

Western Elms & Circuit Lane Newsletter

December 2020



Tuesday 8th December was a momentous day when a 91 year old UK grandmother became the first person in the world to be given the Pfizer Covid-19 jab as part of a mass vaccination programme. We are excited to say that we have a nominated Covid vaccination centre in our PCN who will collaboratively be looking after all 45,000 patients. To make sure those in need of a vaccine receive one as soon as possible certain groups have been prioritised. Please keep your eyes and ears open as we will be in touch. Please do not phone the surgery as this prevent poorly people obtaining the care they need. **We will contact you.**

Free flu jabs for people aged 50-64

You may have seen that free flu jabs for people aged 50-64 will be available from early December. If you fall into this category, your GP surgery will be in touch with you to arrange an appointment. This may take a little time but please don't contact the surgery about the jab as this could tie up the phone lines and affect urgent calls for medical help. Flu appointments are also still available for all other eligible groups, so please ensure that you book an appointment as soon as possible, especially in light of the rollout of the Covid vaccine.



From Wednesday 2nd December, Reading will be in Tier 2.

It is important that the messages of good hand hygiene, wearing a mask when in enclosed spaces and social distancing, remain just as important today as they did at the start of the pandemic.

SURGERY NEWS

We welcome Marion who has joined the pharmacy team as a practice pharmacy technician. We also welcome Dr Bhavini Lad who is joining us as an associate GP.

Eye Screening Service



Eye screening for patients taking hydroxychloroquine has been commissioned with Health Harmonie. Please see the attached [leaflet](#) which contains important information about eye health checks for people taking hydroxychloroquine. For information and support call 03003030111.



CHRISTMAS & NEW YEAR OPENING HOURS

Both surgeries are closed on:

Friday 25th December
Saturday 26th December
Sunday 27th December
Monday 28th December
Friday 1st January
Saturday 2nd January
Sunday 3rd January
Call 111 for assistance

Please note that the last day to order prescriptions before Christmas is Friday 18th December and the last day before New Year is Tuesday 29th December.

WINTER WELLBEING CAMPAIGN

With the cold nights now drawing in, we are encouraging everyone to take a number of steps to stay well over the winter period. Winter can increase isolation, loneliness and causes financial hardship for many people worried about paying increased heating bills. This year we face the extra challenges presented by Covid-19—from how and when do we access medical care—to how can we help ourselves mentally cope, care for others and still feel connected to others. Over the next seven weeks, a number of wellbeing topics will be focused on starting with important messages around flu vaccinations, when you should call 999/111 and where to seek medical help and advice.



Combatting loneliness with the Christmas Together campaign

This Christmas will be like no other and many people are feeling lonely, vulnerable or anxious.



RVS, NHS and [Christmas Together](#) are asking for volunteers to use this festive season as an opportunity to bring people together, by signing up and sharing some Christmas spirit.

Reading Mencap has produced a card to help informal carers ask for priority access at shops and pharmacies.



The charity says many people are family carers and support someone who relies on them to collect shopping, prescriptions and other essential items. If you are already linked to a [support service](#), contact them and they will advise you on how to get your card. The card is supported by Reading Borough Council.

NHS 111 First

was launched towards the end of November for patients with urgent, but not life threatening emergencies. You are advised to ring NHS 111 First rather than going straight to the RBH A&E. Operators will triage the 111 call and direct them to the most appropriate medical support. 111 First is being rolled out across the country in December.



Get your own personal Health Coach to help manage your Type 2 Diabetes!!

Do you need a helping hand in managing your Type 2 Diabetes? Are you struggling to make lifestyle changes to support your condition? If so, Liva Healthcare offer a free, personal Health Coach to support you every step of your journey. The service will be available in the following languages: English, Portuguese, Polish, Nepalese, Bengali, Gujarati, Punjabi, Urdu, Hindi and Romanian.

Sign up by visiting

www.liva-start.com/BW,

emailing

support@livahealthcare.com

or by calling 07407 851240,

Monday to Friday

09:00 —17:00