

# Western Elms Newsletter July 2019

## PPG OPEN MEETING

Our PPG are having an open meeting with a guest speaker from Talking Therapies on Wednesday 7th August 7pm at Tilehurst Methodist Church.



Problems such as anxiety, depression, stress and phobias are very common. **Talking Therapies** is a friendly and approachable service that helps people with these problems. Come to our talk to find out more...

If you would like to attend please speak to reception to be added to the guestlist. Alternatively, please email [we.patientgroup@nhs.net](mailto:we.patientgroup@nhs.net)

Our meeting this month is on Wednesday 3rd July 6.30pm at the surgery.

**If your clinician is running late please be patient.**

As clinicians we see patients who may need emergency treatment or who may be distressed. Somebody you know may need the same care one day.

**WE NOW HAVE PATIENT WIFI  
- TRY IT WHILST YOU ARE IN  
THE WAITING ROOM!**

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

**JULY**



## FAMILY PLANNING CLINIC

Our family planning drop in clinic will be held on Tuesdays with our Practice Pharmacist Sally. She can cover contraception reviews, contraceptive depo injections and menopause. Whilst waiting to be seen please take your blood pressure reading at the machine in the waiting room to take in to the waiting room with you.

You can also complete a contraception review form on our practice website.

## WELCOME!

This month we say a huge welcome to our new GP Dr Elgonaid and our new Practice Nurse Marcella!

We also say welcome to Sophie and Louise who will be helping out within the Reception team over the summer.

## APPOINTMENTS

Do you like our new front entrance? We are beginning to come towards the end of our building work – thank you all so much for your support and for being so patient!

With that being said our appointment system will gradually begin to ease back into more pre-bookable appointments and less appointments on the day.

As we will be back to capacity this also means we will no longer be open until 4.30pm on Saturdays. We will be open 1 in every 3 Saturdays in rotation with Circuit Lane and Tilehurst surgeries so please do not rely on Saturdays to collect prescriptions. We will be open from 08.30am – 12.30pm for pre-booked appointments only.

## **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

### **DATES FOR THE DIARY:**

The surgery will be closed between 12.30 - 4.30pm for staff training on the following dates:

Thursday 24th October  
Thursday 28th November

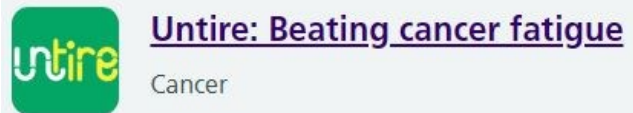
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## **HEALTH APPS**



Check symptoms, book appointments, request medication, look at your medical records, register as an organ donor, access your NHS



The Untire self-help app provides a step-by-step guide to help you and your family and friends beat cancer-related fatigue (CRF). Whether you're a cancer patient or survivor,



The Hoop app helps you keep your children active by providing information on nearby activities, thousands of which are completely free. It also has recommended ages for each activity, so you only see things that are right



The My House of Memories app lets you explore objects from the past and share memories together. It's been designed for, and with, people living with dementia and



- Ask your pharmacist first for advice about treating minor conditions
- Pharmacies are accessible and convenient and many are open late nights and weekends
- You can get helpful advice or buy a treatment for your condition, saving you time and helping you start to feel better quicker.
- No need for an appointment; just pop in any time and they will be happy to help you.
- If you can't get to your local pharmacy yourself, 'phone or ask someone to go for you.