

Western Elms & Circuit Lane Newsletter

January & February 2024

Meet Dr Camilla Arthur

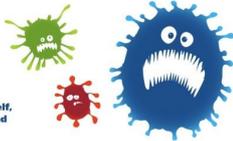
Dr Camilla Arthur is one of the GPs at the surgery. She came along to the December PPG to introduce and explain a little about her role. Dr Arthur joined the surgery in May 2022, after relocating to the area and returning to work following maternity leave. She previously worked at a GP surgery in SW London and at the Royal Neurodisability Hospital, Putney. Part of her role here at WECLS is to supervise and mentor the Foundation Year (junior) Doctors.



Dr Arthur also has a degree in Sports Science and is passionate about keeping fit. She completed the London Marathon, 2023 in 03:40:10 to raise money for the Royal Neurodisability Hospital.



Flu jab
Protect yourself,
your family and
colleagues



STAY WELL THIS WINTER



Helping to protect against flu is particularly important with COVID-19 in circulation because people vulnerable to COVID-19 are also at risk of complications from flu. If you're aged 65 or over, or if you have a long-term health condition you should have the flu jab. We still have flu vaccines available for our patients. Please book online, pop in or call and make an appointment.

Keeping warm and well in winter is especially important as we get older as changes to our bodies often mean cold weather and winter bugs affect us more than they used to. The good news is there are things you can do to stay warm and well!

- Keep moving
- Eat well
- Get your winter vaccinations
- Make sure your home is warm enough
- Stop the spread of germs
- Wrap up well
- Stay stocked up
- Be aware of your heart and circulation



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

Dates for PPG Meetings 2024

Wednesday 7th February @ CL @ 1.00pm
Wednesday 10th April @ WES @ 6.30pm
Wednesday 5th June @ CL @ 1.00pm
Wednesday 7th August @ WES @ 6.30pm
AGM - Wednesday 9th October @ CL @ 1.00pm
Wednesday 4th December @ WES @ 6.30pm

**WESTERN ELMS &
CIRCUIT LANE SURGERIES**



DRY JANUARY, 1-31 JANUARY

[Dry January](#). Are you in? 31 days alcohol-free, a break and a total reset for the body and mind with Alcohol Change UK. Sleep better and have more energy, improve your mental health and concentration, get brighter skin, save money and feel an amazing sense of achievement. It's about you taking a break, living better, feeling better. Starting your new year, the right way.



VEGANUARY, 1-31 JANUARY

We're urging everyone to cast a vote for a greener planet, lower food bills, better health and kindness to animals. And you don't even have to wait for a general election! Sign up to try vegan with us and make the world take notice – let's show the media, businesses and politicians what people power looks like! When you sign up for [Veganuary](#), you'll get plenty of free

resources, including our celebrity cookbook, meal plans and more.

STIQ DAY, 14TH JANUARY

[STIQ Day](#) has been launched to get people thinking about their sexual health and encourage more people to get regular sexual health checks. No one likes to think they've caught a sexually transmitted infection (STI) but without a test you just can't be sure.



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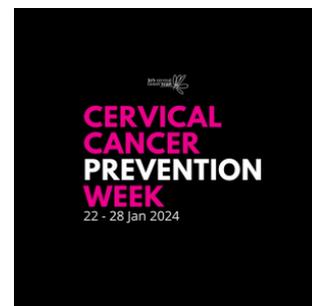
**BIG
ENERGY
SAVING
WEEK...**

ENERGY SAVERS WEEK, 15-21 JANUARY

Are you looking for low-cost ways to make your home warmer this winter? Throughout the week they will be sharing five winter warmer [tips](#) to help you stay warm and save energy.

CERVICAL CANCER PREVENTION WEEK, 22-28 JANUARY

Every day in the UK, 2 women lose their lives to cervical cancer and 9 more receive a life-changing diagnosis. [Together#WeCan](#) work towards a day where cervical cancer is a thing of the past.



**RAD
DAY**

RACE AGAINST DEMENTIA DAY, 24TH JANUARY

[Race Against Dementia Day](#) is a day dedicated to raising funds to help beat dementia. Everyone can get involved and accelerate change by joining the race. Unless a cure is found, 1 in 3 people born today will die with dementia. That is the equivalent of 127,000 babies born every day – so the goal for year 1 was to raise £1 for each of these babies. How can you get involved with RAD Day? Simply do "3" your way. This can be a 3k run, scoot, walk, or 3k minutes = 50 minutes racing, star jumping, skipping, or play 3k notes on an instrument, tell 3k jokes, play 3k minutes of board games, make 3 cakes and sell them for donations – your "3", your way!

PARENT MENTAL HEALTH DAY, 27TH JANUARY

This is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health. Get involved in [#stem4PMHD](#)





WORLD CANCER DAY, 4TH FEBRUARY

This [World Cancer Day](#), we recognise the power of working together. We know that every single one of us has the ability to make a difference, large or small, and that together we can make real progress in reducing the global impact of cancer. This 4 February, we call on you, whoever and wherever you are, to play your part in creating a cancer-free world.

TINNITUS AWARENESS WEEK, 5-11 FEBRUARY

Thank you to everyone who shared their experiences of tinnitus and accessing tinnitus services in our recent survey – nearly 500 of you responded. We are grateful to every single one of you! The information you've provided has been analysed and forms the basis of a written report that will be shared during [Tinnitus Week](#), 5-11 February. The evidence you've given us supports our messages for this vital campaign.



CHILDREN'S MENTAL HEALTH WEEK, 5-11 FEBRUARY

[Children's Mental Health Week](#) is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

NATIONAL HIV TESTING WEEK, 5-11 FEBRUARY

From Monday 5 February we're calling on people across the country to test for [HIV](#) – and this year's a special one as it marks a decade since it started. Testing is free and confidential. It's also the only way to know if you have HIV and worth doing because people can live with HIV for a long time without any symptoms. It's easier than you think to get and take an HIV test, whether you use a sexual health clinic, a GP, or prefer the convenience of using an at-home test kit.



12 FEBRUARY, INTERNATIONAL EPILEPSY DAY

[International Epilepsy Day](#) is a key initiative that the epilepsy community will use to drive the implementation of the World Health Organisation's [WHO] 10-year Intersectoral Global Action Plan on Epilepsy and other Neurological Disorders (2022-2031) or IGAP.



#EPILEPSYDAY

EATING DISORDERS AWARENESS WEEK, 26 FEBRUARY-3

MARCH This year we are shining a light on a health condition that we know doesn't always get the attention it deserves: ARFID. [ARFID](#) stands for avoidant/restrictive food intake disorder and is a largely unknown and misunderstood eating disorder. ARFID can have serious consequences for health if left untreated. The number of people affected by ARFID is unknown. Treatment is not available nationwide and people with ARFID, or who suspect they may have it, struggle to access the help they need.



Better Health
Start for Life

BETTER HEALTH START FOR LIFE HOME LEARNING ENVIRONMENT 2024

The Department for Education and Department for Health and Social Care's Start for Life ['Little Moments Together'](#) campaign aims to educate parents and carers about the importance of brain development in the first five years of a child's life, and the crucial role they play. A suite of digital resources are available for

you to download and support their work, as well as tips and advice on the Start for Life website.