

# Western Elms Newsletter November 2018

## FLU CLINIC

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

## FRIENDS AND FAMILY

In October 117 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.

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

## 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 - Circuit Lane & 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 Tuesdays, Tilehurst on Wednesdays and Circuit Lane on Thursdays. Westcall will cover out of hours on Fridays and Sundays and we will take it in turn to open on Saturdays.

Western Elms will continue to stay open from 8.30am - 4.30pm every Saturday until the building work has finished, in which it will then revert back to 8.30 - 12.30pm only.

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.




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

## **BUILDING WORK PROGRESS UPDATE**

There has been a slight delay in the building due to steel structural work. The spiral stairs we had held the weight of the roof, and the floor for the lift needs to be reinforced for the structural work of the lift. This meant the plans went back to the engineers which went to the regulators which then had to be accepted. It is believed it will be finished around Spring so watch this space...

## **MOVEMBER**

Grow a moustache - Doing  Movember means raising funds for men's health. And growing a moustache is your chance to do just that.

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>

# November

## **TALK WITH PHARMACISTS**

Western Elms Patient Participation Group invites you to an evening talk with our Practice Pharmacists on **Wednesday 7<sup>th</sup> 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](mailto:we.patientgroup@nhs.net)**

## **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.

## **NEW WEBSITE**

Have you seen our new interactive website? You can now do all of the following things and much more!

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

**[WWW.WESTERNELMS.COM](http://WWW.WESTERNELMS.COM)**