

Western Elms & Circuit Lane Newsletter

May 2022

Western Elms and Circuit Lane Surgeries

We are excited to say that we now have one website that is combined for the patients of both surgeries. It has taken some time however most people are now comfortable with looking up the one site—Western Elms. The other search diverts to the link above. We have one phone number 01189 590257 which accesses both surgeries and one email address for admin and prescriptions we.scripts@nhs.net
We are trying to make things easier!

Who is a Nurse Practitioner?



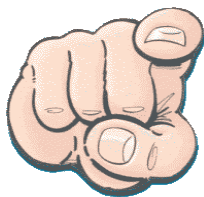
The nurse practitioner of today is an advanced practice registered nurse who provides acute and primary care to people by:

- Listening to patients, families and communities to understand their health needs and offer emotional support.
- Assessing, Diagnosing and treating health conditions. Such as minor illnesses.
- Creating patient care plans.
- Prescribing medications.
- Educating individuals and families on disease prevention.
- Ordering, interpreting and discussing results of diagnostic tests with patients. X-rays, scans. Nurse practitioners work independently and in collaboration with other healthcare professionals.

Our Nursing Team consists of Fernie, Sarah, Jeny and Marcella with Robert and Zoe. We have some new members too - they are Gerry, Carly, Annita and Mary.
We were really sorry to lose Sarah B and know you will be too.

Patient Participation Group

We Need You!



Would you like to influence the development of local health services?

Please email we.patientgroup@nhs.net and let us know how you would like to help.

Monthly Statistics

We received 1300 requests for prescriptions on our website in April 2022

We also receive prescriptions via we.scripts@nhs.net and all pharmacies in the area work with us. Do you know that some pharmacies can order your prescriptions for you and let you know when it is ready to pick up—no more worries :)

National Walking Month

May is living streets' National Walking Month. This year, we're encouraging you to [#Try20](#) — and walk for 20 minutes each day during May. Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes. By swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger - whilst saving yourself some money and getting active in the process! View the [#Try20 tips here](#). You can also make up your own and share them on social media using the hashtag!



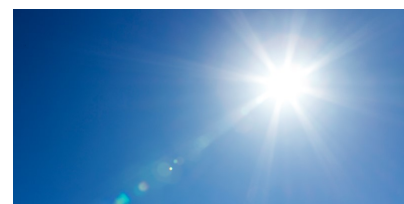
Dying Matters

Dying Matters Awareness Week,

From 2-6 May 2022 communities across the country will come together to talk about [death, dying and bereavement](#).

Sun Awareness Week, 2-8 May 2022

This [week](#) is a vital campaign, as skin cancer is the most common cancer in the UK, and rates continue to rise.



Deafblind Awareness week

Deaf Awareness Week, 2-8 May 2022

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

Global Hand Hygiene Day, 5TH May 2022

Save lives: Clean your hands calls on health facilities to prevent health care-associated

sepsis through hand hygiene and infection prevention and control (IPC) action. Sepsis is estimated to affect more than 30 million patients every year worldwide.



Mental Health Awareness Week
9-15 May 2022

Theme is Loneliness

Mental Health Awareness Week, 9-15 May 2022

[Mental Health Awareness Week](#) is all about raising awareness and promoting better mental health. This year, the theme is 'Loneliness'. Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

Dementia Action Week, 16-22 MAY 2022

This year's campaign will run from 16-22 May and focus on the theme of diagnosis. This [Dementia Action Week](#), we want to encourage those who might be living with, or close to someone who might be living with, with undiagnosed dementia to:

- be able to understand and recognise potential dementia symptoms
- come to us for guidance and support
- feel empowered to take the next step
- improve the diagnosis process for both them and healthcare professionals.

