

# Western Elms Newsletter December 2018

## CHRISTMAS OPENING TIMES

The surgery will be closed on the following dates:

- ◆ Tuesday 25th December 2018
- ◆ Wednesday 26th December 2018
- ◆ Tuesday 1st January 2019

If you need medical assistance on these dates please call NHS 111 and speak to a highly trained adviser who will assess your symptoms and direct you to the best medical care.



## FLU CLINIC

Have you had your flu vaccination? There is still time to book in! Contact reception if you are yet to book in and they will provide you with an appointment time.

## 7 DAY WORKING

Western Elms, Circuit Lane and Tilehurst Potteries practices work together as a cluster to offer our patients additional appointments in evenings and weekends:

Mondays and Tuesday evenings are at Western Elms Surgery, Wednesday is at Tilehurst and Thursday is at Circuit Lane. Friday evenings and Sundays are currently covered by Westcall. Saturdays are worked on a rotation and you will be advised where your appointment is on booking.

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.

Merry  
Christmas

## FRIENDS AND FAMILY

In November 215 people said they were extremely likely to recommend our surgery to Friends and Family! Thank you to everyone who takes time to fill out a form. If you would like to fill one out you can find them at the reception desk!

## NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on [we.patientgroup@nhs.net](mailto: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.

**MERRY  
CHRISTMAS AND  
A HAPPY NEW  
YEAR FROM THE  
TEAM AT  
WESTERN ELMS  
SURGERY!**



## **SAVE THE CHILDREN'S CHRISTMAS JUMPER DAY**



On Save the Children's Christmas Jumper Day all over the country, thousands of people will be donning their daftest, most wonderful woollies – all for a great cause.

Everyone who donates £2 to take part this year on 14th December will be doing some serious good around the world. Your jumper could be the difference between a hot meal or no meal. It can help bring essential healthcare, education, protection and food to millions of children around the world who are missing out on these basics.

Your support can protect children from easily preventable yet still deadly diseases like malaria, diarrhoea and pneumonia. And it can help us reach children who are forgotten simply because they were born in a remote village, because they're girls or refugees, have a disability or are from a minority group. To find out more go to: <https://christmasjumperday.org/>

## **WWW.WESTERNELEMS.COM**

**Keep up to date with the latest surgery news at [www.westernelms.com](http://www.westernelms.com)**

**Do you need to update your contact details? Request repeat medication? Request a sick note? Track a referral? These are just a few of the many things you are able to do on the website.**

**Alongside this, you can also read the minutes of our previous PPG meetings and view the newsletters month by month.**

## **Talking Therapies Berkshire**

Problems such as anxiety, depression, stress and phobias are very common.



Talking Therapies is a friendly and approachable service that can help you with these problems. They have a team of advisors and therapists who can help you to overcome life's difficulties and manage them better.

You can refer yourself to Talking Therapies by visiting [www.talkingtherapies.berkshire.nhs.uk/](http://www.talkingtherapies.berkshire.nhs.uk/) or your GP can refer you.

## **HEALTH APPS**

From exercise apps to managing diabetes, find digital tools to help you manage and improve your health



Please make sure you have put your repeat request in for medication by Wednesday 19th December to ensure that they will be ready for collection before the Christmas bank holidays.

