

Western Elms & Circuit Lane Newsletter

April 2024

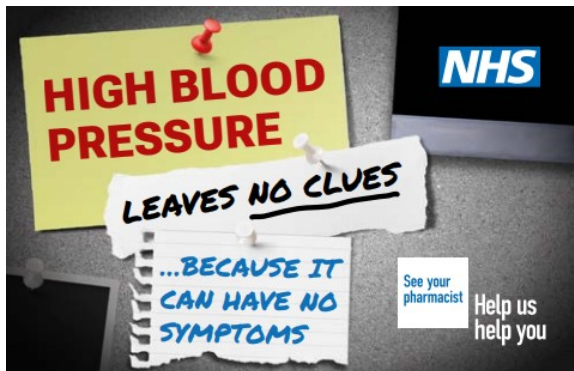
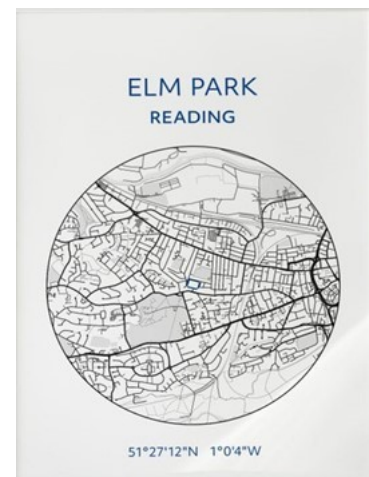
EXCITING NEWS



With effect from 1st April, we are thrilled to announce that Dr Arthur and Dr Anderson have joined the partnership at Western Elms & Circuit Lane Surgeries. They both joined the surgery last year and we are very excited to have them on board as new partners; we hope you will agree that they will be a fantastic addition to our team.



Since 2019, all GP surgeries across England were asked to organise themselves into local networks to provide care at a greater scale. We joined The Potteries to become Reading West PCN and after 5 years, we have now separated. From 1st April, we became Elm Park PCN. This is a really exciting opportunity to build on our existing primary care services and it will mean health services can be better tailored to meet the needs of our local population helping improve health outcomes for patients.



The new 'Get your blood pressure checked' campaign launched on 11th March 2024. The only way to know if you have high blood pressure is to get a blood pressure test to lower your risk of a fatal heart attack, stroke, kidney disease or vascular dementia. The campaign encourages all adults aged 40 and over to get a blood pressure check. It's a free, simple and a non-invasive procedure conducted in privacy at your local pharmacy, and you don't need to book in advance.



View your appointments, order repeat prescriptions, check your health record and much more. Manage your health the easy way with the [NHS App](#).

**WESTERN ELMS &
CIRCUIT LANE SURGERIES**



STRESS AWARENESS MONTH, APRIL 2024

The theme [#LittleByLittle](#) highlights the transformative impact of consistent, small positive actions on over-all wellbeing. For Stress Awareness Month 2024 we, at The Stress Management Society, want to emphasize how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time. We encourage you to focus on making manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!



April
Bowel Cancer
Awareness
Month

APRIL IS BOWEL CANCER AWARENESS MONTH, a

fantastic annual opportunity to raise awareness of bowel cancer and funds to support our work. The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than 9 in 10 people survive bowel cancer when it is diagnosed at the earliest stage. However, this drops significantly when diagnosed at the latest stage. Follow them on their various social media outlets to hear more from their community as part of their exciting [#OneThing](#) campaign. As well as become a part of their wonderful community and stay updated, hear real life stories and find out

how you can help people with bowel cancer.

HAPPY WORLD AUTISM ACCEPTANCE WEEK

2-8 APRIL Autistic people face discrimination and barriers across all sectors of society – in the health and social care systems, in education, in employment, and everywhere in between. It is crucial that autistic people, and their families and carers, can access tailored information, guidance and support to overcome those barriers, along with opportunities to explore their interests, develop skills and build friendships for fulfilled lives. Celebrate [World Autism Acceptance Week](#) by doing your own 5k Spectrum Colour Walk in a place and at a time that suits you. If walking is not for you, you can find lots of ideas on our resources page to help you fundraise your own way!



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, 19th APRIL We are wearing our [Pyjamas for PanCan](#) and saying goodnight to pancreatic cancer! Have some fun whilst fundraising and raising vital awareness of the signs and symptoms of pancreatic cancer!

Pyjamas
for PanCan



MS AWARENESS WEEK will

run from 22-28 April. MS has such a wide variety of different symptoms, but often some feel easier to talk about than others. Have you ever felt embarrassed by issues like bladder control or sexual dysfunction? You're not alone! This [MS Awareness Week](#), we're working with the MS Society, MS

Together, MS-UK, Neuro Therapy Network, Overcoming MS and Shift.ms. We want to break the stigma. We want to get people talking about all the symptoms of MS, not just those that feel more comfortable.