

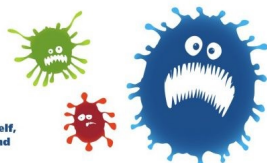
Western Elms & Circuit Lane Newsletter

September 2022

FLU SEASON 2022



**Flu
jab**
Protect yourself,
your family and
colleagues



Our flu vaccinations are due in very shortly so we will shortly be offering appointments to our patients. Currently the vaccines for patients with chronic disease are due to arrive first and then the ones for patients over 65. As you know in previous years there have been delays so we will keep you informed. When our clinics are available to book, you will receive a text from us inviting you to book an appointment via online services or by contacting us.

There is no need to contact the practice just yet, we will keep you up to date of when our clinics are available to book.

Who will be offered the flu vaccine?

The national influenza immunisation programme aims to provide direct protection to those who are at higher risk of influenza associated morbidity and mortality. Groups eligible for the flu vaccination are based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI) and include older people, pregnant women, and those with certain underlying medical conditions.

The expanded influenza vaccination programme that we had last year will continue in 2022 to 2023 as part of our wider winter planning when we are likely to see both influenza and COVID-19 in circulation.

Those eligible for NHS influenza vaccination in 2022 to 2023 are:

- all children aged 2 to 15 (but not 16 years or older) on 31 August 2022
- those aged 6 months to under 50 years in clinical risk groups
- pregnant women
- those aged 50 years and over
- those in long-stay residential care homes
- carers
- close contacts of immunocompromised individuals
- frontline health and social care staff employed by:
 - a registered residential care or nursing home
 - registered domiciliary care provider
 - a voluntary managed hospice provider
 - Direct Payment (personal budgets) and/or Personal Health Budgets, such as Personal Assistants.

THE COVID-19 BOOSTER VACCINATION

We will not be delivering the COVID winter vaccine booster this year. We have taken on board the comments from patients and your concerns over access to appointments. Provision has been made for you all and you will receive contact when you are due.

Please do not contact us to book your COVID-19 booster vaccine, you will be advised when and where it will be available to you.

5-11 SEPTEMBER, KNOW YOUR NUMBERS WEEK

is the biggest blood pressure testing and awareness event. It 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. The theme for 2022 is: [Measure, Modify, Manage](#). They'll be keeping the focus on home monitoring as it's the easiest way to Know Your Numbers!, so you can take steps to lower them.



Blood Pressure UK
Helping you to lower your blood pressure



World Suicide
Prevention Day
#WSPD

10TH SEPTEMBER 2022, WORLD SUICIDE

PREVENTION DAY By encouraging understanding, reaching in and sharing experiences, we want to give people the confidence to take action. To [prevent suicide](#) requires us to become a beacon of light to those in pain.

WORLD SEPSIS DAY, 13TH SEPTEMBER 2022

[World Sepsis Day](#) is a favourable moment to increase public awareness for this poorly acknowledged health care disaster, but also to show support and solidarity with the millions of people who lost their loved ones, or, as sepsis survivors, suffer from long-term consequences of sepsis.



INTERNATIONAL WEEK
OF DEAF PEOPLE

INTERNATIONAL WEEK OF THE DEAF PEOPLE, 19-25

SEPTEMBER is a time when people can come together annually to recognise and celebrate the vibrant Deaf community. This year's theme is '[Building Inclusive Communities for All](#)'. As well as Deaf people feeling connected to their Deaf community, they should also feel connected to wider society and those without a hearing impairment. If people come together to show awareness for Deaf people within communities, it can help to better connect them to others. People can become more educated

about how to communicate with Deaf people, contributing to positive change and breaking down stereotypical barriers.

ORGAN DONATION WEEK, 19-25 SEPTEMBER encourages people to register their decision on the [NHS Organ donor Register](#) and, new for this year; GO PINK! You can wear pink, bake pink, drink pink...change your profile to pink, light up pink, encourage your children to wear pink, paint something pink, the **pinkibilities** are endless! The aim is to go as pink as possible, to help people really see the support for organ donation around the country, and to find out more about it.



Yes I donate
ORGAN DONATION



**NATIONAL EYE
HEALTH WEEK**
MONDAY 19 - SUNDAY 25 SEPTEMBER 2022
YOUR VISION MATTERS

NATIONAL EYE HEALTH WEEK, 19-25 SEPTEMBER

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

NATIONAL FITNESS DAY 2022 will

take place on [21st September](#) and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles through being physical active.



**WORLD'S BIGGEST
COFFEE
MORNING**



WORLD'S BIGGEST COFFEE MORNING

Friday 30th September 2022

Macmillan's Coffee Morning is the biggest fundraising event to support people living with cancer. Whatever your reason to host, no reason is too big or too small. All you have to do is sign up to host a [Coffee Morning](#) and we'll send you a fundraising kit with top tips to get you started.