

Circuit Lane Newsletter November 2018

FLU CLINIC

Have you had your flu vaccination? Please ask at reception to book in for this clinic.



For 2018, there are 3 types of flu vaccine:

- a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
- a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an adjuvanted injected vaccine. This is for people aged 65 and over.

The surgery will be closed for staff training on Thursday 29th November from 12-6.30pm.

NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net stating that you are a Circuit Lane patient 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.

7 DAY WORKING HAS BEGUN!

As you may know, NHS England had said all surgeries will be required to be open 7 days a week as of 1st April 2019, due to the increase in demand they brought this forward to 1st October 2018. By doing so this means we can work collaboratively in 7 day working with our neighbouring surgeries in Reading West - Western Elms & Tilehurst surgeries. Together we will be working in a cluster to provide appointments for all of our patients 7 days a week.

We will continue to have out of hours appointments on Mondays and Thursdays, Tilehurst on Wednesdays and Western Elms on Mondays and Tuesdays. Westcall will cover out of hours on Fridays and Sundays and we will take it in turn to open on Saturdays.

This means you will be able to be seen at a different surgery who will also have access to your notes, with your consent. Please ask to speak to a duty manager for more information.

NEW WEBSITE!!!

Have you seen our new interactive website? You can now ask a doctor a question, register for online services, change personal details, ask reception a question and request medication, to name a few!

www.circuitlanesurgery.co.uk

FRIENDS AND FAMILY

In September 214 people said they were either extremely likely or likely to recommend our surgery to Friends and Family!

Thank you to everybody who takes the time to fill out a form.



MOVEMBER

Grow a moustache - Doing Movember means raising funds for men's health. And growing a moustache is your chance to do just that. Start clean shaven, grow throughout the month, and get some serious funds behind the men who need it most.

The state of men's health is in crisis. Men experience worse longer-term health than women and die on average six years earlier. Prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50. Three quarters of suicides are men. Poor mental health leads to half a million men taking their own life every year. That's one every minute.

The Movember Foundation is uniquely placed to address the crisis at a global level. They're funding ground-breaking programmes all over the world, engaging with men where they are, to understand what works best, to help make change happen sooner.

By 2030, we'll reduce the number of men dying prematurely by 25%. Find out more at <https://uk.movember.com/?home>



TALK WITH PHARMACISTS

Western Elms Patient Participation Group invites you to an evening talk with our Practice Pharmacists on **Wednesday 7th November at 7.00pm.**

HAVE YOU HEARD?

New NHS guidelines have been brought in to stop the prescribing of medicine which can be bought over the counter.

The NHS currently spends around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol.

Come to our talk to find out more... Refreshments will be available

Reserve your place on the guest list by speaking to reception or emailing we.patientgroup@nhs.net

PATIENT PARTICIPATION GROUP

Would you like to find out what's going on at the surgery behind the scenes or have your say and provide suggestions? Then why not join the PPG? We would love to see some new faces at our next meeting!

Our next meeting is on Wednesday 5th December 6.15pm at the surgery, we would love to see you there! Please let us know at reception if you would like to attend. Your comments and suggestions can make a difference.

November



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