

Fountains Medical Practice

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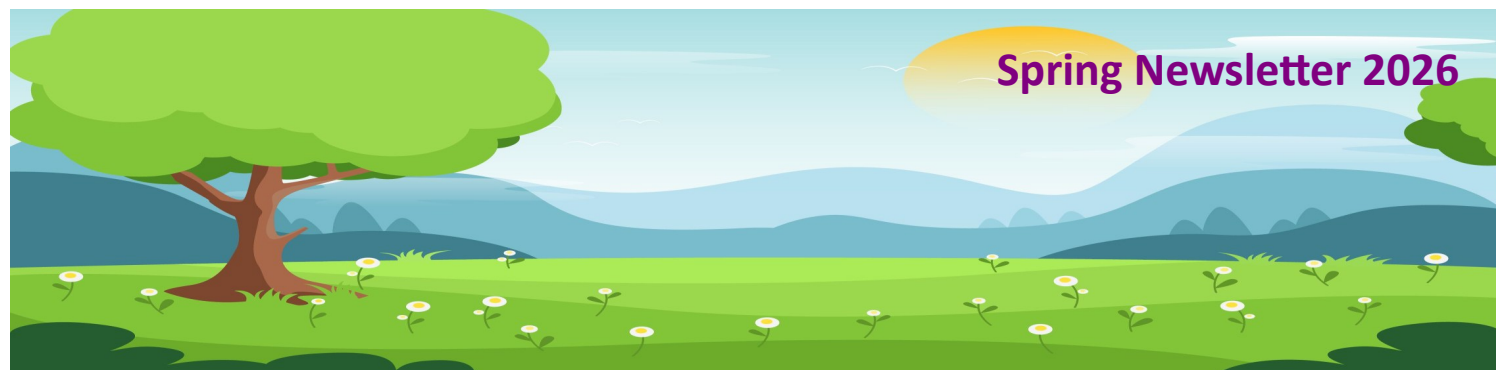
Delamere Street

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Team Update

Practice

We would like to welcome Dr Sophie Hunt to the practice, Dr Hunt currently works with our care home team and will now be doing Mondays in practice

We also have Dr Sam Mills joining us in April who will be working in practice on a Monday, Tuesday and Friday.

We have sadly said goodbye to Annabelle one of our reception team and have a replacement starting in April on reception.

Care Homes

We have a new paramedic James who has started with us on the care home side of the practice.

New Online and Query System –BLINX

We are using a new system taking over PATCHES called BLINX PACO from the 18th March. This will be available on our website for you to fill in forms for medical or admin queries.

To use this, go onto our website and click on the below image, this will take you to the “Digital Front Door” where you will need your NHS Number and date of birth to log in.



Online Patient Access
from **paco** GP®

Enter the Digital Front Door 

Appointment Changes

From March we made some changes to our appointments.

- GP Appointments on the day are released at 8am
- GP's have telephone triage appointments first and will invite patients in where necessary.

These changes have helped us to be able to offer more appointments with GPs on the day as well as more appointments that can be prebooked with GPs.

Practice closure Dates

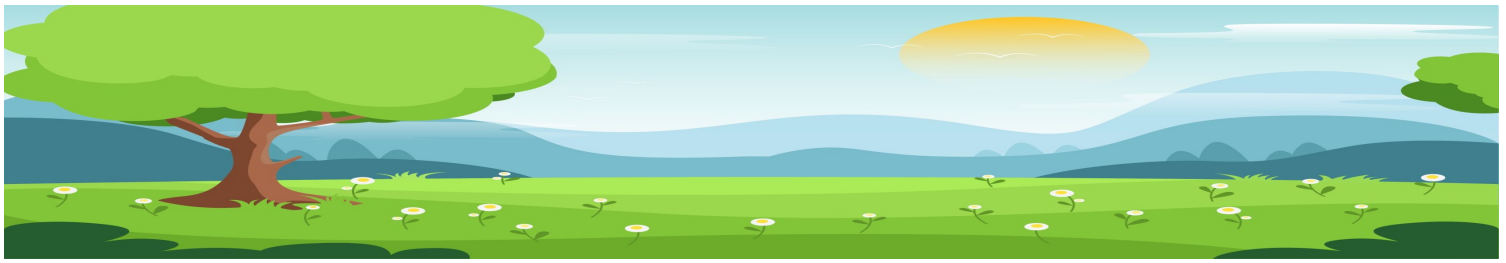
Below are the dates we will be closed for the rest of the year for training.

21st April	9th July	11th November
12th May	9th September	
10th June	8th October	

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.

We will also be closed on the following days due to Bank Holidays

3rd April
6th April
4th May
25th May
31st August
25th December



Spring Update from Your Social Prescriber

As we welcome the brighter days of spring, it's lovely to see so many projects continuing to grow, bringing connection, creativity and opportunity across our care homes.

Our intergenerational choir, Sankofa Songsters, is still going strong and continues to expand, creating meaningful moments between generations through the power of music.

We've also launched an exciting new pilot project at Florence Grogan – "Stay Curious", encouraging exploration, creativity and ongoing learning in later life. Alongside this, a new pilot across all homes is offering access to neurotherapy centre sessions and trips for residents living with neurological conditions, supporting both physical and emotional wellbeing.

In the spirit of the season, students from the University of Chester have been busy creating Easter cards for care home residents, helping to spread kindness and connection. These will be distributed over the coming weeks.

There's so much to look forward to as these projects develop. If you'd like to find out more about any of these opportunities, please don't hesitate to get in touch.

Spring Covid Vaccines

We will be doing covid spring boosters for those eligible. If you meet the criteria you will hear from us to invite you in to have this done!

Easing your symptoms for hay fever

Symptoms can include sneezing, coughing, runny or blocked nose, itchy red or watery eyes, itchy throat or mouth, loss of smell, pain around sides of head and forehead, headaches and feeling tired.

Hay fever cannot be cured but there are measures you can take to help ease these symptoms such as

- putting Vaseline around your nostrils to trap the pollen.
- taking antihistamine which can be bought over the counter.
- wear wraparound sunglasses, a mask or wide-brimmed hat to stop pollen getting into your nose and eyes
- Shower and change your clothes after you have been outside

SPRING
WORD SEARCH
FIND AND CIRCLE EACH WORD!

S	H	O	W	E	R	S	A	E
O	A	S	P	R	I	N	G	A
S	H	O	W	E	R	S	S	S
C	N	B	U	N	N	Y	T	T
T	H	G	R	A	S	S	B	E
U	R	I	A	P	R	I	L	R
L	H	O	C	H	F	O	O	L
I	P	I	N	K	T	D	O	E
P	E	G	G	S	T	S	M	R

Eggs Easter Bunny Bloom
 Chick Fool April Showers
 Spring Grass Pink Tulip

Where is best this spring?



Self-care at home	Visit your local pharmacy	Contact your GP practice	Visit a minor injury unit	Use NHS 111	Mental health support	999
Treat headaches, coughs and colds, small cuts and grazes at home.	Get advice on minor illnesses and emergency supplies of most prescription medicines, including contraceptives.	Contact your own surgery for concerns about aches and pains, vomiting, asthma or persistent symptoms.	For minor illness or injuries within the last 14 days, such as sprains, broken bones, burns. No appointment needed, open late.	For urgent and out of hours advice, use 111 online or call NHS 111.	For a mental health emergency, call NHS 111, select the mental health option.	Only call 999 if you have a serious and potentially life-threatening injury or illness.