

Western Elms & Circuit Lane Newsletter

September & October 2023

Who is a GENERAL PRACTITIONER (GP)?

Dr Chris Anderson has recently joined the surgery after relocating from Birmingham where he worked previously. He came along to this month's PPG Meeting to introduce himself and explain a little about his role.

A general practitioner (GP) is a doctor who manages and helps prevent a wide range of health conditions. GPs work alongside a multidisciplinary team in a GP surgery. The clinical team includes nurses, healthcare assistants, physiotherapists, physician associates, paramedics, junior doctors, students, pharmacists, community navigators, mental health nurses and a dietitian.



Part of the role of being a GP is to offer mentoring and supervision to other members within the team. GPs also work alongside a non-clinical team including receptionists, administrators, secretaries and managers. GPs can opt to train doctors to become GPs. Some GPs will develop a specialist interest in a certain area. Over the coming months we intend to bring a new member of the team to each of the meetings to introduce them to the patient group.

AUTUMN 2023 VACCINATIONS

Over 3000 patients are eligible for a vaccination under the Shingles National Immunisation Programme.

We will be in touch to make an appointment in September.

Flu season is fast approaching. Our housebound and care home patients will get the flu vaccine in the first week of October. All other eligible patients will be invited to attend a clinic on a Saturday at Circuit Lane.

Covid Autumn boosters - NHS England will confirm directly with you if you are eligible and advise where to have the booster.

Did you know that we have two Community Navigators. Cathy and Danielle are here to provide support by connecting people to activities, groups and services in the community. If you think they could be of help, please contact the surgery to make an appointment.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**



Did you know that Reading is one of only three plasma donor locations in the country and the majority of blood donors will be asked to donate plasma instead. The [centre](#) is located in Kennett Place on King's Road and to book an appointment please contact 03001232323



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

4-10 SEPTEMBER, KNOW YOUR NUMBERS WEEK

is the biggest blood pressure testing and awareness event. 2023 sees the 23rd anniversary of Know your Numbers! Week. The theme for 2023 is: [Make the time, ease your pressure](#). We'll be keeping the focus on home monitoring as it's the easiest way to Know Your Numbers!, so you can take steps to lower them. And we're asking you to encourage your friends, family, neighbours, and colleagues to measure their blood pressure at home.



Blood Pressure UK
Helping you to lower your blood pressure



World Suicide
Prevention Day
#WSPD

10TH SEPTEMBER 2023, WORLD SUICIDE

PREVENTION DAY This [World Suicide Prevention Day](#), we're highlighting the importance of the language we use when we talk about suicide, especially when asking someone you're worried about if they're suicidal. Samaritans wants to encourage people to listen to the really important things their friends, family and

colleagues need to tell them, and to devote some time and attention to being better listeners.

WORLD SEPSIS DAY, 13TH SEPTEMBER 2023

Sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death – especially if not recognized early and treated promptly. You can help #StopSepsis and #SaveLives. Get involved at [World Sepsis Day](#).



ORGAN DONATION WEEK, 18-24 SEPTEMBER is a week-long campaign that takes place every year, with the aim of raising awareness about the ongoing need for organ donors. The more people we reach, the more people who register their decision to become organ donors after they die, and the more lives we save. This year, we're aiming to get 25,000 more people to register to become [organ](#)

[donors](#). To achieve this, we need your help. Help us raise awareness before and during this year's campaign, and you'll be helping to save and improve the lives of thousands of people in need of an organ transplant.

NATIONAL EYE HEALTH WEEK, 18-24 SEPTEMBER

[promoting](#) the importance of good eye health and the need for regular eye tests for all. Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes, National Eye Health Week aims to change all that!!



**NATIONAL EYE
HEALTH WEEK**
MONDAY 19 – SUNDAY 25 SEPTEMBER 2023
YOUR VISION MATTERS

**NATIONAL
FITNESS
DAY**

NATIONAL FITNESS DAY 2023 will take place on [20th](#)

[September](#) and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles. through being physical active.

This year we want to shift the focus. While bringing people together through physical activity on National Fitness Day has a hugely

positive impact, we're encouraging you to view this day as just one step in a much bigger journey. Because after all, your health is for life.

WORLD'S BIGGEST COFFEE MORNING

Friday 29th September 2023



Macmillan's Coffee Morning is the biggest fundraising event to support people living with cancer. A [Coffee Morning](#) can be whatever you want it to be. It could be at home, on your driveway, a hall or online, whatever suits you best. You can hold a garden get together and throw a barbeque, or treat your colleagues to some homemade bakes, or even get together with friends for a takeaway.

NATIONAL CHOLESTEROL MONTH, 1-31 OCTOBER 2023

[National Cholesterol Month](#) October is National Cholesterol Month. Cholesterol is a fatty substance which is needed in the cells of your body. Too much cholesterol in your blood can lead to a build-up in your arteries and this increases your risk of having a heart attack. We provide simple dietary tips to help you keep your cholesterol levels in check.



1-31 OCTOBER, BREAST CANCER AWARENESS MONTH

Sadly, we all know someone touched by breast cancer. Play your part and help raise money to prevent future generations from hearing the words 'you have breast cancer'. This [October](#) we want you to get active. Get active to raise money. Get active to reduce your risk of breast cancer. Studies show that by increasing your physical activity, you can significantly reduce your risk by as much as 20%. So get active, reduce your risk and have fun raising money.

STOPTOBER, 1-31 OCTOBER 2023

Tired trying to quit [smoking](#) and going back to it again and again? Well it happens with all of us no need to burnout:) We all have been there and to be genuinely speaking it is tough.

But, today it's a modern world and there are many great innovations that can help you quit smoking without being too tough on yourself...We are here with an initiative to take these cancer rolls out of your life for good:)



10 OCTOBER 2023, WORLD MENTAL HEALTH DAY

The theme of 2023's [World Mental Health Day](#) is 'Mental health is a universal human right.'

18 OCTOBER 2023, WORLD MENOPAUSE DAY

["Menopause: Misinformation and management"](#)

The conversation around menopause is getting louder but there is still a lot of misinformation. Hosted by Louise Minchin, our news-style programme, to launch on World Menopause Day, 18 October 2023, is produced in partnership with ITN Business. In the programme we will be talking to British Menopause Society medical professionals to dispel menopause misinformation, talking to businesses about best-practice menopause policies and providing information and practical menopause advice for younger women.



FREE WILLS MONTH

[Free Wills Month is back in October 2023](#)



Free Wills Month brings together a group of well-respected charities to offer members of the public aged 55 and over the opportunity to have their simple Wills written or updated free of charge by using participating solicitors in selected locations across the UK.