

Elvington Medical Practice

Winter Newsletter
2025



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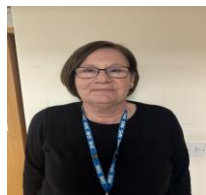
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Staff News and New Starters

Patient Services Team

We have a new member of staff joined our Patient Services Team. Lisa has worked for a GP practice for 16 years previously to starting with us, and after a 5-year break is happy to be working with us at Elvington Medical Practice.



GP'S

Also joining us is Engie Elsayed who is delighted to join our practice as a salaried GP, Engie completed her training in York and has a particular interest in women's health, mental health and musculoskeletal conditions. Outside of work Engie enjoys running, swimming, cooking and baking. Engie is very much looking forward to getting to know the patients and contributing to the practice community.



TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS



Take a break



Look after yourself



Join the local community



Everything in moderation



Avoid social comparisons



Have realistic expectations



Don't look back

Practice Updates

New Sample Drop-Off Box Now in Place!

We've made it quicker and easier to drop off your specimen samples! A new **Sample Drop-Off Box** is now located just behind the reception desk.

Simply place your clearly labelled sample in the box **before 11.30am**, and our team will ensure its safely transferred to the laboratory. No more waiting at reception — just drop, go, and get on with your day.

Please remember:

- **Always use the correct container provided by the practice.**
- **Ensure your name, date of birth and collection date are written clearly on the label.**

This small change helps us process samples more efficiently and keeps queues short for everyone. *(Because who doesn't love saving a few extra minutes at the GP?)*



PLEASE NOTE, NO HOME DELIVERIES ON THE FOLLOWING DATES

WEDNESDAY 24TH DECEMBER 2025

MONDAY 29TH DECEMBER 2025

TUESDAY 30TH DECEMBER 2025

WEDNESDAY 31ST DECEMBER 2025



**A REMINDER TO PATIENTS, WE ARE UNABLE TO ACCEPT HANDWRITTEN BLOOD
PRESURE READINGS FORMS, PLEASE ENSURE THEY ARE RECORDED ON THE
BLOOD PRESSURE FORM FROM THE PRACTICE.**

Taking care of you

Greener Practice Initiative

RETURN YOUR USED INHALERS TO A PHARMACY TO HELP REDUCE YOUR CARBON FOOTPRINT



The propellants used in **some inhalers** are powerful greenhouse gases that contribute to **climate change**. Even after an inhaler is finished it still contains these environmentally damaging gases.

(Please be assured these gases are not harmful to you when you use your inhaler)

Return **all** used inhalers to your local pharmacy for safe disposal – Returned inhalers will be incinerated which will destroy the greenhouse gases and prevent inhaler plastics going to landfill.

Don't throw used inhalers into your household waste or recycling bins! Landfill disposal of inhalers is harmful to the environment due to left over gases being released into the atmosphere. Plastics from inhalers cannot be recycled using domestic schemes.

Make each puff count! – Only order your inhaler when required to reduce waste

If you have concerns about the environmental impact of your inhaler, make an appointment with your GP practice - don't stop using your inhaler!

Elvington Medical Practices New Website



Elvington Medical Practice
LISTENING, HELPING, LEARNING

We are excited to introduce our new website to our patients.

To access the website please go to www.elvingtonmedicalpractice.co.uk

From here you can:

- ORDER REPEAT PRESCRIPTIONS
- REGISTER AS A PATIENT
- REQUEST AMEND OR CANCEL AN APPOINTMENT
- REQUEST AN APPOINTMENT TO SEE A DOCTOR OR NURSE
- REQUEST A SICK OR FIT NOTE

You can also view important notices regarding planned training days, policies, and information regarding the practice.

By hovering over the 'services' section this will navigate you to different areas of information for example, travel vaccination's, annual health reviews, minor surgery, phlebotomy, midwifery services, childrens immunisation's and much more....

Greener Practice Initiative

REDUCING MEDICINES WASTE

Stay safe

Always check your stocks before ordering and only order what you need. By avoiding stockpiling and keeping all your medicines current and in date, your home will be safer for children, vulnerable adults and pets.

How the NHS App can help

The NHS App can help you to stay on top of your medications. If you order your medicines using the NHS App, you can follow your prescription through the process, knowing where it is at every stage so you can see when it's ready to collect.

Stay green

When you dispose of medicines safely, by handing them in to your pharmacy, you are helping to make sure that waste medicines do not pollute our rivers and seas.

