

NEWSLETTER

Issue 53

SPRING 2021

Coronavirus (Covid-19)

The situation regarding the current coronavirus rules are set out on the government website so please keep an eye on this. We recommend that you keep yourselves updated by listening to the government bulletins or by following the advice and information on the official website:

www.nhs.uk/coronavirus

Helpful links to relevant information are also available through the Kingswood website:

<https://www.thekingswoodsurgery.nhs.uk/>

The surgery is continuing to provide a service to its patients during these very difficult times, but please be patient as we are extremely busy.

NHS England have set out plans to step up vaccine deliveries as the NHS rolls out second doses to millions of patients while continuing to work through priority cohorts identified by the Joint Committee on Vaccination and Immunisation (JCVI).

From the week of 15 March vaccination centres and local vaccination services are being asked to deliver around twice the level of vaccine available. There will be a substantial increase in the delivery of the vaccines to support the increase in vaccinations.

Mobile Numbers

PLEASE make sure that the surgery has your up to date mobile telephone number so that we can remind you about your appointments and contact you to book your vaccination appointment. Thank you!



PPG Committee Members

Sue Stanbridge (Chairman); Mary Chamberlain (Vice Chairman); Joanne Adam (Treasurer); Jane Al-Kailani; Pippa Doran; Ruth Ellis; Elizabeth Malik; Yvonne Massie; Stephen Parris & Fiona Pring.

The aim of the PPG is to give patients an opportunity to become actively involved with the doctors and staff in planning and developing new services and to take an active interest in their own healthcare.

SURGERY CLOSURES

THE SURGERY WILL
BE **CLOSED** ON



GOOD FRIDAY, 2ND

APRIL

AND

EASTER MONDAY, 5TH APRIL

If you require urgent medical advice during this period, please telephone NHS 111 for assistance

DON'T FORGET TO ORDER YOUR REPEAT PRESCRIPTIONS IN PLENTY OF TIME

ALLOW TWO WORKING DAYS TO COLLECT FROM THE SURGERY AND THREE WORKING DAYS IF YOU ARE COLLECTING FROM A LOCAL PHARMACY

We are sorry that the surgery will be also **CLOSED** for essential staff training on the following dates

THURSDAY, 4TH MARCH from MIDDAY

WEDNESDAY, 12TH MAY from MIDDAY

VACCINE FACTS AND FIGURES



In Kent & Medway, there have been a total of 610,876 vaccines given up to 28th February 2021. Of these, 581,293 first doses and 29,583 second doses

Those already vaccinated as at 28th February 21
90% of 80+ and Health workers ; 93% of 75—79;
92% of 70—74 + clinically vulnerable; 87% of 65—69
53% at risk
42% of over 18s at Kingswood Surgery have already received their 1st dose.

ROADMAP OUT OF LOCKDOWN



Following the rollout of the vaccinations, it is looking hopeful that we will finally get back to some sort of normality. The 'roadmap' out of lockdown will help, but we do still need to be vigilant and careful, keeping distance, wearing face masks and hand washing for the foreseeable future.

Only when the government is sure that it is safe to move from one step to the next will the final decision be made. The decision will be based on four tests:

- ◆ the vaccine deployment programme continues successfully
- ◆ evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated
- ◆ infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS
- ◆ our assessment of the risks is not fundamentally changed by new Variants of Concern

People aged 56 to 59 are being invited to book a life-saving Covid jab this week as the NHS vaccination programme, the biggest in health service history, continues to gather pace.

