

Western Elms & Circuit Lane Newsletter

July & August 2023

What is a FIRST CONTACT PHYSIOTHERAPIST?

The role is focused on ensuring patients receive timely and effective care for your musculoskeletal conditions. They are the first point of contact for patients with issues related to bones, joints and muscles, which means you can directly consult with them without seeing a GP first.

The responsibilities involve assessment and diagnosis of musculoskeletal issues, as well as offering advice and exercises to manage these conditions. Some conditions require further investigations with blood tests, X-rays and onward referrals to specialist teams.

They are trained to suspect and appropriately act on non-musculoskeletal sources of pain which may be masquerading as musculoskeletal pains for example leg pains that could be vascular or referred from the viscera (organs), to name just a few.

A vital part of the role is to help patients understand their conditions and to empower them to manage their own health.

Next time you have musculoskeletal concern, remember that you can seek help directly from you First Contact Physiotherapist. They are there to support you on your path to better health and well-being!

Our first contact physio's are Jarryd and Vinayak.



By joining the Western Elms and Circuit Lane Surgeries Patient Participation Group, you could help shape the future of local health services.

Please email and let us know how you would like to help
we.patientgroup@nhs.net

Email us at: we.patientgroup@nhs.net



**WESTERN ELMS & CIRCUIT
LANE SURGERIES**

If you have a complaint, please contact us directly through we_scripts@nhs.net and we will investigate it thoroughly. If you feel the surgery has not responded appropriately, from 1st July, complaints should be raised with your local commissioner which is the Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB)

Date for the diary: the surgery will be closed on **Monday 28th August as it's **bank holiday Monday**.**

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

JULY 2023 GROUP B STREP STUPPORT (GBSS)



Group B Strep Support

AWARENESS MONTH is an annual [campaign](#) to highlight the importance of group B Strep awareness, education and research. This month focuses on empowering new and expectant parents with the knowledge they need to make informed decisions about their baby, ensuring those who have been affected by a GBS infection know about them and engaging with healthcare professionals to improve education and awareness. They want to reach out to as many new and expectant parents as possible and get them talking to their health professionals about group B strep.



SARCOMA AWARENESS MONTH, is an annual campaign that runs for the [whole of July](#). Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues. To mark their tenth anniversary, they want you to join them in reflecting on the progress they have made

together; celebrate the achievements; remember the people who have made and continue to make Sarcoma UK; and look to a future where everyone affected by sarcoma cancer has the treatment, care and support they need.

GOOD CARE MONTH, JULY 2023

It [aims](#) to acknowledge our hard-working social care workers and the services they provide for those in need throughout the U.K. It also helps inspire the public to consider social care as a viable career choice.



Alcohol
Awareness
Week

ALCOHOL AWARENESS WEEK, 3-9 JULY 2023 is on the theme of '[Alcohol and cost](#)'. It is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

MARCH FOR MEN, 23 JULY 2023

[Walk with us](#) and thousands of others in Battersea Park on 23 July and raise money to fund vital prostate cancer research to save men's lives.



24/7 SAMARITANS AWARENESS DAY/ THE BIG LISTEN

On this date and throughout July, they'll be running their awareness-raising campaign Talk to Us, to remind people that we're here for anyone who needs someone to listen. Every year in July, the [Samaritans](#) branches in the UK hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

NATIONAL SCHIZOPHRENIA AWARENESS DAY,

25 JULY 2023 shines a light on the everyday challenges faced by hundreds of thousands of people living with a diagnosis of [schizophrenia](#) in the UK and millions more worldwide. It also looks at how we can tackle some of the stigma and discrimination surrounding this much-misunderstood illness.

Rethink
Mental
Illness.



WORLD HEPATITIS DAY, 28TH JULY 2022

['We're not waiting'](#) is a call to action for WHD 2023. It's a call to accelerate elimination efforts of viral hepatitis now and the urgent need for testing and treatment for the real people who need it. Individuals and communities around the world are making change happen in their own lives and in world around them. We celebrate them, while demanding more action.

WORLD BREASTFEEDING WEEK, 1-7 AUGUST 2023

[#WBW2023](#) will focus on breastfeeding and employment/work. It will showcase the impact of paid leave, workplace support and emerging parenting norms on breastfeeding through the lens of parents themselves. Target audiences including governments, policymakers, workplaces, communities and parents will be engaged to play their critical roles in empowering families and sustaining breastfeeding-friendly environments in the post-pandemic work life.



**ENABLING
BREASTFEEDING**

Making a difference
for working parents

WABA | WORLD BREASTFEEDING WEEK 2023



4TH AUGUST 2023, CYCLE TO WORK DAY

Our [cycle](#) commuting celebration has been a massive success over the last decade. Thousands of commuters have made the switch to cycling to work. They've got fitter, reduced their stress levels, saved loads of money on commuting costs – which has never been more important – and done their bit for the environment.



The **Healthy Steps [programme](#)** has launched!! Want a happier, healthier family? Your journey begins here.

Worried about your family's sugar intake? Concerned about eating well on a budget? Is it hard getting the kids to eat their 5 A Day?

Take the short quiz to find out which one of the 8-week email journeys is right for you.

Whether it's healthier snacking, cutting back sugar, meal planning, or upping your 5 A Day, you'll get easy tips from nutrition experts and other parents, Disney themed games, fun challenges and budget-friendly recipes delivered to your inbox.

The free 8-week email programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.