Empty inhalers can also be returned to prevent any remaining greenhouse gases leaking into the atmosphere from landfill sites. Cardboard and paper packaging can be recycled at home.

Only ordering what you need means that you are helping the environment because once medicines have left the pharmacy, they cannot be recycled or used by anyone else.

Only order what you need.

- Check what medicines you have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still be able to order others again in future.
- Speak to your pharmacy team or GP practice if you have any questions about how to change your prescription request.

Let us know if your medicines are no longer right for you.

- Let your pharmacy team or GP practice know if you have stopped taking any of your medicines or if they're no longer right for you.
- Please attend your regular medication reviews, or request a medication review with your practice, to make sure medicines are optimised for you, and your team can improve your healthcare.
- Medicines are only prescribed for you and for safety's sake should not be shared with anyone else.

Developments at Elvington Medical Practice

Over the last year or two there have been housing development plans going through the council for some of the surrounding villages and as the village populations grow, we want to be ready to support this. We are delighted to let you know that we have been successful in our application for planning permission, this will allow us to extend one of the ground floor wings to add 2 more clinical rooms. We will also be able to redesign and extend the dispensary and make some alterations within the downstairs entrance and reception areas. We also hope to add a dispensing machine to the building which will enable patients to collect their medications without having to enter the building at all

We are working with our architect to procure the right organisation to complete the works for us and hope that spades will be in the ground in the spring.

We had a brilliant turn out for the Flu & COVID vaccination day on Saturday 11 October and to date we have carried out 1744 flu vaccinations and 915 COVID vaccinations! Thank you for supporting us and taking up the vaccinations here. A lot of planning takes place over the year for these vaccination programs, from procuring vaccines, identifying eligible cohorts and then the planning of the clinics and organising the days. We feel it is a privilege to be able to support our local community, and our teams take great pride in this, thank you again for using this service.

NEWS FROM YOUR PATIENT PARTICIPATION GROUP

Get Winter Ready – Managing Coughs and Colds

With winter approaching, it is important to be prepared for the increase in coughs and colds. These common illnesses can disrupt daily life, so here are some useful tips to help you stay healthy and manage symptoms effectively

Understanding Coughs and Colds

Common Cold: Caused by various viruses, symptoms include runny nose, sore throat, cough, congestion, sneezing, and low-grade fever, lasting about 7-10 days. **Cough:** A protective reflex to clear airways, which can be a symptom of colds, flu, or other infections.

Prevention Tips:

Hygiene: Wash hands frequently, use hand sanitizer, and avoid touching your face.

Vaccinations: Get the annual flu vaccine and ensure routine vaccinations are up to date.

Healthy Lifestyle: Eat a balanced diet, stay hydrated, exercise regularly, and get adequate sleep.

Managing Symptoms Rest and Hydration:

Get plenty of rest and drink fluids like water, herbal teas, and broths.

Over-the-Counter Medications: Use decongestants, antihistamines, cough suppressants, and pain relievers as needed.

Home Remedies: Gargle with salt water, use a humidifier, and drink honey and lemon in warm water.

When to Seek Medical Attention:

Seek medical attention if you experience any of the following:

- High fever (above 38°C/100.4°F) lasting more than three days.
- Difficulty breathing or chest pain.
- Severe or worsening symptoms
- Symptoms lasting more than 10 days.
- Ear pain or drainage
- Persistent sore throat with swollen glands.

Conclusion: Prevent and manage coughs and colds effectively by following the above tips. If symptoms worsen or you have concerns, seek medical advice. Stay healthy and get winter ready!

For more information or to schedule an appointment, please contact our Medical Practice. We are here to support you through the cold season and beyond.

LET'S TALK ABOUT

Nurses

Elvington Medical Practice has a team of 3 Nurses, 1 Healthcare Practitioner and 1 Healthcare Assistant.

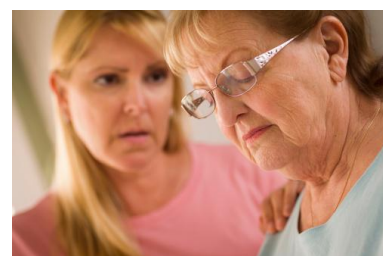


Nurses undertake a wide range of activities in general practice. They assess, screen, and treat people of all ages including those with long-term conditions such as asthma, heart disease and diabetes, who may need regular health checks. They also provide services such as immunisations and fit notes. Nursing associates work under the guidance of a nurse or another healthcare professional. They help with routine health checks, wound care and provides patients with general health and wellbeing advice.

