

Western Elms & Circuit Lane Newsletter

March 2024

Meet Danielle Stanborough

Danielle joined the PCN as Community Navigator in July 2023. Her role is to link patients to support within the community. This could include helping patients find social groups to help with loneliness, signposting them to agencies who can assist in claiming benefits or finding resources to help with mental health. Appointments can be booked for an initial telephone call via the patient services team or following an appointment with a clinician.



Prior to working here, Danielle was a Senior Refuge worker for Berkshire Women's Aid. She has also previously worked for Thames Valley Police which included working in Witness Care and Victim Support, and Community Support for people with Mental health illness' and/or learning disabilities. All of this experience has provided her with a good knowledge of the local support and services in the Reading area.



The Pharmacy First scheme was launched on 31st January 2024, Pharmacy First is a new service offered by pharmacies across England. The service allows patients to either self-refer or have a referral from a GP to see the pharmacist for a consultation to treat seven common ailments: These are:

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo
- Shingles
- Uncomplicated UTI

The pharmacist can see the referral, access parts of the patient medical records, complete the consultation and recommend the best course of action, including by issuing prescriptions for antibiotics or antivirals where necessary. Usual prescription charges will apply and patients that were already exempt from prescription charges will still be exempt.

Clusters of measles have been detected across England amid low vaccine uptake in some areas of the UK. Measles is completely preventable with vaccination. Please contact the surgery to book an appointment to ensure your child is protected!



[Start for Life](#) 'If they could tell you' campaign, promotes the importance and benefits of strong parent infant relationships. The first years of a baby's life, from pregnancy and the first two years, are so important for their healthy development and this campaign will highlight the importance of building a strong connection during this time which helps them develop into happy and healthy children, able to manage their emotions, develop confidence and learn new things.

Are you using the new **NHS App** yet?



WESTERN ELMS & CIRCUIT LANE SURGERIES



OVARIAN CANCER AWARENESS MONTH

Every March is [Ovarian Cancer Awareness Month](#). It's our chance to put ovarian cancer in the spotlight. In the UK, over 7,000 women are diagnosed with ovarian cancer every year. Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat. And every day, 11 women die. We can't afford to stand still. We're pressing Fast Forward on early diagnosis and we need you with us.



BRAIN TUMOUR AWARENESS MONTH

Every year, [Brain Tumour Research](#) lead the way with a packed programme of activities to raise vital awareness and funds to get closer to our vision of finding a cure for all types of brain tumours. There are many ways you can get involved to bring hope to one in three people who knows someone affected by this devastating disease.

NUTRITION & HYDRATION WEEK, 11-17 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. This week is open to absolutely anyone who wants to join our shared cause of helping people understand the importance of nutrition and hydration in health and social care.



NATIONAL NO SMOKING DAY, 13 MARCH We know quitting [smoking](#) is a challenge but it's the best thing you can do for your health. It's never too late to quit, and you might notice the benefits sooner than you think.

WORLD KIDNEY DAY, 14 MARCH

Chronic kidney disease is estimated to affect more than 850 million people worldwide and resulted in over 3.1 million deaths in 2019. Achieving optimal [kidney](#) care requires overcoming barriers at multiple levels while considering contextual differences across world regions. A multi-pronged strategy is required!



WORLD SLEEP DAY, 15 MARCH

The theme for this year is [Sleep Equity for Global Health](#). Sleep is essential to health, but

measurable differences in sleep health persist across populations across the world, creating additional burdens and reinforcing health inequities.

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

A Happy Mouth is a Happy Body. From regular brushing to dental check-ups every step counts. Let's make oral health a priority and celebrate [World Oral Health Day](#) together!



World Oral Health Day
20 March



All parents whose children require blood tests are advised to book via the RBH website for swift-queue bloods [here](#). RBH is currently in the process of re-configuring the QR code booking system. Please do not use the current QR code.