

Fountains Medical Practice

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Fountains Medical Practice

Fountains Health Building

Delamere Street

Chester

CH1 4DS

01244 325721

Winter Newsletter 2025

Eligible for a flu jab and still not had it? Call us to get booked in and keep safe this winter!

If you have a long term condition and haven't had an annual review please call the practice on 01244 325721 to book in! It is important that you have annual reviews to ensure we have an understanding of your condition and discuss any questions you have

Patient Champion Group

We are starting our own Patient Champion Group which means we are looking for volunteers to work with us to help improve our service to help meet our patients needs. Speak to reception if you would like more information.

Pride in Practice

Here at the practice we are working towards achieving our Pride in Practice Award! Pride in Practice works to improve experiences of LGBTQ+ people accessing primary care services.

We are in the early stages of this journey but we would appreciate any feedback or ideas on how we can support our patients. To give feedback please email us at:

fountainsmedicalpractice@nhs.net

Christmas Opening Time

Monday 22nd Dec 08:00-18:30

Tuesday 23rd Dec 08:00-18:30

Wednesday 24th Dec 08:00-18:30

Thursday 25th Dec CLOSED

Friday 26th Dec CLOSED

Monday 29th Dec 08:00 –18:30

Tuesday 30th Dec 08:00-18:30

Wednesday 31st Dec 08:00-18:30

Thursday 1st Jan CLOSED

Friday 2nd Jan 08:00-18:30

What pharmacies are open over Christmas?

25th Dec - Owens Chemist (Saltney)
12pm-4pm

26th & 31st Dec—Wells Pharmacy (Fountains Health)
10am-4pm

When we are closed if you need any medical attention please call 111 or 999 in an emergency.

Practice Training Dates

We will also be closed for training from 1pm on the following dates;
3rd February 2026
11th March 2026





Hollie's Corner

Hollie is our social prescriber who works with our care homes.

As we move through the winter season, it's been wonderful to see so much connection, creativity and community spirit across our care homes. Our intergenerational choir is still going strong and continues to grow, bringing together children, older people and staff through the joy of singing – with exciting plans to expand further.

We also have more training opportunities available, including sessions on diabetes, falls prevention and hydration, supporting staff and residents to stay well, safe and informed over the winter months.

In the run-up to Christmas, University of Chester students have written Christmas cards to residents, helping to spread festive cheer, kindness and connection at a special time of year.

Looking ahead to next year, there are lots of exciting plans, with even more creativity, movement and opportunities to connect across our communities.

Wishing everyone a very Merry Christmas and a Happy New Year.

Look after yourself this winter!

As it is getting colder it is more common you will catch more viral infections such as the flu. Some of the common symptoms of the flu include

- ◇ Sudden high temperatures
- ◇ Tiredness and weakness
- ◇ Headaches and general aches and pain
- ◇ Dry and chesty cough

Symptoms are mostly the same for children but they may also get ear pain and become less active.

Symptoms develop over 1-3 days and can last up to a week and still have some symptoms for a few weeks after.

Make sure you stay at home from work or school so not to spread but to treat:

- ◇ Rest and get plenty of sleep
- ◇ Keep warm
- ◇ Drink lots of water to avoid dehydration
- ◇ Take paracetamol and ibuprofen to lower your temperature and treat aches and pains.

Christmas Wordsearch



Word list:
 BELLS
 CANDLES
 CHRISTMAS
 FAMILY
 GIFT
 JINGLE
 MERRY
 REINDEER
 SLEIGH
 SNOWMAN

We would like to wish everyone a Merry Christmas and a Happy New Year from Fountains Medical Practice.

We hope that everyone has had a good year and would like to thank you all for the support!