They can help by:

- Providing vaccinations and injections.
- Supporting you with long-term conditions such as asthma and diabetes.
- Providing family planning and sexual health advice, including smear tests.

Let's Talk About



Care Coordinators

At Elvington Medical Practice we have a Care Coordinator. Our Care Coordinator works with people who may need extra support to navigate their health and care system, helping to connect them to the right services or professionals at the right time. Care Coordinators act as a central point of contact to ensure support is available to help people manage their care.

Our PPG have kindly offered to collect any plastic tubs for Macmillan Cancer Support this year. These are a couple of examples!

This campaign is part of Greene King's 'Tub2Pub', a recycling campaign to raise money for Macmillan Cancer Support and recycle plastics.

Tub2Pub 2025 collected over 240,000 tubs raising £10,916 for Macmillan Cancer Support.

With your help, they can beat that record in 2026!

Please save your tubs and bring them along to Elvington Medical Practice up to the end of January 2026. A receptacle will be in the Main Entrance. Thank you.



We would like to introduce you to two new members of the Patient Participation Group

Andrew Boothroyd

Andrew is married with 2 sons. He is involved in the community life of East Cottingwith and enjoys playing guitar, walking, and gardening.

He is a retired secondary school deputy head teacher and a Chemistry graduate of the University of York.

As an active member in the community Andrew hears ideas about the GP services and local needs. He hopes he can represent these ideas whilst on the PPG helping to strengthen local provision.



Neil Guyan

Neil has lived in Wilberfoss for 42 years. The practice has supported his family (his wife and two daughters) during that time and continues to support the next generation of his family. Neil's aim in joining the PPG is to support the practice in any way possible to help them maintain and, where possible, improve the level of care given to patients during increasingly challenging times. Neil has previously had a career in Logistics Management with a heavy involvement in understanding and meeting customer demands and expectations. Understanding the needs of EMP patients generally and supporting the Practice staff in meeting those needs is key to his involvement in the PPG.



Macmillan Cancer Support

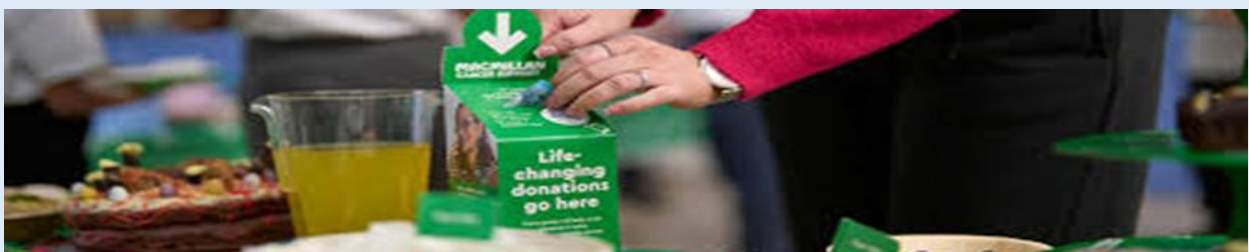
Your PPG at Elvington Medical Practice held a

Macmillan Coffee Event on 26th September 2025

At the Practice.

We raised £100 for the Charity.

Many thanks to all who baked, bought goodies, joined in and supported. You are very much appreciated!



SELF REFERRALS

Do you know you can self-refer your health issues??

What is self-referral?

Did you know that there are some free NHS health services you can access without needing an appointment with your GP? This is called self-referral and could help you find the care you need quicker and more easily than going through Elvington Medical Practice.



Self-referral often (depending on your area) includes services for:

- Carers
- Wellbeing services
- Learning disability
- Gender identity services
- Drug and alcohol problems
- Antenatal care (maternity self-referral)
- 'Talking therapies' services - officially called improving access to psychological therapies (IAPT self-referral)
- Dementia support
- Podiatry
- Autism services
- Physiotherapy
- Sexual health clinics

You can register for most of them online. In some cases, you refer yourself by phoning rather than emailing or by completing an online referral form. Just click on the service you're interested in, then search your area for a simple link to the easiest way to access the service.

