

Western Elms & Circuit Lane Newsletter

June 2020

We will be moving towards an electronic system to enable you to get assistance without having to wait on the telephone. In the meantime, please go to our website and [Ask Reception a Question](#). We are really sorry but there is a high volume of calls due to 95% of our consultations being on the phone. We are taking every measure possible but it would be helpful if you could use our online facilities, to make appointments, order prescriptions and answer any queries you may have.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

PARTNERS NEWS

Dr Julie Newsham has announced that she will be retiring as a Partner on 30th June. During her years in the Practice, she has cared for several generations of families, who will be sorry to see her go. You'll be pleased to know however that she will be staying with us as an associate GP.

Dr Ayo Ajanaku who has been at the Practice as an associate GP since September 2019 became a Partner on 1st May and we are delighted to welcome him to the team.

CORONAVIRUS INFORMATION (COVID-19)

To stop the spread of COVID-19, you should avoid close contact with anyone you do not live with. This is called social distancing.

The government has published guidance on what you can and can't do outside your home.

- [GOV.UK: full guidance on social distancing](#)
- [GOV.UK: common questions about what you can and can't do during the COVI-19 outbreak](#)

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 11 online service](#), or call 111 if you're unable to get help online
- For life-threatening emergencies call 999 for an ambulance

If you're advised to go to hospital, it's important to go. Keep going to any appointments you usually have, unless you're told not.

CARERS WEEK, 8-14 JUNE 2020

National Carers Week is an annual campaign to raise awareness of caring by highlighting the challenges that carers face and recognise the contributions they make. This year the focus is making caring visible. You can get involved by pledging your support. For more information visit the [website](#).



Give blood

10-16 JUNE 2020, NATIONAL BLOOD DONOR WEEK raises awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life saving gifts of blood. To register to donate blood in the UK, visit the [NHS give blood webpage](#).

MENS'S HEALTH WEEK, 15-21 JUNE 2020

Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. For more information visit the [website](#).



Jo's cervical cancer trust
our 20th year



CERVICAL SCREENING AWARENESS WEEK, 15-21 JUNE 2020

Around 3,200 women are diagnosed with cervical cancer in the UK each year. More than half of the cervical cancer cases in the UK each year are diagnosed women aged 45 or under. Cervical screening is the most effective way of preventing cervical cancer across the UK. For more information, please visit the [website](#).

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.

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 you very soon!!

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.

DIABETES

If you have diabetes and are worried about the feeling in your feet, you could complete your own home feet check. Please click on [How to do the test](#)

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.