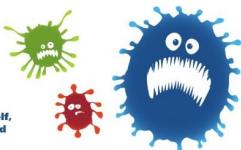


Western Elms & Circuit Lane Newsletter

November 2022



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



FLU SEASON 2022

We still have flu vaccines left. We will be sending you text messages to invite you to our clinics. Sadly

on 5th November 50 people did not come to their appointment with no notification—please remember to cancel—we can then ask someone else to come along. We have now vaccinated over half of our housebound patients and will continue to come and visit you to do your flu. COVID vaccines are being done centrally for housebound and nursing home patients. We have provided them with your information and they will contact you to arrange. Please do not chase the District Nursing team as they **will not be doing it.**



£1.00 FOR 5 TICKETS

The draw will be on 14th December at the PPG AGM proceeds to patient care—ask at the desk in both surgeries

ANNUAL GENERAL MEETING



GET INVOLVED!

Watch out on Facebook for any changes to opening hours in case we need to let you know. Watch Facebook also for updates on our group sessions due to be held soon ...

The PPG AGM will be held on 14th December 2022—if you could give some time each month and want to be involved in proactively working with the surgery please email we.patientgroup@nhs.net.

We need patients to be the voice of the patient on behalf of our hugely diverse patient population.



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

MOVEMBER—MEN'S HEALTH AWARENESS MONTH

Each year, [Movember](#) is responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically in mental health and suicide prevention, prostate cancer and testicular cancer.

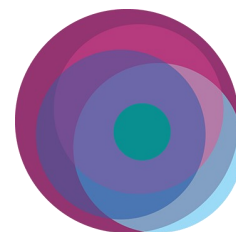


TRANS AWARENESS WEEK, 13-19 NOVEMBER

provides the opportunity to help [raise](#) the visibility of transgender people and address issues members of the community face.

INTERFAITH WEEK, 13-20 NOVEMBER

The aims of [Inter Faith Week](#) are to strengthen good inter faith relations at all levels. Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society and increase understanding between people of religious and non-religious beliefs.



ANTI-BULLYING WEEK, 15-19 NOVEMBER



The theme this year is [Reach Out](#). The week will kick off with Odd Socks Day on Monday 14th November, where adults and children wear odd socks to celebrate what makes us all unique!! Anti-Bullying Week will remind everyone whether it's in school, at home, in the community or online, let's reach out and show each other the support we need.

14-20 NOVEMBER, NATIONAL SELF CARE WEEK

focuses on embedding support for self care across communities, families and generations. [Exercise Self Care for Life is the theme for 2022.](#)



INTERNATIONAL

MEN'S DAY, 19 NOVEMBER

The three core themes are: making a positive difference to the wellbeing and lives of men and boys.; raising awareness for

charities supporting men and boy's wellbeing and promoting a positive conversation about men, manhood and masculinity.

16 NOVEMBER-16 DECEMBER, DISABILITY HISTORY

MONTH is a month of activity to raise awareness and support people with disabilities.



New service for Carers from 1st November

The partnership includes Age UK Berkshire, Age UK Reading, Communicare and Reading Mencap. The service will allow you to get support to help you in your caring role, find local services and sources of help, look after your health and wellbeing and connect with other carers.