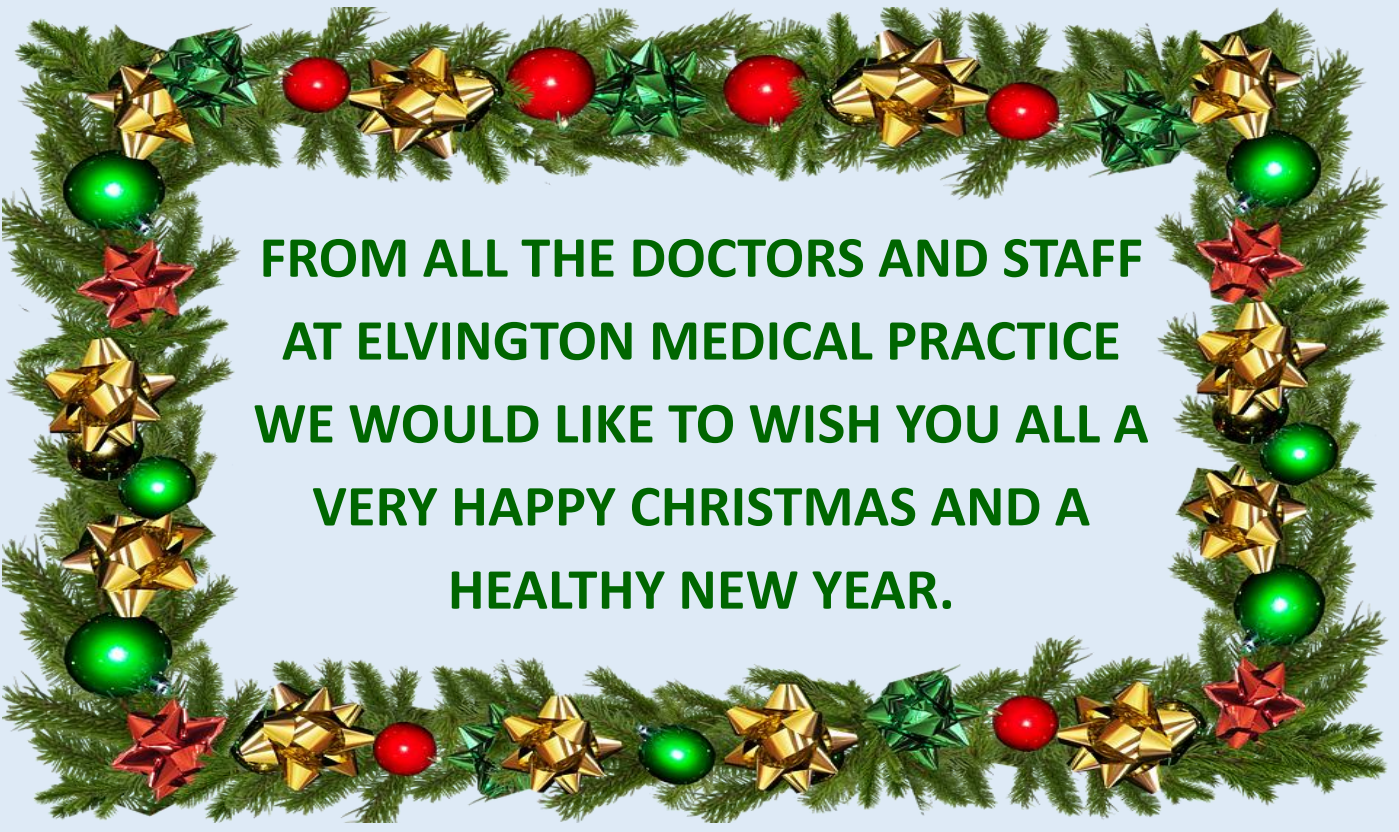
Waiting times differ between services. Self-referral services usually give some guidance on what to expect.

Self-referral services vary by area though - and they might be provided by a variety of organisations, all approved and commissioned by the NHS.

Find more information and services local to you by visiting the following links. If you can't find the information you need, try searching the NHS website or contact your GP practice.

Which services can I self-refer to?

- Self-referral to hospital consultant clinics is not available on the NHS. If you feel you need a referral to a hospital speciality, you should contact your GP who will decide whether you are eligible for a referral. If they do, your GP will make the referral.
- Check with your GP if you are unsure whether to self-refer or not.



**FROM ALL THE DOCTORS AND STAFF
AT ELVINGTON MEDICAL PRACTICE
WE WOULD LIKE TO WISH YOU ALL A
VERY HAPPY CHRISTMAS AND A
HEALTHY NEW YEAR.**