STEP 1

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HM Government

8 MARCH

EDUCATION	BUSINESS / ACTIVITIES	SOCIAL CONTACT	LARGER EVENTS	TRAVEL
Schools and colleges open for all students Practical Higher Education courses	Wraparound care, including after school sports, to enable parents to work	Exercise and recreation with your household or one other person in a public outdoor place e.g. picnic or coffee Household only indoors Care home residents in England can nominate a single named visitor for regular visits	Funerals (30 people) Weddings and wakes (6 people)	Stay at home No domestic or international holidays

COVID-19 ROADMAP 2021

STEP 2

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HM Government

NO EARLIER THAN 12 APRIL

At least 5 weeks after Step 1

BUSINESS / ACTIVITIES	LARGER EVENTS	TRAVEL
All retail Personal care Libraries and community centres Most outdoor attractions Indoor leisure inc. gyms (individual or household use only)	Self-contained accommodation All children's activities Outdoor hospitality Indoor parent and child groups (up to 15 people, excluding under 5s)	Funerals (30 people) Weddings, wakes, receptions (15 people) Event pilots
		Domestic overnight stays (household only) No international holidays

COVID-19 ROADMAP 2021

STEP 3

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HM Government

NO EARLIER THAN 17 MAY

At least 5 weeks after Step 2

BUSINESS / ACTIVITIES	SOCIAL CONTACT	LARGER EVENTS	TRAVEL
Indoor hospitality Indoor entertainment and attractions Organised indoor sport (adult) Remaining accommodation Remaining outdoor entertainment (including performances)	Maximum 30 people outdoors Indoors: Up to 6 people or a larger group from 2 households only (subject to review)	Most significant life events (30 people) Indoor events 1,000 people or 50% capacity (whichever is lower) Outdoor events 4,000 people or 50% capacity (whichever is lower) Large seated outdoor venues 10,000 people or 25% capacity (whichever is lower)	Domestic overnight stays International travel (subject to review)

COVID-19 ROADMAP 2021

STEP 4

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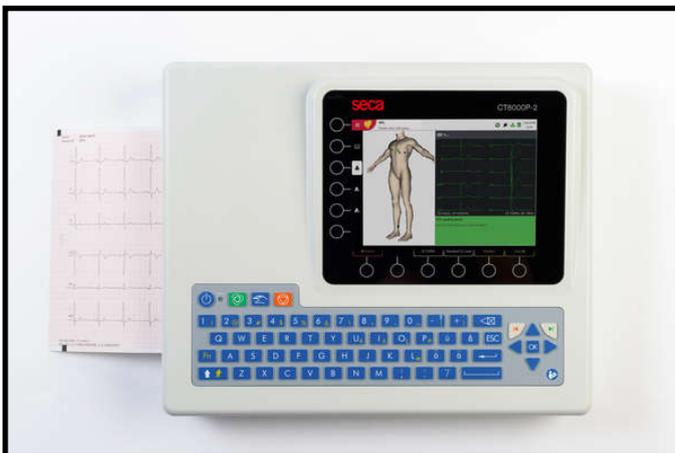
HM Government

NO EARLIER THAN 21 JUNE

At least 5 weeks after Step 3

BUSINESS / ACTIVITIES	SOCIAL CONTACT	LARGER EVENTS	TRAVEL
Remaining businesses, including nightclubs (subject to review)	No legal limit (subject to review)	No legal limit on life events (subject to review) Larger events (subject to review)	Domestic overnight stays (subject to review) International travel (subject to review)

COVID-19 ROADMAP 2021



**NEW
ELECTROCARDIOGRAM
MACHINE (ECG)
HAS ARRIVED AT
THE SURGERY**



The PPG are proud to be able to support the Surgery in the purchase of their new ECG machine which will benefit both patients and staff. This has only been possible due to the generous donations from Kingswood patients. Thank you to all. The quote below is from the Senior Nurse who is delighted with the new machine.

Unfortunately the old ECG had seen better days; it would only work in one room and refused to link with our computers. The new machine is portable, sleek and will connect to the computer system. It will also take the immense pressure off both nursing staff and doctors.

An ECG (Electrocardiogram) can help detect :

Arrhythmias - Where the heart beats too quickly, slowly or irregularly.

Coronary Heart Disease - Where the hearts blood supply is blocked or interrupted by a build-up of fatty substances.

Heart Attacks - Where the blood supply to the heart is suddenly blocked.

Doctors may recommend an ECG for patients at risk of heart disease because they smoke, are overweight, have Diabetes, High Cholesterol or High Blood Pressure. They may also recommend an ECG if the Patient is experiencing chest pain whilst in clinic.

