



Frithwood Surgery

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FRITHWOOD SURGERY PPG NEWSLETTER

EARLY 2021

COVID-19: THE FIGHTBACK BEGINS

The New Year is here and the nationwide effort to protect the British people against Coronavirus has begun. Across the UK there's one question on everybody's lips: when will I get my Covid jab? The answer is that everybody will be contacted according to priority lists drawn up by the Joint Committee on Vaccination and Immunisation, and that Frithwood Surgery will be in touch with patients when it's their turn.

Here is the priority list:

- Residents of care homes for older adults and their carers
- People aged 80 years and over, and frontline health and social care workers

- Those aged 75 and over
- All aged 70 and above and the clinically extremely vulnerable
- People who are 65 and over
- All individuals aged 16 to 64 with underlying health conditions that put them at higher risk of serious disease and mortality
- Those aged 60 and over
- Fifty-year-olds and over

Please do not contact Frithwood Surgery to ask when you'll be getting your jab. The practice will be in touch when it's your turn.

Turn to page three for more questions and answers about the Covid-19 vaccine.



Hope for a brighter future is all around us

FEEDBACK - We would love to hear from you on any aspects of the Newsletters or the services you receive from the surgery. If you have questions or ideas that could benefit our readership, please use the 'Suggestion Box' at the surgery reception or 'e' mail frithwood.enquiries@nhs.net or call 01453 882868.

Thank You for Your 20- Years-plus Service



Sister Annette Marsh



Jan Legg



Sarah Morris

Thank you to Senior Nurse Sister Annette Marsh, Secretary Jan Legg and Chief Receptionist Sarah Morris, each of whom is retiring after working at Frithwood Surgery for more than 20 years. "Each has made a magnificent contribution to our community," says chairman of the Frithwood PPG Dr Tim Crouch.



Be Prepared for Future Holidays in Europe

Don't forget that the European Health Insurance Card won't be valid past its expiry date and that everybody visiting the continent will need to organise their own health insurance in the future.

It's also worth bearing in mind that NHS prescriptions will no longer be valid in the EU.

Good Luck to Our 100 Club Members

The first of January saw the first draw for our new 100 Club. A fantastic 172 people have signed up for this fundraising initiative.

Welcome Sophie

Sophie Lloyd is the latest person to join the Frithwood Surgery Patient Participation Group. The PPG is a collection of volunteers who work together to collect and present patients' views to the surgery's management team and raise funds for useful pieces of equipment to assist doctors, nurses and other medical staff in providing the best possible service for everybody.

Frithwood Face



Name: Clive Fenney

Job: Practice Manager

What I do: Oversee the running of the practice

Why my work is important: I motivate and lead the team at Frithwood, developing a safe, positive environment. The doctors, nurses and administrative staff are the key to ultimately giving the highest levels of healthcare to our patients, which is our key overarching goal.

Top health advice: If possible, take regular walks to reap major physical and mental health benefits

Most frequent things you hear: "I know you're busy, but.." or "Clive, have you stolen all of the Maltesers out of our box of Celebrations?"

Favourite way to exercise: Walking and playing cricket.

When I'm not working: I love all sport but cricket is my passion – I still manage to play to a reasonable standard, even at my age!

Most surprising fact about me: I know a monopoly board well enough to be able to play a game in my head! - Tell me where you are on the board, how many your dice roll is and I'll tell you where you land, how much the property is and how much a hotel costs on there!

Favourite sport: Cricket – I have a picture of England's 2019 World Cup winning moment on my desk.

Favourite music: Strauss

More Covid Questions and Answers

Here is a selection of questions that people have been asking. For full answers visit the Frithwood Surgery website at:

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

Will I get the jab at Frithwood or elsewhere?

Initially, our patients are being vaccinated at Rowcroft Medical Centre. We hope other vaccines, particularly Astra Zeneca's, might be given at Frithwood. We encourage everyone to have the vaccination as soon as they are contacted.

My mum is housebound. What will happen to her?

We are hopeful that all housebound patients will be offered a vaccination before the end of January. A doctor or nurse will give the injection at their home, using full Personal Protective Equipment.

I work in the care sector and visit vulnerable people. Do I need to make the surgery aware of this or do I have to wait until I'm contacted?

