

Western Elms & Circuit Lane Newsletter

July 2020

Our website has now been upgraded to encourage you to access the surgery to avoid waiting in the telephone queue. Please take a moment to have a look as there is so much you can do online. You can request an appointment with one of our nurses/HCA's and we will text you back, seek advice from a GP and they will respond to your query or ask Reception a question and they will point you in the right direction. You can also request medication and complete reviews such as asthma and contraception.



CORONAVIRUS INFORMATION (COVID-19)

We can all help control the virus if we all stay alert. This means you must:

- **Stay at home as much as possible**
- **Work from home if you can**
- **Limit contact with other people**
- **Keep your distance if you go out (2 metres apart where possible)**
- **Wash your hands regularly**

Do not leave home if you or anyone in your household has symptoms.

What you can and cannot do now

What you can and cannot do from 4th July

Important-There is separate advice:

- What to do if you're at very high risk from coronavirus (extremely vulnerable)
- Self-isolation if you or someone you live with has symptoms of coronavirus

If you need medical help

It's important to get medical help if you need it, especially if you feel very unwell or think there's something seriously wrong.

- If you have symptoms of coronavirus (a high temperature or a new, continuous cough or loss or change to your sense of smell or taste), use the NHS 111 online coronavirus service
- If you need to contact a GP, use the GP surgery's website or use an online service or app
- For urgent medical help, use the regular NHS 111 online service, or call 111 if you're unable to get help online

1 JULY 2020, TALK TO US

is the annual awareness-raising [campaign](#). Samaritans are challenging the UK to become better listeners by sharing expert tips on how to be a better listener.



Group B Strep Support

JULY 2020, GROUP B STREP AWARENESS MONTH

is a fantastic opportunity for everyone to get involved. It is an annual [campaign](#) to highlight the importance of Strep B awareness, education and research. Tragically, many families first hear about Strep B after their baby is seriously ill with Strep B meningitis, sepsis or pneumonia. We want to reach out to as many new and expectant parents as possible and get them talking to their health professionals about group B Strep. Please like and share our videos and posts on our social media channels throughout July, use the hashtag #Strep2020

GLAD TO CARE AWARENESS WEEK, 6-12 JULY 2020

This is a new annual event celebrating the wonderful efforts of those working in the care industry. Whether you work in the industry yourself, or you're looking for care for a family member, we invite you to register to take part in our week-long event, highlighting the incredible happenings within the industry and promoting the positives of care to all. For more information visit the [website](#).



Would you be able to help in an emergency?

The [Save a Life App](#) does many things. Firstly it offers a direct dial to 999 which is the first thing you do if someone has collapsed. Secondly it will tell you where the nearest public defibrillator is no matter where you are in the UK. Did you know there are approximately 30 across the practice boundary as well as those located at both surgeries. Thirdly the App features videos, CPR instructions and a section that will answer many of your cardiac arrest and heart attack questions.

CORONAVIRUS COMMUNITY ACTION

The [One Reading Community Hub](#) action line is now live— a place where people in need of help can be connected with volunteers, organisations and services who can support them during the coronavirus outbreak.

A [new film](#) 'Be Brave, Speak Up' has been made to help support people and families facing domestic abuse, neglect and violence during the lockdown.

SIX WEEK BABY CHECKS

Due to Covid-19, 6 week baby checks will now be carried out at 8 weeks to coincide with the time of the baby's first immunisations. We will contact you to make an appointment and assess mum over the telephone before coming into the surgery.

B12 INJECTIONS

In light of Covid-19, the guidance on vitamin B12 replacement from the NHS is that each patient will be dealt with on a case by case basis and a discussion with your GP will be held regarding your medication. As advised by Haematology, an alternative, oral B12 can be offered.