DATA



INTERESTING DATA?

There is a lot of information out there about surrounding the effects of COVID 19. The Zoe study is a Covid symptom study app with 4.5million contributors, with scientific analysis provided by King's College London led by Professor Tim Spector. Zoe recently undertook a survey looking at life under lockdown and the scale of disruption caused by it. Over one million people responded to the survey.

Specifically the questions related to 1) Diet and snacking; 2) Alcohol frequency; 3) Physical Activity; 4)Weekday Sleep

Overall data showed two thirds of participants reported some level of disruption to diet and lifestyle during lockdown. The already healthy tended to stay that way but people who were slightly unhealthy pre-pandemic improved their diet and lifestyle regardless of economic condition. The most pronounced disruption was found to affect young women in deprived areas, mainly due to increased workload and reduction of outside help, plus the negative economic effect of lockdown especially in deprived areas.

If you wish to see more detailed information on this, please go to [www.https://covid.joinzoe.com/data](https://covid.joinzoe.com/data)

Born to Move Supports Pregnancy to School



If you are pregnant or have a child under five, there's now an app available that can support you on the journey from pregnancy to starting school.

Download the new [Born to Move](#) app and you'll find activities to keep your child active and support their speech and eyesight development.

There are also regular tips from local health visitors, with games and play ideas to try with your child at every stage.

Parents can add their child's profile and record photos and milestones along the way to look back on, or to share with friends and family.

Born to Move has been developed by health visitors at Kent Community Health NHS Foundation Trust, so features lots of local resources for you and your family.

For more information on this and other services available to Kent families visit [Kent Baby](#).

Suicide Prevention Strategy consultation

Approximately one-third of suicides occur in individuals known to secondary mental health services, meaning that two-thirds are not known.

We also know that many social issues (money, debt, employment, relationship breakdown, abuse, housing) can all impact an individual's suicide risk.

The suicide prevention programme has a wide range of elements, some looking at improving the quality and safety within services, but many attempting to address the wider issues that contribute to suicide risk.

A public consultation on a [multi-agency Kent and Medway Suicide Prevention Strategy](#) is open until **Thursday, 18 March**.

Release the Pressure is a [free and confidential helpline](#) available 24/7 to anyone in Kent and Medway. Emotional support is available via text or phone.



DID YOU KNOW?

Ovarian cancer - March is Ovarian Cancer Awareness Month. Ovarian cancer is often diagnosed late. The main symptoms of ovarian cancer are feeling constantly bloated, a swollen tummy, discomfort in your tummy or pelvic area, feeling full quickly when eating and needing to pee more often than usual. These symptoms can also be caused by other diseases. Your chance of surviving ovarian cancer is higher if you're diagnosed earlier, so if you're concerned you may have symptoms of ovarian cancer, please make an appointment to see your GP to discuss your concerns. <https://www.nhs.uk/conditions/ovarian-cancer/>

The importance of attending review appointments

Have you been invited for a review appointment, but haven't quite got round to booking one yet? Every patient is assessed to ensure they get access to the healthcare they need. If you have a long-term chronic condition, we might ask to see you at least annually, to check how things are going and to see whether we can improve the management of your condition. We can chat about any developments and improvements in treatment, and any concerns you may have. If we've invited you for an annual review, please make an appointment if you haven't already; we'd love to talk to you

Medication reviews - We know that patients get concerned when we say they need a medication review before the GP can issue their medication. If we say that we need to review your medication, what do we really mean?

