

Western Elms & Circuit Lane Newsletter

June & July 2024



**WESTERN ELMS
&
CIRCUIT LANE
SURGERIES**



WELCOME TO OUR NEW PARTNERS

We are thrilled to announce that we have two new Partners, Dr Camilla Arthur and Dr Chris Anderson. They have come to our meetings and also been in the newsletter previously as salaried GP's. They join Drs Millar, Hopkins, Chauhan, Haldane, Batista and Ajanaku.

Our Multi-disciplinary team continues to grow with 2 new physicians associates and 2 new pharmacists joining us in May & June. Naomi our Mental Health worker joined us this month and we are also increasing our nursing team—Watch this space :)



By joining the Western Elms and Circuit Lane Surgeries Patient Participation Group, you could help shape the future of local health services. Please email and let us know how you would like to help we.patientgroup@nhs.net

Email us at: we.patientgroup@nhs.net


	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	A&E or 999 Emergencies only

PPG MEETINGS IN 2024

Wednesday 7th August @ WES @ 6.30pm
AGM - Wednesday 9th October @ CL @ 1.00pm
Wednesday 4th December @ WES @ 6.30pm

SURGERY CLOSED DATES IN 2024

Please call 111, use the pharmacy or call 999 only in an emergency
26th August—Bank Holiday
17th September 1pm til close—training
6th November 1pm til close—training
25th & 26th December—Bank Holidays



VOLUNTEERS' WEEK

VOLUNTEERS WEEK
3-9 JUNE

Volunteers' Week celebrates the contributions volunteers make to communities across the UK.

The celebration starts on the first Monday of June every year. It's a chance to recognize, celebrate and thank the UK's incredible volunteers for all they contribute to our local communities, the voluntary sector and society as a whole.

This year's Volunteers week will culminate in [The Big Help Out | Home](#) from Friday 7 to Sunday 9 June, where people all across the UK will get the chance to experience a range of volunteer taster sessions.

Volunteers Week celebrated its 40th year after being established in 1984.

HEALTHY EATING WEEK

10- 14 JUNE

British Nutrition Foundation are encouraging everyone including schools, workplaces and community groups to "give it a go" this Healthy Eating Week. Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2024 is all about giving it a go!

We will be providing information and resources for early years, schools and workplaces around the following themes:

- Get at least 5 A DAY
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste

To receive the latest updates and information to help you plan, or get involved in, Healthy Eating Week 2024, [REGISTER NOW!](#)



Carers Week

CARERS WEEK
10-16 JUNE

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. [Home | Carers Week](#)

LEARNING DISABILITY WEEK 2024

17—23 JUNE

The theme for this year's Learning Disability week is "Do you see me?"

"Do you see me" is about challenging barriers people with Learning Disabilities face, Mencap want to Celebrate the things people with a learning disability bring to society

If you would like to get involved with Learning Disability week you can visit their website [Learning Disability Week 2024 | Mencap](#)



ALCOHOL

CHANGE^{UK}

ALCOHOL AWARENESS WEEK

1-7 JULY

This years campaign is "Understanding alcohol harm"

Alcohol Awareness week is run by Alcohol Change UK, each year over 5000 public health teams, workplaces, GP Surgeries , pharmacies, Hospitals , charities and other community groups across the country sign up to take part using the resources provided.

Sign up for more information- [Alcohol Awareness Week | Alcohol Change UK](#)

CREATE WEEK

1-7 JULY

To spread the joy of creativity and get involved in Create Week on social media platforms, here are some content ideas:

-Share photos and videos of your creative projects, whether it's painting, crafting, or cooking up a storm in the kitchen

-Provide tips and tutorials for exploring new creative hobbies and unlocking your artistic potential

-Host virtual workshops or challenges where participants can unleash their creativity and share their creations with the community

-Encourage followers to share their own creative endeavours using the hashtag #CreateWeek, creating a vibrant tapestry of creativity across social media

Collaborate with local artists or creative organizations to showcase their work and inspire others to get involved in the creative arts [Create Week - Create \(Arts\) Limited \(createarts.org.uk\)](#)



SAMARITANS AWARENESS DAY

SAMARITANS

24TH JULY

Samaritans awareness Day is on 27/7 so they are raising awareness throughout July to let people know, they can contact Samaritans, day or night 24/7.

Every July, Samaritans branches in the uk and Ireland hold local events to raise awareness that Samaritans are there to listen to anyone who's struggling to cope at any time of the day or night. [Samaritans Awareness Day - 24/7 | Samaritans Campaigns](#)

NATIONAL SCHIZOPHRENIA AWARENESS DAY

25 JULY

National Schizophrenia Awareness Day on 25 July shines a light on the everyday challenges the millions of people living with a diagnosis of schizophrenia face and how we tackle the stigma and discrimination around it.

[National Schizophrenia Awareness Day \(rethink.org\)](#)