If you are a frontline healthcare worker, it is useful for the practice to know this. You can probably get a vaccination from Gloucestershire Royal Hospital by registering yourself with their online portal.

Can I choose which jab I want?

Both Pfizer and Astra Zeneca vaccines give high protection against severe disease have good safety profiles. Due to logistical challenges, the AstraZeneca vaccine is the only one that can be deployed rapidly for some populations.

How can I be sure the vaccines are safe?

They have undergone testing and quality processes at the UK's Medicines and Healthcare products Regulatory Agency.

Can I decline the jab?

Yes. The vaccination is voluntary.

I've had coronavirus. Do I still need the jab?

Yes, studies show you still need vaccine to boost immunity levels

Should I remind the surgery of any underlying allergies that might cause a bad reaction to the jab?

It's always good that the practice knows about any allergies you have. However, studies show that patients now only need to avoid the Pfizer vaccine if they have had anaphylaxis due to any of its ingredients.

I'm a bit worried about vaccinations and would like to talk over my concerns with a medical professional. Who should I call?

We understand some people may have concerns. There is lots of information at the gov.uk and NHS websites. We would ask patients to consult these trusted sources rather than a GP, who continue to offer healthcare services to more than 600 people a week

How long will the jab protect me against Coronavirus?

We don't know as yet, but current indications are for a minimum of 6 months, hopefully for considerably longer.

Will I have a certificate to say I've been jabbed?

Yes

Why has it been decided that the jabs will now be given 12 weeks apart, when initially, everyone was told they would be done 3 weeks apart?

The new medical advice is that the second dose of the vaccine remains effective when given up to 12 weeks after the first dose, and should be given towards the end of this 12 week period.

Can I give COVID-19 to anyone, after I have had the vaccine?

The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus. So, it is important to follow the normal guidance to protect those around you.

- continue social distancing
- wear a face mask
- wash your hands carefully and frequently
- follow the current guidance.

Keep up to date with Frithwood PPG by 'liking' our page on Facebook!

<https://www.facebook.com/FrithwoodPPG/>

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Boost Your Immunity

Immunity and how to promote it is a hot topic, especially against the backdrop of Covid-19.

Your body is able to fight infections with proteins called antibodies and white blood cells, in particular T cells. If you are exposed to an infectious disease, antibodies and T cells will confer resistance to further infection. If sufficient individuals are exposed to the infection, or if an effective vaccine has been developed which will aid the body's production of antibodies, then the rate of infection within the community will fall. With regard to Covid, there are unanswered questions about immunity. It has been observed that antibodies produced as a result of exposure to this virus are short lived. What is not well-understood at present is how quickly the immune system can ramp up the production of antibodies in the event of further exposure to the virus.

By now we are all aware of the measures to be taken to limit the spread of this virus - face coverings, hand washing and social distancing, and self-isolation if we are in contact with somebody suffering from the virus. With regard to our immunity, there are things that can be done: recent news of an effective vaccine becoming available is a giant step forward and there is now hope that this will change the course of the pandemic, but there are other things that we can do.

Vitamin D: it is recognised that adequate levels of Vitamin D reduce the risk of respiratory infection. If your level of Vitamin D is adequate then a supplement will not be helpful. Production of Vitamin D is largely through exposure to daylight, so even when we're locked down it's important to get outside when possible. If you are at risk of low levels of Vitamin D then a supplement will be helpful.

Healthy Lifestyle: this is so important in all aspects of health, not least in keeping the immune system in good shape. Being overweight with a high body mass index (BMI) is a known risk of death due to covid.

Watch your weight: Clearly a good diet will help with weight loss. In addition, a diet rich in fruit and vegetables will help boost the immune system.

Exercise: This is important in weight control. In addition, movement strengthens the lymphatic system, which helps the immune system perform its function. Your immune system will be at its best with adequate rest and sleep.

Smoking: The respiratory system is one of the main targets of the virus, so lungs damaged through smoking is clearly a factor that smokers need to address. **Dr Tim Crouch**



Priority for Unpaid Carers

Carers UK has welcomed the advice from the Joint Committee on Vaccination and Immunisation that carers in receipt of Carer's Allowance, or who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer contracted Covid-19, should be included in the vaccination category alongside people with underlying conditions.

