

# Western Elms & Circuit Lane Newsletter

## May 2020

If you are struggling to get through on the telephone, please go to our website and [Ask a Receptionist 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 support us in this.

### **CORONAVIRUS INFORMATION (COVID-19)**

#### **ADVICE FOR EVERYONE:**

##### **Stay at home to stop coronavirus spreading**

Everyone must stay at home and away from other people to stop the spread of coronavirus. This is called social distancing.

You should only leave the house for very limited purposes:

- 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, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

**Important**-These reasons are exceptions - even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres (3 steps) away from anyone outside of your household.

There is separate advice about:

- [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](#)

##### **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 see [NHS fitness studio: exercises you can do at home](#)
- Consider taking 10 micrograms of [vitamin D](#) each day if you're indoors most of the day -this is to keep your bones and muscles healthy

##### **If you need medical help**

While everyone is being told to stay at home, it can be hard to know what to do if you're unwell. It's still 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), use the [NHS 111 online coronavirus service](#)
- If you need to contact a GP, use the [GP surgery's website](#), use an [online service or app](#), or call the surgery
- 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.

## **NATIONAL WALKING MONTH, 1-31 MAY 2020**

National Walking Month encourages people to walk more throughout May. The focus this year is Mental Health. For more information about the Initiatives such as walk to work week and walk to school week visit the [website](#). Let us know how your walks are helping your mental health using the #WALKTHISMAY to @ NHSE\_Wellbeing.

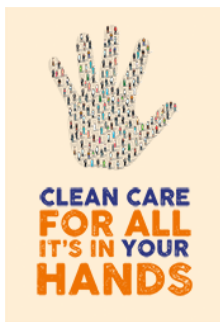


## **SUN AWARENESS WEEK, 4-10**

**MAY 2020** is the kick-off to our summer-long [Sun Awareness campaign](#). We use this week to re-enforce the need for sun protection across the UK and inspire people to raise awareness themselves!

## **DEAF AWARENESS WEEK, 4-10 MAY 2020**

The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives. Get involved through the [UK Council on Deafness website](#).



## **GLOBAL HAND HYGIENCE DAY, 5 MAY 2020**

In Your Hands— prevents Sepsis in healthcare on health facilities to prevent health care-associated sepsis through hand hygiene and infection prevention control (IPC) action. Sepsis is estimated to affect more than 30 million patients worldwide. For more information visit the [WHO website](#).

## **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](#)

## **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](mailto:we.patientgroup@nhs.net). We hope to see you all you very soon!!

## **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.

## **SURGERY UPDATE**

This month we welcome Su-Yin Tan who has joined the WES pharmacist team whilst Christina is on maternity leave.



**WESTERN ELMS & CIRCUIT  
LANE SURGERIES**