

Western Elms & Circuit Lane Newsletter

April 2020

CORONAVIRUS INFORMATION (COVID-19)

ADVICE FOR EVERYONE:

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Important—These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital. If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#). If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

Read more advice about getting [medical help at home](#).

Pregnancy advice

If you're pregnant and worried about coronavirus, please click [here](#).

STRESS AWARENESS MONTH, 1-20 APRIL

Stress Awareness Month is held every April to increase public awareness about the causes and cures for our modern stress epidemic. Talk about stress and its effects, share your coping mechanisms and be nice to those who are stressed and anxious. The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you. For more information, take a look at the [Stress Management Society Website](#)

How are you
feeling NHS?



Use our emotional
wellbeing tool



World Health
Organization

7 APRIL 2020 IS WORLD HEALTH DAY which marks the anniversary of the founding of the World Health Organisation in 1948. Each year a theme is selected that highlights a priority area of public health concern in the world. This 7 April is the day to celebrate the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy. Nurses and other health workers are at the forefront of COVID-19 response. For more information please see, <https://www.who.int/news-room/campaigns/world-health-day/world-health-day-2020>



ON YOUR FEET BRITAIN, 24 APRIL 2020

Take part in a national day when workers across Britain unite together and participate in a fun and simple activities to #SitLess and #MoveMore at work. For more information visit, <http://onyourfeetday.com/> WIGGLE IT, WAGGLE IT, MOVE IT, GROOVE IT, JUST DON'T SIT ON IT!!

SIX WEEK BABY CHECKS

Due to Covid-10, 6 week baby checks will now be carried out at 8 weeks to coincide with the time of the baby's first immunisations. Please telephone the surgery for the nurse to contact you to make an appointment.

EASTER BANK HOLIDAY

Over the Easter Bank Holiday please refer to the answer phone message regarding opening times.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

**For up to date information
regarding what is going on at the
surgery please go to our
Facebook page and forward to
your friends and family!!!**

WECLS PPG MEETINGS

In light of Covid-19, all future PPG Meetings have been cancelled. If you have any concerns or queries, please contact us via the Patient Group email address, we.patientgroup@nhs.net. We hope to see you all very soon!!

SURGERY UPDATE

Sadly, we say goodbye to Cristiana, one of our nurses. We wish her the best as she returns back to her old stomping ground, the RBH.