

Western Elms & Circuit Lane Newsletter

January 2021



Happy New Year to you all!!

On Tuesday 22nd December, we vaccinated our first patient against Covid-19. It was a momentous day in

the surgery's history and since then we have vaccinated 2200 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 prevents poorly people obtaining the care they need.

We will contact you.



Flu jabs

You still need to get the flu jab if you are getting the COVID-19 vaccine, as the COVID vaccine will not protect you against the flu or stop you spreading the flu virus. You should still get your flu jab at the earliest opportunity to protect yourself and those around you. Do not delay getting a flu jab in anticipation of being offered the COVID-19 vaccine. To check whether you are eligible, visit www.nhs.uk/flujab.



There should be a gap of at least seven days between the flu jab and either dose of the COVID-19 vaccination. If you are called to get a COVID-19 vaccination within seven days of receiving your flu jab, in the majority of cases, vaccination with the COVID-19 vaccine will proceed to avoid any further delay in protection. The suggested seven day gap between the flu jab and COVID-19 vaccine is recommended so that if you experience any side-effects it will be easier to identify which vaccine caused them.

We 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.

PHLEBOTOMY PROVISION AT WEST BERKSHIRE COMMUNITY HOSPITAL

Berkshire Healthcare NHS Foundation Trust is pleased to announce the service is re-opening for routine referrals from Monday 11th January. All appointments must be booked via their [website](#) or by the automated telephone booking system or receptionist on 01635 273343.

<https://wbch.sangix.co.uk/sangix/public/login>



SURGERY NEWS

We welcome Sejal who has joined the pharmacy team as a pharmacist. We also welcome Nirali who is joining us as a physician associate.

DRY JANUARY, 1-31 JANUARY

Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.

[Download](#) the free Try Dry app or sign up for coaching emails to double your chance of a totally alcohol-free month and all the amazing benefits that brings!!



CERVICAL CANCER PREVENTION WEEK

18-24 January 2021
jostrust.org.uk/ccpw



CERVICAL CANCER PREVENTION WEEK, 18-24 JANUARY 21

Cervical cancer is the most common cancer in women aged 35, and 75% of cervical cancers are prevented by cervical screening. Cervical Cancer Prevention Week encourages women to reduce their risk of the disease by promoting the steps they can take to look after their health. The pandemic means there are additional challenges to attending screening and accessing the HPV vaccine. For more information, please visit their [website](#).

DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

The South East Diabetes UK team has announced a number of virtual events and peer support groups to continue to offer guidance and support for people living with diabetes. The virtual events cover a variety of topics ranging from foot care sessions to living emotionally well with diabetes. Further information on topics and dates are [available here](#).

Little Blue Book of Sunshine

Berkshire West CCG, in partnership with East Berkshire CCG have relaunched the 'Little Blue Book of Sunshine', a mental health booklet for children and young people in the area. It aims to help teenagers by sharing lots of tips on how to deal with many problems, such as anxiety, body image, relationships and anger.

It also includes information about where to get help when they need it. You can download the updated 2020 copy [here](#) and the booklet is also available in [Apple Books](#) and [Google Play Books](#).



After successfully kick-starting the nation's health at launch in 2020, the [Better Health](#) campaign has returned in January 2021 with positive and motivating messages to support us all to take action to improve our health. The campaign will show the simple steps you can take to help feel better. For almost everyone, life in 2020 was fundamentally different. It prompted people to reflect on what really matters to them, with many refocusing on family, friends, and health. Recent research revealed that 80% of adults plan to make at least one change to their health and wellbeing in 2021. Public Health England's Better Health campaign launched on Monday 4th January, to help provide the nation with the resources to take the first steps towards making positive, healthier choices in 2021. People are looking for support to take practical actions that could make them feel better, so January's Better Health campaign provides just that, whether people want to lose weight, quit smoking or increase their activity levels.