

Western Elms & Circuit Lane Newsletter

October 2020



The flu virus kills thousands every year.
The flu vaccine is the best protection
for you and those around you.

JUST GET YOUR FREE FLU JAB
Ask your pharmacist or GP if you're eligible.



'Just' the flu? Flu is a serious condition that kills on average 11,000 people in England each year. There's no just about it. With COVID-19 in circulation, it is more important than ever that those who are eligible are vaccinated to help protect them from flu and to support the resilience of the health and care system. The free vaccine prevents people getting the flu and is the best protection from the flu virus. New PHE research suggests that risk of death more than doubled for people who tested positive for both flu & COVID-19, compared to those with COVID-19 alone. Watch out for postings of new dates in due course across both surgeries. They will be added daily as and when we are in receipt of our deliveries of vaccine.

Next Saturday Flu Date: 24th October, Circuit Lane Surgery

We had our first one on 10th October and vaccinated over 500 people. We are pleased that everyone who came thought it very efficient. We are now looking forward to seeing all of you who have booked an appointment for our Flu Clinic on the 24th. Please aim to arrive close to your appointment time and bring a brolly as we will be outside and can't predict the Great British weather! :)

Please remember to:

- ◆ Walk or cycle here if you can
- ◆ Car drivers—please follow the cones and marshals guidance
- ◆ Wear your mask and keep good social distancing
- ◆ Wear a short sleeve top under your jacket for easy access by our nursing team.

Please remember the car park will be very busy and there will be limited disabled parking only so drivers, cyclists and pedestrians please all take extra care.



Towards the end of last month, the [NHS Covid-19 app](#) was launched. By downloading and using the app, you'll be helping protect those around you -friends, family, colleagues and the local community.

SURGERY NEWS

We welcome Carina who will be working in Reception across both surgeries.

Sadly, we say goodbye to our pharmacists Karim, Sofia and Richard who have gone onto pastures new! We wish them well and can't wait for you to meet the new team!

We held our first Zoom PPG Meetings last week. Please check out the website for the [minutes](#). For the next few months we will be having joint meetings so please let us know if you would like the details, we.patientgroup@nhs.net

NATIONAL CHOLESTEROL MONTH, 1-31 OCTOBER 2020

National Cholesterol Month is devoted to raising funds for Heart UK and raising awareness about the dangers of high cholesterol.



BREAST CANCER NOW

The research
& care charity

1-31 OCTOBER 2020 BREAST CANCER AWARENESS MONTH

Every October, people all over the world show their support for people affected by breast cancer. From campaign, volunteering and fundraising, to our life-changing care, support and world-class research, we're going all out to raise money, and raise awareness.

STOPTOBER, 1-28 OCTOBER 2020

Stoptober is a campaign running throughout October which encourages people to stop smoking, and offers support to help achieve a smoke free life.



8 OCTOBER 2020, NATIONAL CLEAN AIR

DAY is a chance for the whole country to come together and improve air quality through collective action. Let's make October 8 the cleanest Clean Air Day yet!

10 OCTOBER 2020, WORLD MENTAL HEALTH DAY

World Mental Health Day raises public awareness about mental health issues. For more information, please visit the webpage.



NATIONAL WORK LIFE WEEK,

12-16 OCTOBER 2020, aims to get employers and their employees talking about wellbeing at work and work life balance. It's an opportunity for employers to show their employees, and potential candidates, how their organisation is striving for a family friendly and flexible working culture



14-20 OCTOBER 2020,

INTERNATIONAL INFECTION PREVENTION

CONTROL WEEK, is about raising awareness for the important role we all play in keeping patients safe from infection. For more information, please visit the webpage.



18 OCTOBER 2020, WORLD MENOPAUSE

DAY is to raise awareness about the menopause and to pledge support for women who face health issues when approaching, during and beyond the menopause.

FREE WILLS MONTH

October is Free Wills Month!!

Free Wills Month brings together a group of well-respected charities to offer members of the public aged 55 and over the opportunity to have their simple Wills written or updated free of charge.

