

# Western Elms & Circuit Lane Newsletter

## November & December 2023



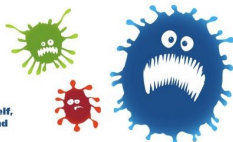
As we head into another busy winter season, Buckinghamshire, Oxfordshire & Berkshire West (BOB) are working together to ensure all the local communities get the services they need in the most appropriate place. Patients and residents are being urged to do everything they can to get 'winter ready' by:

- Taking up the offer of free flu and covid vaccinations if you are in eligible groups
- Using NHS 111 for advice on the most appropriate service your needs
- Continuing to contact the GP practice about worrying symptoms
- Speaking to a pharmacist about minor illnesses
- Only using 999 and hospital Emergency Departments for life-threatening conditions
- Making sure you get repeat prescriptions in time for weekends and bank holidays
- Stocking up on over-the-counter medicines
- Looking out for vulnerable family members, friends, and neighbours

**We still have flu vaccines available for our patients. Please book on line, pop in or call and make an appointment**



**Flu jab**  
Protect yourself,  
your family and  
colleagues



**WE WISH YOU A MERRY CHRISTMAS AND  
A HEALTHY AND HAPPY NEW YEAR!**



**Opening Hours for  
Christmas and New Year  
WE ARE CLOSED**  
2nd, 24th, 25th, 26th  
December and 1st January  
Call 111 for advice or 999  
for life threatening  
emergencies. For mental  
health support call the  
crisis team on 03003659999



**£1.00 FOR 5 TICKETS**

Tickets will be available to buy from Wednesday 15th November. The draw will be held on Monday 18th December and we will contact the winner! Proceeds to patient care—ask at the desk in both surgeries

**WESTERN ELMS &  
CIRCUIT LANE SURGERIES**



## MOVEMBER—MEN'S HEALTH AWARENESS MONTH

Each year, [Movember](#) is responsible for thousands of moustaches on men's faces in the UK and around the world. Movember is our time to unite. To take on mental health, suicide, prostate cancer and testicular cancer. And you coming along for the ride only makes us stronger.

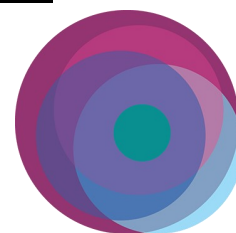


### TRANS AWARENESS WEEK, 13-19 NOVEMBER

provides the opportunity to help [raise](#) the visibility of transgender people and address issues members of the community face.

### INTERFAITH WEEK, 12-19 NOVEMBER

The aims of [Inter Faith Week](#) are to strengthen good inter faith relations at all levels. Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society and increase understanding between people of religious and non-religious beliefs.



### ANTI-BULLYING WEEK, 13-17 NOVEMBER

The theme this year is [Make A Noise About Bullying](#).

Odd Socks Day forms part of the campaign and takes place on 13th November where millions of children and adults go to school or work in odd socks to highlight what makes us all unique and help prevent bullying.



**13-19 NOVEMBER, NATIONAL SELF CARE WEEK** focuses on embedding support for self care across communities, families and generations. The theme for 2023 is "[Mind & Body](#)".



### INTERNATIONAL MEN'S DAY,

**19 NOVEMBER** The three [core themes](#) are: making a positive difference to the wellbeing and lives of men and boys; raising awareness for charities supporting men and boy's wellbeing and promoting a positive conversation about men, manhood and masculinity.

### 16 NOVEMBER-16 DECEMBER, UK DISABILITY HISTORY

**MONTH** focuses on the Experience of Disablement amongst children and young people in the past, now and what is needed for the future. [UKDHM](#) comes from a Social Model/Human Rights approach, so that all children and young people with long term impairment will not experience the social exclusion of stigma, stereotypes, negative attitudes and socially created barriers in the environment and the way things are organized.



**Safeguarding Adults Week 2023**  
Monday 20 – Friday 24 November  
#SafeguardingAdultsWeek

ann craft trust  
safeguarding adults

### ANN CRAFT TRUST SAFEGUARDING ADULTS WEEK, 20-24 NOVEMBER

Each [day](#) of the week our partners are hosting a wide variety of free webinars to cover the themes on: Safeguarding Yourself and Others, these are open to all health and social care practitioners and volunteers within the West of Berkshire.



## DECEMBER BEARD, DECEMBER 2023

Say goodbye to morning-fresh shaves and hello to full-on facial hair. [Grow a beard](#) this December and help save lives. This December, we're asking you to ditch the razor and grow a beard to support everyone affected by bowel cancer.

## WORLD AIDS DAY, 1 DECEMBER

This is an opportunity for people worldwide to unite in the fight against [HIV](#), to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day. You can order a red ribbon from our [online shop](#), pick one up at selected branches of [MAC Cosmetics](#) in the UK, or add to a donation when shopping at [MAC online](#).

WORLD AIDS DAY

**ROCK  
THE RIBBON**

1 DECEMBER 2023



## 2-8 DECEMBER, NATIONAL GRIEF

**AWARENESS WEEK** is about connecting with our communities through shared events because: people don't know what services are out there; gaps in what providers know about each other's services and we are not utilising the community grassroots network. This year, they would love communities to come together, to raise awareness of the support available to the [bereaved](#).

## INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES, 3 DECEMBER 2023

Since 1992, the United Nations [IDPD](#) has been annually celebrated around the world.



International  
Day of  
Persons with  
Disabilities

3 DECEMBER



## CHRISTMAS JUMPER DAY, 7 DECEMBER 2023 is

[Save the Children's](#) annual event which raises money for children who need it most.. Every December, millions of people across the UK put on a festive knot at their workplace, school or with friends and make a donation to help give children the magical future they deserve.

[Carols by Candlelight 2023](#) will take place on Tuesday 5th December at Reading Town Hall. Every ticket sale for this unmissable magical evening will help Launchpad continue to provide homes for Reading's most vulnerable this winter. Their supported housing offers warm, clean, and safe accommodation for over 100 people in need.

