

Western Elms & Circuit Lane Newsletter

December 2022

ANNUAL GENERAL MEETING





GET INVOLVED!

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.

WE WISH YOU A MERRY CHRISTMAS AND A HEALTHY AND HAPPY NEW YEAR!



Contact our practice online, for free using eConsult

You can ask for medical advice and help or administrative requests

Go to our practice website and use eConsult online, for free to contact us 

www.westernelms.com



**Opening Hours for
Christmas and New Year
WE ARE CLOSED**

24th, 25th, 26th, 27th, 31st
December

1st, 2nd January

Call 111 for advice or 999 for life threatening emergencies

For mental health support

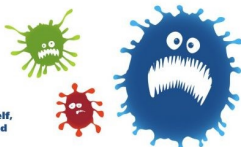
call the crisis team on

03003659999

We still have flu vaccines available for our patients—please book on line, pop in or call and make an appointment



Flu jab
Protect yourself, your family and colleagues



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**



DECEMBERBEARD, DECEMBER 2022

Say goodbye to morning-fresh shaves and hello to full-on facial hair. [Grow a beard](#) this December and help save lives. This December, we're asking you to ditch the razor and grow a beard to support everyone affected bowel cancer.

WORLD AIDS DAY, 1 DECEMBER 2022

This is an opportunity for people worldwide to unite in the fight against [HIV](#), to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. World AIDS

Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day. You can order a red ribbon from our [online shop](#), pick one up at selected branches of [MAC Cosmetics](#) in the UK, or add to a donation when shopping at [MAC online](#).



2-8 DECEMBER 22, NATIONAL GRIEF

AWARENESS WEEK is to raise awareness of all aspects of [grief](#) and loss on a national scale.

INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES, 3 DECEMBER 2022

Since 1992, the United Nations [IDPD](#) has been annually celebrated around the world.



International Day of Persons with Disabilities

3 DECEMBER

#PURPLELIGHTUP DAY, 3 DECEMBER 2022 is a global movement that celebrates and draws attention to the economic contribution of the 386 millions disabled employees around the world. [#PurpleLightUp](#) includes lighting up iconic buildings purple, holding events, developing workplace policies for disabled employees and sparking conversations about disability inclusion worldwide.



CHRISTMAS JUMPER DAY, 8 DECEMBER 2022 is [Save the Children's](#) annual event which raised money for children in the UK and across the world. Every December, millions of people across the UK put on festive outfit at their workplace, school or with friends and make a donation to help give children the magical future they deserve.

This winter, many vulnerable people across Berkshire will be adversely affected by increasing fuel costs and rising cost of living. The choice of heating or eating for older people, people with disabilities, people with life-limiting conditions and low-income families will be more prevalent than ever. [Donations](#) will enable the community foundation to target small local charities and voluntary groups who work tirelessly to ensure the most vulnerable citizens receive the support they need.

