

Western Elms & Circuit Lane Newsletter

March 2021



Since our first vaccine on the 22nd December when we vaccinated our first patient against Covid-19, we have now vaccinated 7800 patients and still going strong.



We are now calling anyone who is clinically vulnerable from cohort 6 which is rather a large group of patients. Please do not phone the surgery as this prevents poorly people obtaining the care they need. **We will contact you. Please also note that if you are driving to the clinics at Circuit Lane Surgery, there is surplus parking available at The Grange United Reformed Church which has kindly been offered.**

Any patients aged 70 and over who have not yet been vaccinated against COVID and would like to be, please do contact us to arrange a jab. Until now the NHS has asked people to wait until they are contacted, instead of calling their surgery to ask when it is their turn however we have now tried every way to contact you ... please call us.

How to get a vaccination?

We will contact you if you are in the groups of patients that we have been asked to look after by NHSE — Cohorts 1-4 and 6

You can use the national booking service if you have received a letter from NHSE with a link

You can choose a time and location at a mass vaccination site or pharmacy, www.nhs.uk/covid-vaccination.

If you're not online, call 119 free of charge, 7am-11pm, seven days a week.

Public Health Berkshire has launched a new Covid-19 vaccination [page](#) with lots of information such as FAQ's visuals and videos to help residents understand more about the vaccines and getting the jab.

Telephones- 0118 959 0257



New Employees

We welcome Rashid and Talihah who have joined the pharmacy team as pharmacists.

We also welcome Angel who is joining us as a receptionist.

We are truly sorry for the poor service on our phone lines of late. We have had considerable issues with both suppliers and problems with BT themselves that were beyond our control. Unfortunately as we were so near the end of both contracts we have had little negotiating power.

However.... we are really pleased to advise you that our new phone system will be up and running by the end of next week. There will be more lines, it will work across both surgeries and eventually it will have one phone number to avoid confusion.

The number that will be advertised moving forward will be 0118 959 0257. If you ring the CL number you will be diverted to this in a fair way and nobody will be disadvantaged.

Once again please accept our apologies and bear with us for next week whilst we iron out any teething problems.

In the meantime and moving forwards, we would encourage you always to use the website for any questions or queries and we will come back to you - www.westernelms.com

Ovarian Cancer Awareness Month

This March, find out how can you make a difference by raising funds and awareness for women with ovarian cancer. Join in this March to raise much-needed funds and awareness.



Eating Disorders Awareness Week, 1-7

March is an international awareness [event](#), fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery.

No Smoking Day, 10 March 2021 is to encourage and support smokers to quit the habit. For more information, [Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)



World Kidney Day, 11 March 2021 is an annual campaign to help raise [awareness](#) of kidneys and educate people on what they do and how to improve your kidney health. We'd love you to get involved and help us get kidneys on everyone's radar.

[World Sleep Day](#) promotes important issues related to sleep, including medicine, education, social aspects and driving. The aim is to lessen the burden on sleep problems on society through better prevention and management of sleep disorders.



World Oral Health Day

20 March

90% of the world's population will suffer from oral diseases in their lifetime and many of them can be avoided with increased governmental, health association and society support and funding for prevention, detection and treatment programmes. [World Oral Health](#)

[Day](#) offers the dental and oral health community a platform to take action and help reduce the overall disease burden.

[Younger People with Dementia](#) provides respite for carers of people with young onset dementia to reduce their stress, by delivering activities and workshops to their loved ones. They also provide carer support groups and social activities for the families of people with young onset dementia throughout the year. We work closely with colleagues across health and social care services and have continued to provide services throughout the pandemic.



Resources for patients recovering from Long Covid

There are a variety of symptoms that may persist after you have left the hospital due to having COVID-19. These will vary between people and may last for weeks or possibly months, especially if you have been critically unwell. Here are some useful [links](#) and [resources](#) that may be beneficial to look into.

NHS Safeguarding App

The [NHS safeguarding app](#) is a comprehensive resource for healthcare professionals, carers and citizens. The app:

- provides 24-hour mobile access on up to date legislation and guidance across the safeguarding life course
- provides information on how to report a safeguarding concern, with a directory of safeguarding contacts for every local authority in England
- can be accessed via Apple iOS, Google Play or downloaded by visiting your device's appropriate app store and searching for 'NHS Safeguarding'.

