

# Western Elms & Circuit Lane Newsletter

## April 2021

We are still trying to vaccinate our patients who fit into Cohorts 1-9. Please go onto the website and Ask Reception a Question and we will contact you with an appointment. We have availability of vaccine waiting for you!!

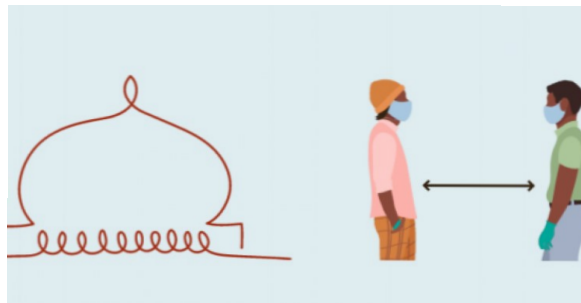


Those eligible for the vaccine are:

- People aged 50 and over
- People at high risk from coronavirus (clinically extremely vulnerable)
- People who live or work in care homes
- Health and social care workers
- People with a condition that puts them at higher risk (clinically vulnerable)
- People with a learning disability
- People who are a main carer for someone at high risk from coronavirus

We will continue to contact people for their second vaccines as soon as deliveries are allocated.

Muslim patients can have Covid vaccines without invalidating their fast during Ramadan, according to advice from national organisations.



Guidance on having a safe Ramadan has been issued by the British Islamic Medical Association and Muslim Council of Britain.

They say that having vaccinations is permitted during the holy month, which this year runs from 12 April to 12 May.



### Covid Home Testing Kits

Reading people can now pick up free home testing kits from a variety of local pharmacies to check if they have Covid-19. The move is part of government plans to make it easier for the general public to access lateral flow test, which give results in 30 minutes, and are aimed at people who don't have any symptoms.

## TELEPHONES - 0118 959 0257

Our new Cloud based telephone system was installed in the second week of March. We are aware of some teething problems, however the system does allow us to have more lines across both surgeries. We hope that the numbering system provides more clarity. In the meantime and moving forwards, we would encourage you always to use the website for any questions or queries.

## STRESS AWARENESS MONTH

This April, healthcare professionals and health promotion experts across the country will join forces to increase public awareness about the causes and cures for our modern stress epidemic. Take a look at the [web pages](#) for more information about stress in the workplace.



#STOPbowelcancer



## BOWEL CANCER AWARENESS MONTH

Bowel Cancer is the second biggest UK's killer cancer. This shouldn't be the case since it is treatable and curable, especially when diagnosed at an early stage. This is the reason why April has been set aside to educate the public and raise awareness of Bowel Cancer symptoms.

## PARKINSON'S AWARENESS WEEK, 11TH-17TH APRIL

Parkinson's Awareness Week kick starts on World Parkinson's Day - Sunday 11th April 2021 and ends on Saturday 17th April. As there is no cure for Parkinson's, this is an annual opportunity to raise awareness and much needed funds to support people living with the condition, to improve quality of life and to ensure that people live better for longer.



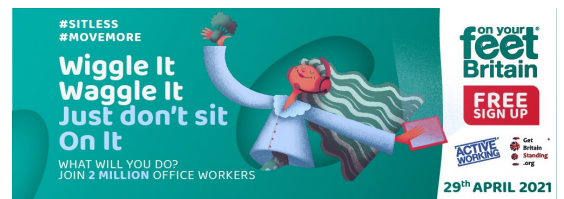
#MSWeek

## MS AWARENESS WEEK 2021

will run from 19-25 April. It's a chance to raise awareness of multiple sclerosis, and spread the word. #LetsTalkMS. We'll give you the tools to feel confident about speaking up. And share stories of how others found their voice. With your help, we'll create lots of buzz on social media and in the press.

## 29TH APRIL, ON YOUR FEET BRITAIN

encourages workers across Britain to unite together and participate in a variety of fun and simple activities to #SitLess and #Move More at work. The On your feet Britain challenge dares you to convert 'sitting time' to 'standing time' by following simple changes.



## Dementia Walks Start Up

Age UK Berkshire is launching monthly dementia walks, with the first taking place in Palmer Park on 15th April. The location will vary for each walk. Please email, [victoria.rowland@ageukberkshire.org.uk](mailto:victoria.rowland@ageukberkshire.org.uk)

**Thames Valley Cancer Alliance** is asking the public to know the risks of lung cancer and the symptoms to spot through their latest awareness campaign. The Thames Valley Cancer Alliance campaign hopes that the #KnowYourCancerRisk campaign will help people to understand the signs and symptoms of cancer and to understand that lung cancer is not unique to smokers. The campaign is currently being promoted at Circuit Lane Surgery.



## Free legal advice for domestic abuse victims in the Thames Valley.

Flag DA have a new dedicated phone number to access their service. The charity provides free legal advice to victims of domestic abuse in the Thames Valley area. The telephone number is 0163501584. The limited hours, but victims are encouraged to leave a message if they call outside opening times.