

December 2022

# The Elms Medical Practice



## The NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health.

It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access



## Contraceptive implant clinic

Did you know we have new clinic with trained nurse at Elms.

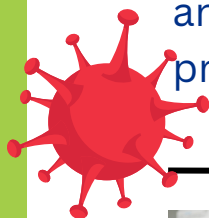
If you need changing or if you would like to discuss having one, please contact the practice on 01244 351000 to book an appointment with our Practice Nurse



## Covid boosters

Vaccination is the best protection against getting seriously ill with Covid over the winter.

If you're eligible for an autumn booster and haven't had it yet, please contact the practice on 01244 351000 to book in



## Order Repeat Medication Online

You can use the NHS App to order repeat prescriptions and view your medical records. As Christmas is coming it be a good idea to check your medication cupboards



MOVEMBER.COM



Well done to  
Dr Magrath  
fundraising for  
Movember



Please remember  
if you cannot  
attend your  
appointment to  
cancel ASAP.  
Your  
appointment  
could go to  
someone else.  
Thank you



We are closed  
for Christmas on  
26th and 27th of  
December  
During this time  
if you need  
medical advice  
please use NHS  
111

## Practice News

- Carer Survey - If you are a carer we would appreciate it if you would please complete a short survey regarding accessing appointments please get a copy from reception team.  
[nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/](https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/)
- Blood Pressure Check - We have a b/p machine at reception for all the patients please pass the results to reception team so we can update your medical records. For more information please visit [www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/](https://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/)



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