

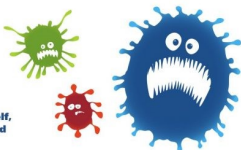
Western Elms & Circuit Lane Newsletter

October 2022

FLU SEASON 2022



Flu jab
Protect yourself,
your family and
colleagues



The flu vaccines are all now in—you can book for over 65's / with chronic disease or for children at the surgery. If you book on line, please use the correct slot type as we may have to cancel you

otherwise. If you are over 65 you must have the over 65 vaccine it doesn't matter if you are a diabetic, your age takes priority 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:

THE COVID-19 BOOSTER VACCINATION—please remember

we will not be delivering the COVID winter vaccine booster this year. Provision has been made for you all and you will receive contact when you are due advising you where you need to go. Housebound (in the true sense of the word) patients and those in care homes have been looked after too.

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.

FEMALE HEALTH CLINIC

We are really excited to advise you we will be relaunching our walk in clinics for ladies on a Monday and Tuesday evening - 4.30pm TIL 7.30pm. If you need sexual health advice, family planning, smears and other ladies bits, please come along. Watch out on Facebook for any changes to opening hours in case we need to let you know.



The Menopause ...



Watch facebook too for updates on our group sessions due to be held soon ...



LIKE US ON

facebook

**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

NATIONAL CHOLESTEROL MONTH, 1-31 OCTOBER 2022

[National Cholesterol Month](#) is devoted to raising funds for Heart UK and raising awareness about the dangers of high cholesterol.



1-31 OCTOBER BREAST CANCER

AWARENESS MONTH Every October, people all over the world show their support for people affected by [breast cancer](#). From campaign, volunteering and fundraising, to our life-changing care, support and world-class research, we're going all out to raise money, and raise awareness.

STOPTOBER, 1-31 OCTOBER 2022

[Stoptober](#) is back!! Whether you want to start breathing easier, feel the energy boost or even have a little more money to spend, there has never been a better time to stop smoking. Remember, it's never too late to join the thousands of people quitting smoking this October.



10 OCTOBER 2022, WORLD MENTAL HEALTH DAY

The theme of 2022's [World Mental Health Day](#) is 'Make mental health and wellbeing for all a global priority.'



12-20 OCTOBER, BONE AND JOINT WEEK

For some people in the UK there are still unfair and avoidable inequalities in their musculoskeletal health and in their access to and experiences of health services.

Poorer MSK health affects more women than men. It affects more people with lower income. It affects more people living in deprivation. It disproportionately affects some ethnic groups. It affects young people. It affects older people. And the challenges in the cost of living may deepen health inequalities.

I support action on
#MSKEquality

#BoneJointWeek



18 OCTOBER 2022, WORLD MENOPAUSE DAY

["Menopause: Continuing the conversation"](#)

The menopause has gone mainstream and after the deafening silence surrounding it for so long, that change is very welcome. The recent influx of information and misinformation can however be overwhelming and confusing and there is no 'one size fits all' solution.

FREE WILLS MONTH

October is [Free Wills Month!!](#)

Free Wills Month brings together a group of well-respected charities to offer members of the public aged 55 and over the opportunity to have their simple Wills written or updated free of charge by using participating solicitors in selected locations across the UK.

