Fountains Medical Practice

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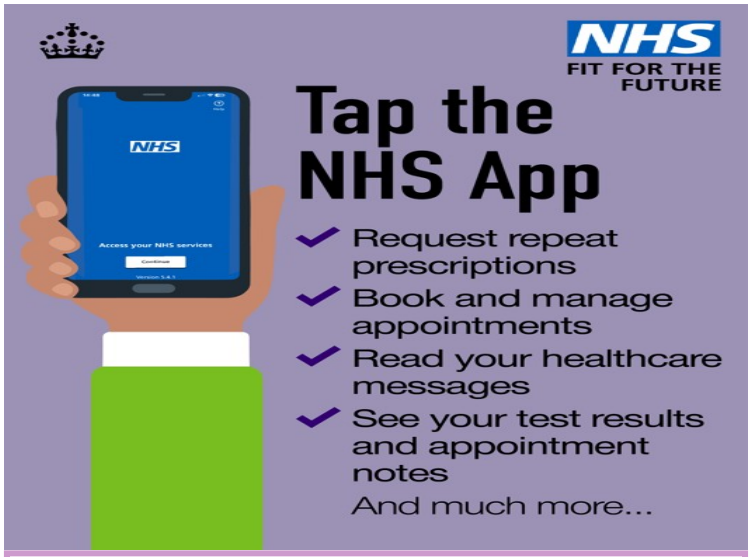
Autumn 2026 Newsletter



NHS App

The NHS App is a simple way to access a range of NHS services anytime.

What can you do?

-Order repeat prescriptions

-Book, check or cancel appointments

-View your GP health record, including test results and letters

-Check symptoms and get NHS advice.

You can set this up via the app without having to come into practice to fill in any forms!

Covid and Flu Vaccines

From the 1st October we will be offering the Covid and Flu Vaccine to those who are eligible! You will receive a email, text or call to book you in for your appointment!

The criteria for the Covid Vaccine has changed so if you have had it previously you might not be eligible. If you have any questions please contact the practice.

Pharmacy First

Sometimes when you call the practice we may direct you to the pharmacy, this is because pharmacies can see and prescribe for you when needed. Some of the things they can see you for are

- Earache (Aged 1– 17)
- Impetigo (Aged 1 and over)
- Infected insect bites (Aged 1 and over)
- Shingles (Aged 18 and over)
- Sinusitis (Aged 12 and over)
- Sore throat (Aged 5 and over)
- Urinary tract infections in women (Aged 16– 64)

Your GP Practice can book you into pharmacy appointments or you can walk in to speak to a pharmacist .

Pride in Practice

We are happy to announce we have been awarded the Pride in Practice Silver Award.

This means we have shown that we deliver inclusive, high quality healthcare for LGBTQ+ people following training and assessments.

We are still working towards our gold award so we can ensure we are doing as much as possible for our patients care.

Autumn Update from Your Social Prescriber

It's been another busy few months, with some wonderful opportunities for our care home residents to get out, connect with the wider community and enjoy new experiences.

Residents from Chester Lodge, Wealstone and Kingscourt recently enjoyed a trip to Live Cheshire, where they watched a fantastic silent theatre performance by Goofus Theatre. It was a brilliant day out and thoroughly enjoyed by everyone who attended.

Our wonderful Sankofa Songsters have also been out and about! The choir brings together residents from different care homes alongside members of the local community, creating opportunities to connect through music and shared experiences.

Most recently, residents from Belong and Wealstone joined the Sankofa Songsters to perform at Chester Racecourse, supporting the High Sheriff of Cheshire's fundraising for Thriving Families, organised by Cheshire Community Foundation. They were even joined by Jack Sparrow, which brought plenty of smiles and added to a fantastic day!

A huge thank you to our care homes and their wonderful staff for the time, effort and enthusiasm that goes into making these opportunities possible. From arranging transport to accompanying and supporting residents, we know how much work happens behind the scenes. It really does make a huge difference, helping residents to stay connected, enjoy new experiences and remain an active part of their wider community.

Dance to Health at Florence Grogan

We're also delighted to have started a new Dance to Health Falls Prevention class at Florence Grogan. The programme combines movement and dance with exercises designed to support strength, balance, mobility and confidence, while keeping sessions enjoyable and sociable.

Feedback from residents and staff has been really positive so far, and we're looking forward to seeing how the group develops over the coming months.

A Date for Your Diary – Friday 16th October

Our Sankofa Songsters will be closing the Elders Festival at Storyhouse, and we would love you to join us!

Residents, families, friends and staff are all warmly invited to come along and show their support. All care homes are welcome to join us for what promises to be a heartwarming celebration filled with music, connection and joy.

We hope to see lots of you there!

Hollie McDiarmid
Social Prescriber – Care Homes
Fountains Medical Practice

Common Cold

With the weather getting colder you are more likely to catch a cold. Symptoms comes on gradually over 2-3 days and normally feel better after a week or 2.

Some symptoms are

- ◊ **Blocked or runny nose**
- ◊ **Sneezing, coughing, sore throat**
- ◊ **Tired, aching muscles**
- ◊ **Temperature**

It is important to get plenty of rest and drink lots of fluid. Cold medicine can be bought from the pharmacy.

Stopping germs from spreading

With more illnesses going around and kids back at school it is easy to pass along germs and illness. Here are some things that can help stop it.

Washing your hands with warm and soapy water for about 20 seconds.

Always wash your hands after using the toilet, changing a nappy, handling rubbish, before and after touching food.

Use a tissue when you sneeze , cough or blow your nose.

Try to get in the habit of washing your childs hands and when old enough teach them how to.

Vitamin D

From October to early March most people in the UK do not get enough Vitamin D from sunlight. It is recommended to try and get more into your diet as possible. Some foods that contain this are

- ◊ **Oily fish (salmon, sardines, trout herring or mackerel)**
- ◊ **Red meat**
- ◊ **Egg yolks**

You can also buy supplements from over the counter which is encouraged by the government.

We need vitamin D to keep bones, teeth and muscles healthy.