

Western Elms & Circuit Lane Newsletter

October 2019

SURGERY UPDATES

This month we welcome Jennifer! She will be joining the nursing team as a Practice Nurse!

Sadly, we say goodbye to Parminder (Pharmacist) and Erica (Secretary) this month - they will be missed by all and we wish them both well for the future!

KNOW YOUR RESULTS

You are the best person to check your results. When test results come back they are always seen by one of the clinicians before filing in your records, with a suggested plan. This might be to continue with treatment, to see you for a follow up appointment as planned, or it might be no action required if the result is normal.

Please call the surgery for your results after 10.30am.

YOUR NHS & WHAT IT COSTS

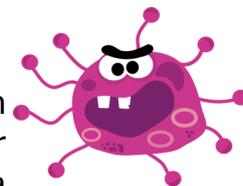
Did you know that it can cost your NHS approximately...

- £247 to call out an ambulance
- £124 for a single visit to A&E
- £32 for an appointment with your GP
- £16 to call NHS 111
- £0.46 to click onto NHS Choices website.

Help us to help you. Stop, think and choose well.

FLU SEASON

We have a flu clinic on Saturday 12th October for Over 65's. Due to a delivery problem we will be holding a clinic on Saturday 26th October for those with chronic diseases. Both of these clinics will be at Circuit Lane Surgery. You can book an appointment for this with reception or online!



There are several types of flu vaccine. You'll be offered the one that's most effective for your age:

- children aged 2 to 17 in an eligible group are offered a live attenuated quadrivalent vaccine (LAIV), given as a nasal spray
- adults aged 18 to 64 who are either pregnant, or at increased risk from flu because of a long-term health condition, are offered a quadrivalent injected vaccine – the vaccine offered will have been grown either in eggs or cells (QIVe or QIVc), which are considered to be equally suitable
- adults aged 65 and over will be offered either an adjuvanted trivalent injected vaccine grown in eggs (aTIV) or a cell-grown quadrivalent injected vaccine (QIVc) – both vaccines are considered to be equally suitable.

If your child is aged between 6 months and 2 years old and is in a high-risk group for flu, they'll be offered an injected flu vaccine as the nasal spray is not licensed



**WESTERN ELMS & CIRCUIT LANE
SURGERIES**



STOPTOBER



**STOP SMOKING FOR 28 DAYS AND
YOU'RE 5 TIMES MORE LIKELY TO
QUIT FOR GOOD**

Stoptober has driven over 1 million quit attempts to date

and is the biggest mass quit attempt in the country. It is based on research that shows that if you can stop smoking for 28-days, you are five times more likely to stay smoke free for good.

There are lots of ways to quit and Stoptober can help people choose what works for them. Stoptober offers a range of free support to help people on their quitting journey including an app, daily emails, Facebook Messenger and lots of encouragement from the Stoptober online community on Facebook. In addition, people can get expert face-to-face advice from local stop smoking services. Those who use stop smoking aids and who get face-to-face support from their local stop smoking service are up to four times more likely to quit successfully.

Visit <https://www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober/> for more info

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 away from the reception desk.

If at any time you do not feel comfortable discussing things with the receptionist just say you would prefer to talk to the doctor or nurse.

**Would you like to receive our newsletters electronically?
Email we.patientgroup@nhs.net to be added to the mailing list!**

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 to calculate a vascular risk score.
- A full range of contraceptive services are offered to our patients and we can also offer implant and coil insertions and removals.
- Joint injections are offered for patients in the surgery for appropriate conditions.
- Cervical screening for eligible women invited by the national screening program.
- 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.