

Western Elms & Circuit Lane Newsletter

May & June 2023



HAYFEVER SEASON

As the weather (hopefully) begins to improve, a bit of sunshine will be welcomed by many. However, spending more time outside can lead to hay fever sufferers having a miserable time of it. Hay fever is a common allergic reaction which occurs at particular times of the year. It is known as seasonal rhinitis, sharing symptoms with perennial (year round) allergic rhinitis, but occurring as a reaction to pollen from grass, trees and weeds during the early spring and summer months. It can affect both adults and children. Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. Common symptoms are - runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes and sore throat. Sometimes only the nose and eyes are affected. Less common symptoms are - loss of smell, facial/sinus pains, sweats and headache. Asthma symptoms such as a cough, wheeze and breathlessness may get worse.

Should you need help with hay fever, your first port of call should be the pharmacy, a pharmacist can advise you on medicines available!



What is a PHYSICIAN ASSOCIATE?

Physician associates are collaborative healthcare professionals with a generalist medical education, who work alongside the GPs providing medical care as an integral part of the MDT.

They work within a wide and varied area of practice and they can carry out the following:

- > take medical histories from patients
- > carry out physical examinations
- > see patients with undifferentiated diagnoses
- > see patients with long-term chronic conditions
- > formulate differential diagnoses and management plans
- > perform diagnostic and therapeutic procedures
- > develop and deliver appropriate treatment and management plans
- > request and interpret diagnostic studies
- > provide health promotion and disease prevention advice for patients.

Our physicians associates are Helga and Rachael.



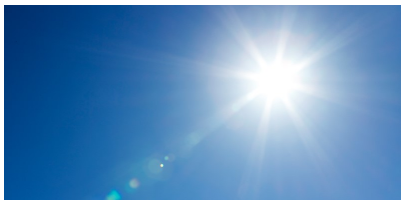
WESTERN ELMS & CIRCUIT LANE SURGERIES

Date for the diary: the surgery will be closed on Wednesday 17th May for staff training 12.00-5.00pm.

Call 111 for advice or 999 for life threatening emergencies. For mental health support call the crisis team on 03003659999

NATIONAL WALKING MONTH

May is living streets' [National Walking Month](#) when we celebrate the health and happiness benefits of walking and wheeling more. Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated. And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money in the process! We've put together 20 tips to help you fit 20 minutes of walking into your day. From inviting friends and family for a walk to taking a post-work stroll, how many #Try20 tips can you do during National Walking Month? If you're not sure where to start, scroll down to give the wheel a spin!



SUN AWARENESS WEEK, 1-7 MAY 2023

This [week](#) is a vital campaign. The key is raising awareness around sun protection and skin cancer—the most common cancer in the UK to date. This year's campaign focus will be on the need for sun protection in the UK climate, aiming to tackle misconceptions that sun protection is rarely needed in the UK.

DEAF AWARENESS WEEK, 1-7 MAY 2023

12 million adults in the UK are deaf or have hearing loss—but we can all play our part to be more deaf aware, both at work and in daily life. This [Deaf Awareness Week](#) learn how to become more deaf aware.



Dying Matters Awareness Week

From 8 - 14 May 2023, we're encouraging communities across the country to come together to talk about death, dying and grief in the workplace.

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MENTAL HEALTH AWARENESS WEEK, 15-21 MAY 2023

[Mental Health Awareness Week](#) is all about raising awareness and promoting better mental health. The official theme for this year, as set by the Mental Health Foundation, is 'anxiety'. Our 'Just Anxiety?' campaign aims to help people and organisations to understand the difference between anxiety and anxiety disorders and to confidently seek and signpost each other to the right support.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety



Alzheimer's Society

DEMENTIA ACTION WEEK, 15-21 MAY 2023

Increasing diagnosis rates is such an important issue that we're focusing on it again this year. Following a sustained drop in [dementia diagnosis](#) rates for the first time ever, we undertook research to understand the key barriers and benefits to getting a diagnosis. As well as the misconception around memory loss just being part of getting old, our research found being in denial, and referral times to specialists, are big barriers for those experiencing symptoms to seek a diagnosis. This Dementia Action Week, we'll be involving more healthcare professionals and building on the success of our [symptoms checklist](#). By working together, we want to improve people's diagnosis experience and ensure they get a timely diagnosis.

VOLUNTEER'S WEEK, 1-7 JUNE 2023

[Volunteers' Week](#) is a chance to recognise the fantastic contribution volunteers make to our communities and say thank you!! Volunteers Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities, who together run hundreds of activities across the UK.



5-11 JUNE 2023, 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.

BNF HEALTHY EATING WEEK, 12-16 JUNE 2023

[Healthy Eating Week](#) is all about supporting and promoting healthier lifestyles and this year's theme is Healthy Eating Week - For Everyone! The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us. With this in mind, for Healthy Eating Week 2023 we're focussing on providing free, evidence-based advice and support for everyone who wants to find their way to eat a healthier diet regardless of these barriers.



DIABETES AWARENESS WEEK, 12-18 JUNE 2023

This [Diabetes Week](#) we're celebrating each and every one of you, the millions of people going through the same things, and everyone who's there to support you along the way!!

MEN'S HEALTH WEEK, 12-18 JUNE 2023

[Men's Health and the Internet](#). The iPhone was born in 2007. Those born in the same year will turn 16 this year. They've grown up with a high-performance computer in their pocket. What are the implications for men's health? Clearly there are some health benefits to being able to access health information or deliver and receive health services online but what are the downsides.

**MEN'S HEALTH WEEK
2023 - JUNE 12-18, 2023
#MENSHEALTHWEEK
MEN'S HEALTH AND THE
INTERNET**



WORLD BLOOD DONOR DAY, 14 JUNE 2023

"Give [blood](#) and keep the World beating" The slogan for this year highlights the essential contribution that blood donors make to keep the world pulsating

CERVICAL SCREENING AWARENESS WEEK, 19-24 JUNE 2023 [Cervical screening](#) can stop cervical cancer from ever developing, but we know that the test isn't always easy. We're encouraging people to share their tips, experiences, and positive messages about screening.

FRIENDLY REMINDER
TO BOOK
YOUR CERVICAL SCREENING



LEARNING DISABILITY WEEK, 19-25 JUNE 2023 This year is all about busting myths about living life with a [learning disability](#). This year we want to show the world the incredible things that people with a learning disability achieve, smashing misconceptions about what people can do and shining a light on the stigma many still face every day.