

Western Elms & Circuit Lane Newsletter

March & April 2023



Practice staff are currently doing their CPR training. You can learn CPR in 15 minutes for free with [RevivR](#). Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with their fast, free and easy to use online training course.

Opening Hours for Easter

We are **CLOSED** for



TIPS training 29th March, 12.45-3.45pm and on the following bank holidays; 7th, 10th April, 1st May and 8th May.

Call 111 for advice or 999 for life threatening emergencies. For mental health support call the crisis team on 03003659999

Please note that you may receive a text from us over the coming weeks trying to gather additional information which does not really require any of your time; you may be able to advise us of your weight or if you are a smoker by texting back. This helps us keep your medical records up to date to ensure we are offering you the best and appropriate care where needed.



How does the NHS app benefit patients

One of the NHS App's best features links you directly to your own GP practice. Directly through the [App](#), you can send a secure message to our doctors, book an appointment, and view and request your prescribed medication.

Community pharmacists are qualified to offer clinical advice and over the counter medicines to effectively and safely manage a range of minor health concerns, such as coughs colds, itchy eyes and earache. Take the drama out of minor illnesses, speak to your [pharmacist](#).



We still have a flu vaccine if you would like one, please ask when you are next in!

OVARIAN CANCER AWARENESS MONTH

March is [Ovarian Cancer Awareness Month](#) and we're taking steps for every single woman diagnosed with ovarian cancer worldwide each year. There will also be the launch of new pioneering projects, opportunities to shape the next decade of cancer care and ways to support the next generation of ovarian cancer research.



EATING DISORDERS AWARENESS WEEK, 27

FEBRUARY –5 MARCH We believe no one should face an eating disorder alone, so in this spirit, we're launching a new fundraising challenge for this year's [Eating Disorder Awareness week](#). Anything goes, as

long you do it Twogether.

NO SMOKING DAY, 8 MARCH This year's theme is "[Stopping smoking improves your brain health](#)". #DYK that smoking increases your risk of dementia? Ahead of #NoSmokingDay we're raising awareness that if you stop smoking it will help protect your brain health and reduce your risk of dementia.



WORLD KIDNEY DAY, 9 MARCH

It's the topic that's too BIG to ignore. On Thursday 9 March 2023, join us in highlighting just how big an issue [kidney](#) disease is. It's not a disease that affects only a handful of people; one in ten worldwide have it. Your neighbour could

have it. Your parent. Your work colleague. Your child. Help us shout it from the rooftops.

NUTRITION & HYDRATION WEEK, 13-19 MARCH is an [annual event](#) with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally



WORLD SLEEP DAY, 17 MARCH

The theme for this year is [Sleep is Essential for Health](#). Just like eating well and exercising, sleep is a behaviour that is foundational to one's physical, mental, and social well-being. However, sleep is not yet commonly considered an

essential behaviour for good health. World Sleep Day is an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates. When we all promote sleep health and #WorldSleepDay together, our combined effort is greater than the sum of its parts. Spread the word about sleep health on World Sleep Day, and help elevate the conversation around sleep!

WORLD ORAL HEALTH DAY, 20 MARCH

In 2021, we launched our three-year campaign theme: [Be Proud of Your Mouth](#). We want people to value and take care of their oral health and to make the right decisions to protect it. In 2023, we will focus on the importance of caring for your mouth at every stage of life, because no matter what age you are, caring for your mouth and looking after your oral health is important.



World Oral Health Day

20 March



A new park and ride service was launched in February for patients and visitors at the RBH. From Monday 20th February, the new service (Hospital park & ride 300) will run from Thames Valley park and ride to the RBH. It will then continue to Christchurch Green and finally Mere oak park and ride. Travel is free until 31st March.

STRESS AWARENESS MONTH. APRIL 2023

[Stress](#) and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.



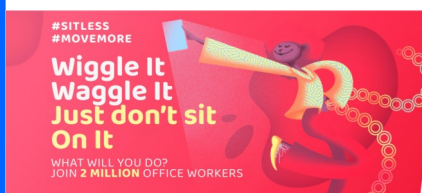
APRIL IS BOWEL CANCER AWARENESS MONTH, a fantastic opportunity to raise awareness of bowel cancer and funds to support their work. This spring we need you to join [ActiveApril](#). It's simple. Do something active every day for the whole of April and get sponsored.

WORLD PARKINSON'S DAY, 11 APRIL we're celebrating those moments of laughter and light that lift us up. That person who's always there for you. A new challenge that you've faced head on and overcome, or found a different way around. Sharing experiences with a community who get it, because they're going through it too. Not just on [World Parkinson's Day](#). But every day.



PYJAMAS FOR PANCAN DAY, 21st APRIL This April sees the return of our popular fundraiser, [Pyjamas for PanCan](#)! Every year our team of supporters have proudly worn their pyjamas and raised vital funds for Pancreatic Cancer Action. Pyjamas for PanCan is a fun way to fundraise and raise awareness of pancreatic cancer in your workplace, school, university or local community group by wearing your pyjamas for the day! Help us say "goodnight" to pancreatic cancer throughout April and particularly on Friday, 21st of April 2023.

MS AWARENESS WEEK will run from 24 April–30 April. This year the focus will be on mental health and MS. For the first time we've joined forces with other MS charities to deliver a united message for [#MSAwarenessWeek](#).



27 APRIL, ON YOUR FEET BRITAIN - the national activity awareness day when 2 million desk-based works across Britain participate in a variety of fun and simple activities to [#SitLess](#) and [#MoveMore](#) at work.

The NHS Check in and Chat service that was set up as part of the NHS Responders initiative at the beginning of the pandemic, is being relaunched. They will be recruiting new volunteers to take the calls and, where appropriate, signpost callers to local VCS services. At the Befriending Forum on 23rd March 1-2.30pm we will explore the impact this may have on local volunteer recruitment and local VCS services. Click [here](#) to book.

