

Western Elms & Circuit Lane Newsletter

March 2020

CORONAVIRUS INFORMATION

The NHS and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

The risk to the general public is moderate. If you have travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing cough or fever or shortness of breath, to stay indoors and call NHS 111, even if the symptoms are mild.

If you have returned from the these specific areas listed below since February 19th and develop symptoms, however mild, you should stay indoors at home and avoid contact with other people immediately and call NHS 111. It is advised not to go to a GP surgery, community pharmacy or hospital.

- Iran
- Specific lockdown areas in Northern Italy as designated by the Government of Italy
- Special care zones in South Korea as designated by the Government of the Republic of South Korea
- Hubei province (returned in the past 14 days)

We had a case last week of a patient attending the surgery with symptoms who had been abroad. We had to close the surgery doors and seek advice from NHS England. Please do not under any circumstances come to the surgery if you suspect you may be at risk. Further information is available on <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public#history>

SURGERY UPDATES

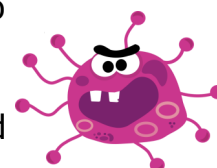
We welcome Babette and Catherine who will be working on Reception across both surgeries. Jitin Verma will also be joining us as a GP Registrar this month.

Sadly, we say goodbye to Emma our Healthcare assistant. We wish her the best as she starts a new life by the seaside in Exmouth, Devon!

FLU SEASON

There is currently a flu surplus, so if you would still like a flu vaccine, we have pre-bookable appointments available during the weekdays. The flu vaccine reduces the risk of catching flu, as well as spreading it to others.

It is being recommended that we use the surplus stocks in light of the current climate.



EATING DISORDERS AWARENESS WEEK,

2-8 MARCH is an international awareness event, fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery.

<https://www.beateatingdisorders.org.uk/edaw>



SMOKEFREE NO SMOKING DAY, 13 MARCH 2020 is to encourage and support smokers to quit the habit, <https://www.nhs.uk/smokefree>

World Sleep Day promotes important issues related to sleep, including medicine, education, social aspects and driving. The aim is to lessen the burden on sleep problems on society through better prevention and management of sleep disorders.



MARCH 13, 2020
Better Sleep, Better Life, Better Planet



16-22 MARCH 2020, <https://nutritionandhydrationweek.co.uk/>

is an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

CHILDHOOD IMMUNISATIONS

Vaccines are the most effective way to prevent infectious diseases. Measles and mumps are starting to appear again in England, even though the MRR vaccine is safe and protects against both diseases. Please contact the surgery to book your childhood immunisations and consult regarding

<https://www.nhs.uk/conditions/vaccinations>

DATE FOR THE DIARY

The surgery will be closed

Wednesday 25th March

Thursday 30th April

for staff training 12.30-4.00pm.

If you need medical assistance during this time please contact the surgery and you will be directed accordingly.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

READING WEST PCN'S PPG OPEN MEETING

Western Elms, Circuit Lane and Tilehurst Surgeries' PCN and Patient Participation Groups invited our patients to a talk to understand your diabetes on 5th February. It provided a great insight into the service that InHealth Intelligence provide across Berkshire and an overview of diabetes. For more information, please visit,

<https://www.diabetes.org.uk/>,

<http://www.berkshiredes.nhs.uk/>

PPG Meetings for your diary:

05/03/20 @t 6.15pm at Circuit Lane

01/04/20 @ 6.45pm at Western Elms

06/05/20 PCN PPG Meeting

Living with Long-Term Diseases: Stroke Heart and Diabetes. Balmore Park's Surgery PPG is hosting a seminar on 25th March from 10:00am-12.30pm at Caversham Heights Methodist Church. Please email balmoreparkppg@gmail.com