

# Western Elms & Circuit Lane Newsletter

## November 2020



The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

**JUST GET YOUR FREE FLU JAB**  
Ask your pharmacist or GP if you're eligible.



**Just' the flu?** Flu is a serious condition that kills on average 11,000 people in England each year. There's no just about it. With COVID-19 in circulation, it is more important than ever that those who are eligible are vaccinated to help protect them from flu and to support the resilience of the health and care system. The free vaccine prevents people getting the flu and is the best protection from the flu virus. New PHE research suggests that risk of death more than doubled for people who tested positive for both flu & COVID-19, compared to those with COVID-19 alone. Flu appointments are available across both surgeries and if you are eligible for one you must ensure that you book an appointment as soon as possible, especially in light of the anticipated rollout of a COVID vaccine.



Most of you will have seen in the press on Monday, the momentous news that a Pfizer/BioNTech COVID vaccine had proven 90% effective. We have no specific information currently, however please WATCH THIS SPACE and as soon as we have the relevant information, we will be in touch with you all!!

**Changes are happening on a daily basis at the surgery, so please contact us at [we.patientgroup.nhs.net](https://www.patientgroup.nhs.net) so that we can keep in touch with you!!!**

A series of short videos have been produced in Urdu, Polish and English giving key messages around Flu and COVID which we thought you may find useful.

Urdu: <https://www.youtube.com/watch?v=CymWxkZyrbA>

Polish: <https://www.youtube.com/watch?v=AJf-PxqsKrs>,  
<https://www.youtube.com/watch?v=CyCrYloX9jU>

English, <https://www.youtube.com/watch?v=5DUzBdc8jGw>,  
<https://www.youtube.com/watch=txih-wOF4dY>

**MY CANCER, MY CHOICES** have set up a virtual service to continue supporting people during the pandemic. Any cancer patients in Berkshire at the start of diagnosis can use the service—whilst they are undergoing active treatment, or at any time within 6 months of finishing treatment. More information is in the [attached patient leaflet](#).



### EAR WAX

#### Self-help guide.

Ear syringing is no longer considered to be the first line treatment for the clearing of ear wax. Current guidelines are that ear drops should be used to soften the wax which will then enable the natural movement of the wax from the ear. Further information and treatment options are available in this [leaflet](#).



### SURGERY NEWS

We welcome Caroline, Isobel and Teigan who will be working in Reception across both surgeries.

We held our first Zoom PPG Meetings last month. For the next few months we will be having joint meetings so please let us know if you would like the details, [we.patientgroup@nhs.net](mailto:we.patientgroup@nhs.net)

## **MOVEMBER MEN'S HEALTH AWARENESS MONTH**

### **1-30 NOVEMBER 2020**

Each year, Movember is responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer.



**MOVEMBER®**



**16-20 NOVEMBER 2020, ANTI-BULLYING WEEK** This Anti-Bullying Week the theme is "Respect". Take a look at the [web pages](#) for more information about tackling bullying, and read the [case study](#) to see how London Ambulance Service have tackled bullying and harassment

### **ALCOHOL AWARENESS WEEK, 16-22 NOVEMBER 2020**

The aim of Alcohol Awareness Week is to get people to think about alcohol — how it affects us as individuals, families, communities and society as a whole. This year the theme is [Alcohol and mental health](#).

Alcohol  
Awareness  
Week

### **16 DAYS OF ACTION**

Supported by PHE

### **16 DAYS OF ACTION AGAINST DOMESTIC VIOLENCE, 25 NOVEMBER - 10 DECEMBER**

**2020** is a chance for the whole The 16 Days of

action against domestic violence campaign is a time to take action to end violence against women and girls around the world. For more information, please visit the attached [link](#).

**MENTAL HEALTH** — **please look after yourselves and keep an eye out for others.** The dark, cold days of winter are often times people feel more lonely, isolated and depressed so it's helpful to know there's a range of mental health services that are easy to access from your home or phone—for free. For younger people aged 11-18 there's [KOOOTH.com](#). Remember that the [Samaritans](#) offer a free listening and support service which is open 24 hours a day, 365 days a year.

## **STAYWELL THISWINTER**

A 'winter wellbeing' [fact sheet](#) has been produced giving useful information about the range of healthcare options available to people and encouraging them to get ready for winter.

### **PHLEBOTOMY PROVISION AT THE RBH**

To help reduce patient waiting times and ensure safe social distancing in the patient areas, the RBH have introduced an online appointment solution for booking phlebotomy appointments.

[https://www.swiftqueue.co.uk/royal\\_berkshire.php](https://www.swiftqueue.co.uk/royal_berkshire.php)



Click here to  
book a  
blood test  
appointment