

Circuit Lane Newsletter August 2018

Hello Summer...



NEW WEBSITE!!!

Watch this space... New website coming soon. You will be able to...

- Ask a doctor a question
- Register for online services
- Change of personal details
- Ask reception a question
- Request medication

More info coming soon!

GIVE BLOOD

Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg
- are aged between 17 and 66 (or 70 if you have given blood before)
- are over 70 and have given blood in the last two years



To find out more details visit <https://www.blood.co.uk/>

FLU CLINICS

Our Flu Clinics will soon be approaching. You will be able to book an appointment for this as of the middle of September. Saturday Clinic dates to be announced in due course. Keep your eyes peeled...



NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net we can then add you to our virtual group and you will be sent one each month to your email along with a set of the PPG meeting minutes.

GETTING TO KNOW YOU...

Dr Newsham

Julie Newsham. Originally from Liverpool, I trained at Leeds University then completed my General Practice training in Durham. Before taking up a partnership I did further training in Paediatrics at the Royal Berkshire Hospital. I joined Western Elms Surgery in 1993 (as their first female partner!) since 2001 I have been job sharing with Dr Louise Hopkins. I enjoy all aspects of General Practice and also do Family Planning and Minor Surgery.

BANK HOLIDAY: THE SURGERY WILL BE CLOSED ON MONDAY 27TH AUGUST. PLEASE CONTACT NHS 111 IF YOU SEEK MEDICAL ASSISTANCE.



Please let us know if you change your mobile number so we can update our records and ensure you continue to receive appointment reminders!

STAY SAFE IN THE SUN...

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.

Sun Safety Tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen



Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection

We hope you have seen improvements since Western Elms took over management back in April. If you are happy with the service that is now being provided, please tell your friends—who knows, they might come back!

Have you seen the building work that is taking place at our sister surgery?

WESTERN ELMS SURGERY



Before



In progress