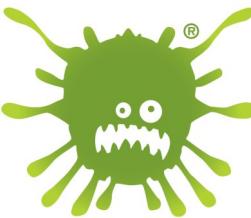


Circuit Lane Newsletter October 2018

FLU CLINIC

Our Saturday flu clinic will be on **27th October**. 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 STARS OF CIRCUIT LANE

A huge well done to The Stars of Circuit Lane who took part in the Alzheimer's Society Memory Walk last month and managed to raise an amazing £1171 for charity. You did an amazing job ladies.



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

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.

FRIENDS AND FAMILY

In September 231 people said they were either extremely likely or likely to recommend our surgery to Friends and Family!



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.

10 HEALTHY HEART TIPS

- GIVE UP SMOKING
- GET ACTIVE
- MANAGE YOUR WEIGHT
- EAT MORE FIBRE
- CUT DOWN ON SATURATED FAT
- GET YOUR 5 A DAY
- CUT DOWN ON SALT
- EAT FISH
- DRINK LESS ALCOHOL
- READ THE FOOD LABEL



CONGRATULATIONS!

We would like to say a massive congratulations to our Advanced Nurse Practitioner Bonita who graduated recently! Well done we are all really pleased and excited for you.



STOPTOBER

Did you know... If you stop smoking for 28 days you're 5 times more likely to stop smoking for good! No matter how long you've smoked for, quitting can improve your health straight away. Changes begin within 48 hours as your lungs clear out and your senses of taste and smell improve. Your risk of heart disease can halve within a year of quitting.



Research has found that exercising can reduce feelings of nicotine withdrawal. So, when you feel the urge to smoke, do something active instead – take a brisk walk, head to the gym or go for a dip in your local pool.

More than 80% of smoke is invisible and odourless. Protect your loved ones by quitting – reducing their risk of serious illness including respiratory disease, heart disease and cancer.

QUIT SMOKING

Stopping smoking is one of the best things you'll ever do for your health. Get started with free expert support, stop smoking aids, tools and practical tips.