We might ask you to have a medication review with your GP if you've been on a medication for a long time, or if you're needing to order it more frequently than we'd expect. Equally, if you're not ordering the amount we'd expect, or you've just started on a new medicine, we might look to review it after a short period of time. For patients with multiple medications, we like to review them from time to time, to make sure they're still working well for you, and that they're the best option taking into account all the circumstances including how you feel about them. <https://www.bupa.co.uk/newsroom/ourviews/medication-review>

Prostate cancer - March is Prostate Cancer Awareness Month. If you feel you need to pee more often, feel like you haven't quite emptied your bladder, or find it difficult to pee, you should ask your doctor for advice. Other conditions can cause similar symptoms but checking to see if further investigation is necessary is quite straightforward. Who can get prostate cancer? You need a prostate gland to get prostate cancer. So, it mostly affects men. Trans women and non-binary people who are born male (assigned male at birth) can also get prostate cancer. Prostate cancer is most common in older men. It's the most common cancer in men in the UK. <https://www.nhs.uk/conditions/prostate-cancer/>



Childhood vaccinations - During the course of their lives, babies born today are likely to be offered vaccinations against 21 illnesses with serious or life-threatening consequences. We really want to make sure that all children have the very best start in life and vaccination against devastating childhood diseases is a brilliant start.

Vaccine effectiveness has appeared frequently in the news of late. Measles and Diphtheria have reduced by up to 99.9% since the introduction of vaccinations against them. Vaccination is estimated to prevent up to 3 million deaths worldwide each year. The NHS offers free vaccination, and if your child hasn't had all their vaccinations, please get in touch so we can check what's needed. <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>
<https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/>



DID YOU KNOW?

Sleep Awareness Week (14th to 20th March) and Safer Sleep Week (15th to 21st March)



“Regular sleep, healthy future” is the theme of the 2021 Sleep Awareness Week. Getting regular, good -quality sleep is important to stay healthy over time. Irregular or poor-quality sleep has been shown to have a negative effect on long-term health and wellbeing. Good sleep starts in childhood.

The Lullaby Trust promote safer sleep for babies and young children. From advice about keeping your baby safe in hot weather, to how long your newborn can stay in a car seat, their advice is based on strong scientific evidence. In Safer Sleep Week, it’s well worth looking at some of the advice they offer; it might just save a life.

Parents often worry more when their child is unwell, particularly when putting them to sleep for the night. The Lullaby Trust have developed a tool to help and reassure parents. Using 19 simple questions, their app will give you advice about whether your baby is unwell, and whether they need to be seen urgently. Based on rigorous research on over 1,000 babies, the app has proved to be effective at differentiating between babies who are slightly unwell and those who need immediate attention. <https://worldsleepday.org>
<https://www.lullabytrust.org.uk/safer-sleep-advice/>
<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

World Oral Health Day (20th March)

Are you proud of your mouth? World Oral Health Day encourages us to think about the impact of oral health on our lives. Young children should have 20 baby teeth, adults 32 teeth and 0 cavities, and seniors 20 natural teeth to be considered healthy. Oral health has a big impact on our overall health, and keeping our teeth and mouths healthy can be very simple if we use the appropriate preventative steps. <https://www.nhs.uk/live-well/healthy-body/lifestyle-tips-for-healthy-teeth/>

Epilepsy awareness (26th March)

On 26th March, wear purple to raise awareness of Epilepsy. Around one in every hundred people in the UK suffers from Epilepsy. That’s over 600,000 people in the UK alone.

‘Calm, Cushion, Call’ is the advice given by the Epilepsy Society to be #SeizureSavvy. Focusing on tonic-clonic seizures, as these are the most easily recognised, the advice if you see someone having a seizure is: stay calm and take control of the situation, cushion their head with something soft and if the seizure lasts more than five minutes, call an ambulance. <https://www.purpleday.org>
<https://epilepsysociety.org.uk/seizuresavvy>

World Hearing Day (3rd March) - In the UK, we’re lucky that we have good access to healthcare and technology to help those who suffer from hearing loss or deafness. World Hearing Day is organised by the World Health Organization to raise awareness. This year’s theme is ‘Hearing care for all’ It’s impossible to lip-read when others are wearing masks, but these aren’t the only challenges faced by those who are deaf or hard of hearing at the moment. The RNID has compiled some really helpful advice. With just a little effort from all of us, the world of those with impaired hearing could get a lot better. <https://www.who.int/activities/celebrating--world--hearing--day>
<https://rnid.org.uk/coronavirus-response/>

