

Western Elms & Circuit Lane Newsletter

February 2020



READING WEST PCN'S PPG OPEN MEETING

The next open evening will be on Wednesday 5th February at Tilehurst Methodist Church. We invite our patients to a talk to understand your diabetes with guest speakers including Dr Javaria Akhter and a representative from the Berkshire Eye Screening Programme. One in 15 people in the UK have diabetes. Are you worried that you, your child or someone you know may have diabetes. Are you currently living with diabetes or do you want to find out more about this condition.

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

CALLING ALL PATIENTS

We are seeking your input to help ensure that the surgeries are, wherever possible meeting your expectations. Currently we are searching for more members to join our Patient Groups, to help us work with the surgeries to ensure that you have the best possible service.

The groups meet on a rotational basis for up to two hours, when the groups can talk to representatives of their surgery including medical staff to help improve the running of the practices, highlighting any matters both positive and negative, which might need addressing.

The meetings take place at the surgery, during lunchtimes or early evening. The dates are published in the surgeries.

Additionally, the groups occasionally hold fundraising events to purchase equipment, which is of benefit to the patients.

If you can spare a couple of hours to help us help you please give your name to reception or let us know via our websites and we will contact you with further details.

Alan Porton
Chair of Western Elm's Patient Group

PARK RUN — we are a Park run PCN and would like all of our patients to join us at Prospect Park on a Saturday AM when we put a team in — keep your eyes peeled for information.

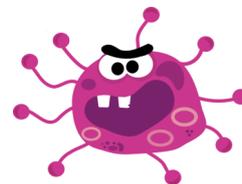


DATE FOR THE DIARY

The surgery will be closed **Wednesday 25th March** for staff training 12.30-4.00pm. If you need medical assistance during this time please contact the surgery and you will be directed accordingly

FLU SEASON

The flu vaccine is still available at both surgeries and we have pre-bookable appointments available during the weekdays. The flu vaccine reduces the risk of catching flu, as well as spreading it to others.



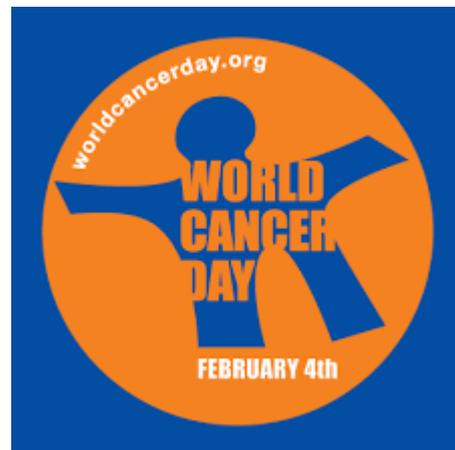
CORONAVIRUS INFORMATION

We are aware that there maybe concern about the Coronavirus outbreak in China and the reports of cases starting to occur elsewhere in the world.

If you have a flu-like illness and have travelled to Wuhun, China in the last 14 days, then please do NOT come to the surgery and do NOT go to hospital. Instead contact NHS 111 to inform them of your recent travel to the city and they will advise you accordingly.

WORLD CANCER DAY, 4 FEBRUARY 2020

World Cancer Day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds. This global event takes place every year on 4th February and aims to save millions of preventable deaths each year by encouraging individuals to take action. Show your support for life-saving research by wearing your Unity Band, <https://shop.cancerresearchuk.org/fundraising-merchandise/world-cancer-day/world-cancer-day-unity-bands-2020>



TIME TO TALK DAY, 6 FEBRUARY 2020

Time to Talk Day is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, we want you to get people talking. See more information on the [Time to Talk Day website](#)



let's end mental health discrimination

CHILDHOOD IMMUNISATIONS

Vaccines are the most effective way to prevent infectious diseases. Measles and mumps are starting to appear again in England, even though the MMR vaccine is safe and protects against both diseases. Please contact the surgery to book your childhood immunisations and consult regarding <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

CONFIDENTIALITY

Protecting patient confidentiality is an important issue we take very seriously. Unfortunately, the reception desk is in the waiting room area and it is difficult to talk to the receptionist without being overheard. If you are waiting please give the person ahead of you space.

If you want to speak to the receptionist confidentially, please just ask and they will arrange a private room. Alternatively, you could telephone the surgery as the telephone calls are answered in a confidential area.

If at any time you do not feel comfortable discussing things with the receptionist, please remember that they are only there to make sure you get to the most appropriate person on your first visit working within guidelines given by the Partners.

WE CAN OFFER.....

- A free health check for all adults aged 40-75. This involves a lifestyle assessment along with simple blood tests which in part help us. Joint injections are offered for patients in the surgery for appropriate conditions.
- We offer all our patients with a learning disability an annual health check to ensure all their health needs are being met to the highest standard possible.
- Physiotherapy for those who are referred for appropriate problems.

A big thank you to everyone who donated to our Christmas Charity. We were able to make a donation of £95 to the Duchess of Kent hospice.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

Would you like to receive our newsletters electronically?

Email we.patientgroup@nhs.net to be added to the mailing list!