

# Western Elms & Circuit Lane Newsletter

## September 2020

### FLU SEASON 2020

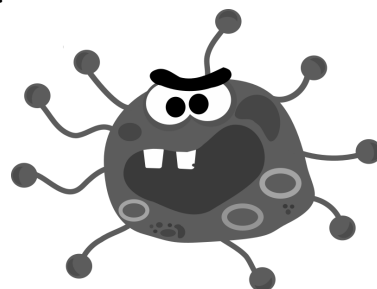
**Flu Clinic:** Saturday 10th October at Circuit Lane Surgery for Patients 65 Years and Over and chronic diseases. Please contact the surgery to book. If you are unable to attend on 10th October, watch out for postings of new dates in due course across both surgeries. They will be added daily as and when we are in receipt of our deliveries of vaccine so that we are sure to be able to deliver.

**Please note that people in the 50-64-year old age group who do not have a chronic disease will not be vaccinated until November and December, providing there is sufficient vaccine. No appointments will be offered for this age group until then.** This is to ensure that those who are most at risk are vaccinated first. If you are 50-64 and you are in one of the other groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will be invited earlier.

Children's nasal flu's are always given in October so please wait for further information.

We offer flu immunisations for all eligible patients:

- Anyone Over the age of 65 Years
- Pregnant
- Diabetic
- Have a long-term condition that affects:
  - Lungs – e.g. asthma or COPD
  - Heart – ischaemic heart disease or angina
  - Brain or nervous system – stroke or TIA
  - Kidneys – CKD
  - Liver – cirrhosis or hepatitis
  - Immune System – immunocompromised due to disease or medication
  - Spleen – splenectomy



We are unable to hold the clinic in our usual way due to social distancing, however, we will be seeing a very large number of patients in a very short period of time so please ar-

#### 25 AND 31 WEEK ANTENATAL CHECKS

These are now taking place at Circuit Lane for all pregnant women at 25 weeks and first time mums at 31 weeks pregnant. All other antenatal checks will be carried out by your midwife. If you haven't already been contacted, please contact the surgery.

#### DR NEWSHAM's PATIENTS

have now been transferred to another female GP as she no longer holds a list. There is room for some movement on this but we would need to receive requests [online](#) as our phone lines are extremely busy for clinical issues or you can put a request in our post box.

Dr Newsham will still be here as promised and you will see her around :)

## **ORGAN DONATION WEEK, 7-13 SEPTEMBER 2020**

The campaign will be digitally focused, and will be encouraging stakeholders, partners, local campaigners and colleagues from our organ donation community to support the campaign on their online and social channels.



**Blood Pressure UK**  
Helping you to lower your blood pressure

## **7-13 SEPTEMBER 2020 KNOW YOUR NUMBERS!**

**WEEK** reaches those who have high blood pressure and don't know it, so they can get the treatment and support they need to bring it under control. We will encourage the nation to use a simple and reliable blood pressure monitor to measure their blood pressure at home, take the necessary steps if their reading is considered high and raise awareness about the risks of high blood pressure. Visit the [online measuring your blood at home resources hub](#) to download the range of home blood pressure monitoring resources for this Know Your Numbers! Week and beyond.

## **10TH SEPTEMBER 2020, WORLD SUICIDE PREVENTION DAY**

WSPD provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention. We invite you to browse the [website](#) to find all the information.

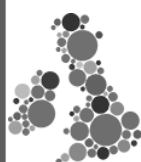


## **WORLD SEPSIS DAY, 13TH SEPTEMBER 2020**

Sepsis cause approximately six to nine million deaths worldwide every year, most of which are preventable. There are lots of materials for your events available in the toolkit section on the [website](#).

## **WORLD PATIENT SAFETY DAY, 13TH SEPTEMBER 2020**

The objectives of [World Patient Safety Day](#) are to increase public awareness and engagement, enhance global understanding, and spur global solidarity and action to promote patient safety.



**NATIONAL EYE HEALTH WEEK**  
MONDAY 21 - SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**

## **NATIONAL EYE HEALTH WEEK, 21-27 SEPTEMBER**

**2020** is [promoting](#) the importance of good eye health and the need for regular eye tests for all.

## **NATIONAL FITNESS DAY,**

**23 SEPTEMBER 2020** is the chance to [highlight](#) the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier and active lifestyles.



**WORLD'S BIGGEST  
COFFEE  
MORNING**  
  
**MACMILLAN  
CANCER SUPPORT**

## **WORLD'S BIGGEST COFFEE MORNING, 25 SEPTEMBER 2020**

If cancer doesn't stop, neither do we.  
[Host a Coffee Morning](#) your way this September, or whenever works best. You'll be helping millions of people living with cancer. Small or big, tea or coffee, socially distance or virtual - Coffee Morning is what you make it.