

# Fountains Medical Practice

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Fountains Medical Practice

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## Summer 2025 Newsletter

### Team Update

We will be saying goodbye to Dr Esraa Rizk in August when she finishes her placement. We wish her luck for her future and thank her for her work while being here. We know she will be missed from the staff and patients!

### NHS App

Get set up on the NHS App to view your health record, request prescriptions and so much more. You can download the app onto your smartphone, iPad or tablet and set yourself up!

<https://www.nhsapp.service.nhs.uk/login>

### New Website

Our website has had a makeover! Check it out to see what has changed and the new things you can do on there!

<https://fountainsmedicalpractice.co.uk>

### Travel Vaccines

We are offering Travel Vaccine clinics once a month for the vaccines available on the NHS, please see below of what this includes.

- ◇ Polio
- ◇ Typhoid
- ◇ Hepatitis A
- ◇ Cholera

For any other Travel Vaccines and queries see the below link for The World Health Organisation  
<https://www.who.int>

### Chester Pride

Chester Pride is a charity dedicated to advocating for equal rights for the LGBTQ+ community.

Chester Pride will be taking place August 16th and tickets are available on their website now!

<https://www.cheserpride.co.uk>

### Practice Closure Dates

Below are the dates we will be closed this Summer for Bank Holidays and Training.

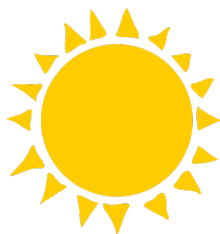
Bank Holidays (Closed all day)    Training Days (Shut from 1pm)

25th August 2025

16th July 2025

16th September 2025

We will be shut from 1pm and will be open the next day. 111 is available for any emergencies that are non life threatening and if you have a medical emergency that is please call 999.



### Social Prescribing Update – Summer 2025

*From Hollie McDiarmid, Care Home Social Prescriber*

As we head into the summer months, I wanted to share a few exciting updates on the fantastic community projects and opportunities your homes are involved in.

#### **Intergenerational Choir – Still Going Strong!**

Our Intergenerational Choir continues to thrive, with more residents and schoolchildren joining each session. The energy and connection in the room are truly heartwarming, and we're delighted to have more performances planned for the autumn – including a special event as part of the **Elders Festival at Storyhouse**. It's wonderful to see relationships blossoming across generations through the power of music.

#### **Give It a Spin – Bike Project with Live Cheshire**

Several homes are now taking part in regular visits to **Live Cheshire**, where residents are enjoying the fresh air and fun of adaptive cycling as part of their *Give It a Spin* project. This has been such a positive experience – helping improve physical wellbeing, confidence, and a sense of adventure!

#### **Diabetes Training Available for All Care Home Staff**

We're pleased to offer **free diabetes training sessions** for all care home staff between **June and September**. This is a great opportunity to refresh knowledge and feel more confident in supporting residents living with diabetes. If your team hasn't signed up yet, please get in touch.

#### **Grosvenor Park Community Event – 30th July**

Save the date! We'll be gathering for a special community celebration in **Grosvenor Park** on **Tuesday 30th July**. It's a chance for residents, families, staff, and the wider community to come together for a day of music, conversation, and connection and finding out about what support is available in the community.

Thank you all for your ongoing support in making these projects so meaningful. It's a privilege to see the joy and wellbeing they bring to our residents.

### Insect Bites and Stings

**Watch out for insect bites and stings this summer!**

**If you have been bitten or stung try the following tips to ease the symptoms**

- ◇ put an ice pack on the area for at least 20 minutes
- ◇ Keep the area raised if possible
- ◇ Take paracetamol/ ibuprofen if painful
- ◇ Use antihistamines to relieve any itching
- ◇ Do not scratch or use homely remedies that could infect the area

**If you are concerned, pharmacies are now able to support and prescribe if needed!**

### Stay Hydrated!

The NHS recommends to drink 6-8 glasses of water per day. Start drinking water in the morning and continue regularly throughout the day to stay hydrated. This doesn't have to be plain water it can include cordials, teas, coffee, low sugar or sugar free drinks.

### Stay Safe in the Sun!

**Remember you can burn even when you are not on holiday, even if it is cloudy!**

**Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D with the below helpful tips!**

- ◇ Spend time in the shade between 11am and 3pm
- ◇ Cover up with suitable clothing and sunglasses
- ◇ Take extra care with children
- ◇ Use at least factor 30 sunscreen

**When buying sunscreen make sure the label has a sun protection factor (SPF) of at least 30, also look out for at least 4 star UVA protection!**

