2.00PM - 4.00PM

### **ADULTS & CHILDREN WELCOME TO ALL CLINICS**

If you cannot make one of our Saturday Clinics, please ring the surgery to check availability during our normal working hours.

We will also have a representative Lesley Thomson a GP/Carer Link Development Worker at one of our clinics to give up-to-date information for carers.



An Alzheimer's Society Initiative

*Dementia Friends say that people with dementia get by with a little help from their friends. Anybody can become a Dementia Friend. It is about having a better understanding of dementia and the small things that you can do to help people with the condition. People with dementia want to carry on with their daily lives and feeling included in their local community, but sometimes they need a helping hand. Dementia Friends can educate people a little bit about what it is like to live with dementia and turns that understanding into action. Help can range from assisting someone to find the right bus or being patient at a till queue if someone with dementia is taking longer.*

*Five things you should know about dementia; dementia is not a natural part of ageing, it is not caused by brain diseases, it is not just about losing your memory, it is possible to live well with dementia and there's more to the person than the dementia. For more information visit:*

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)


## **ELMS NEWS**

*We would like to welcome to the Practice our new Partner,  
**Dr Aidan Magrath.**  
He joined the Practice in August 2014.  
**Dr Lowrie will now be the Senior Partner.***

## **FREE NHS HEALTH CHECK**

The NHS Health Check is part of a national scheme to help prevent the onset of health problems. Everyone between the ages of 40 and 74 who has not been diagnosed with conditions such as stroke, dementia, heart disease, diabetes, kidney disease will be invited for a health check every 5 years. The surgery will be sending invites to those who meet the criteria. If you haven't received an invite and would like a health check please do not hesitate to contact the surgery, for more information or to book an appointment with our Healthcare Assistant.

#### **Patient Analysis - Mobile Phone**

	Under age of 20 with Mobile:	45% (1080)	<div style="width: 45%;"></div>
	Between 20 and 40 with Mobile:	72% (2352)	<div style="width: 72%;"></div>
	Between 40 and 60 with Mobile:	58% (1758)	<div style="width: 58%;"></div>
	Over 60 with Mobile:	40% (808)	<div style="width: 40%;"></div>
	Overall Mobile Registrations:	56% (5998)	<div style="width: 56%;"></div>

## RISE IN MISSED APPOINTMENTS

Having trouble getting an appointment? Can't see the Doctor, Nurse or Phlebotomist when you want?

Perhaps it's because 92 people who booked appointments last month didn't turn up. That was 15 hours clinical time wasted.

Please consider other people if you are unable to attend or no longer need your appointment.

To cancel telephone 01244 351000 or cancel your appointment online (you need to be an on-line user with us to do this).

This will provide us with the opportunity to offer another patient that appointment.

## STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

18<sup>th</sup> September 2014

21<sup>st</sup> October 2014

27<sup>th</sup> November 2014

## KICK YOUR SUGAR HABIT

According to the British Medical Journal, one third of UK adults have high blood sugar. This is caused by an unhealthy lifestyle and can lead to disease, and the scariest part of this sticky situation is that most of us don't know we're at risk. High Blood Sugar Risk Factors; those who frequent sugar cravings or hunger pangs, snacking between meals, excess consumption of junk food and processed foods, regular dieters, people prone to weight gain.



Vintage Blacon is a faith based Partnership working to improve the well-being of Blacon residents over the age of 55. The UK now has more people aged 65 than there are children under the age of 16, and within 20 years half of the adult UK population will be over 50.

Vintage Blacon is a charity working to help improve the lives of the older members of the community. They carried out a local survey which established that there was a lot of loneliness and isolation in Blacon and want to provide help to these people by visiting them in their own homes, to chat and keep them company, do shopping or encourage them to meet up at the day centre, or join their walking groups. They are working to become Dementia friendly and had a launch in Blacon at the start of July 2014 to promote their services.

*For more information contact:*

c/o Blacon URC, 121 Saughall Road, Blacon, Chester CH1 5ET

Email: [vintageblacon@tiscali.co.uk](mailto:vintageblacon@tiscali.co.uk)

Mobile: 07854601469

Tel: 01244 371843

### **Equality & Diversity statement:**

The Practice is committed to ensuring that there is equality of opportunity for all our patients, staff and visitors. We are committed in eliminating discrimination on the basis of gender, age, disability, race, religion, sexuality or social class. We aim to provide accessible services, delivered in a way that respects the needs of each individual and does not exclude anyone. By demonstrating these beliefs the Practice ensures that it develops a healthcare workforce that is diverse, non-discriminatory and appropriate to deliver modern healthcare.



### **PATIENT Q & A**

Patients often ask our staff the same questions. We feel that having a "Q & A" section may help patients to have a better understanding about the Practice and stop some of the repeat questions.

**Q. Can the flu vaccine give me the flu?**

**A. Despite popular belief, the flu vaccine cannot give you the flu as it doesn't contain the active virus needed to do this.**



## Let's get cooking

### **PACKED LUNCH? KEEP IT HEALTHY**

It is essential to provide your child with a healthy lunchbox to keep their energy levels up during the school day. But what should you give them? According to the NHS balanced packed lunch should contain the following:

- One third starchy foods such as bread, rice potatoes & pasta
  - Protein – meat, fish, eggs, beans
  - A portion of dairy foods – cheese, yogurt
  - Vegetables or salad and a portion of fruit

You can find lots of great lunchbox ideas at:  
[letsgetcookingathome.org.uk](http://letsgetcookingathome.org.uk)



**Arm against cervical cancer**

\*The HPV vaccination that protects against cervical cancer is recommended for all girls from the age of 12 years up to their 18th birthday.

For more information, talk to your school nurse or GP surgery, or go to [www.nhs.uk/hpv](http://www.nhs.uk/hpv)

**Beating cervical cancer**