

Patient NEWS

Patient Participation Group (PPG)

BINGLEY
MEDICAL
PRACTICE



ISSUE 13 Winter 2021

Merry Christmas, wishing a peaceful, happy and healthy 2022 to all ...

I would like to wish patients, staff and members of the PPG all the very best for the festive period and the coming year. For those who have had a difficult year I wish for a happier and healthier year ahead.

Let us look forward and work together for a better future. We are here for you and if you have any concerns please let us know. If you want to join us you will be very welcome.

Pam James, Chair BMP PPG

CHRISTMAS AND NEW YEAR OPENING TIMES AT BINGLEY MEDICAL PRACTICE

Thursday 23rd December	8.00am to 6.30pm
Friday 24th December	8.00am to 6.30pm
Christmas Day 25th December	CLOSED
Boxing Day 26th December	CLOSED
Monday 27th December	CLOSED
Tuesday 28th December	CLOSED
Wednesday 29th December	8.00am to 6.30pm
Thursday 30th December	8.00am to 6.30pm
Friday 31st December	8.00am to 6.30pm
New Years Day 1st January	CLOSED
Sunday 2nd January	CLOSED
Monday 3rd January	CLOSED
Tuesday 4th January	8.00am to 6.30pm

For immediate and life threatening emergencies **call 999**
Call 111 when the surgery is closed

Bingley Medical Centre **01274 568383**
www.bingleymedical.org.uk



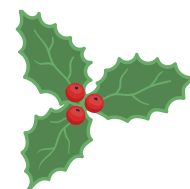
Knock, Knock

Who's there?

Scold

Scold who?

Scold outside!



BLOOD TESTING SHORTAGES

There are ongoing shortages of equipment for blood tests across the NHS. The situation has eased a little, so that we can perform tests now - but at a reduced rate.

We are holding a waiting list of those who need a blood test and will invite people for their tests as supplies allow.

Thank you for your understanding.

All you need to know

So, flu season is back again...everyone seems familiar with flu season, well, it is everywhere isn't it? Television, supermarkets, pharmacies, radio, bus shelters, the list is never ending for advertising. But, how many people actually know what type of vaccine they are getting? How many know if they are even eligible? The side effects? When or where the best place to get them is? How many people really know the true importance of this vaccine? It has become apparent over recent years that actually many people cannot answer these questions and therefore could be missing out on a potentially life saving, FREE vaccine!

Flu can be extremely unpleasant, usually causing symptoms such as fever, aches and pains, cough and cold like symptoms. If you are generally fit and well these will usually clear up on their own within a week or so. However, flu can be more severe in people classed as 'at risk', they are more likely to develop potentially serious complications of flu, such as lung infections (also known as pneumonia), therefore it is extremely important that they have their flu vaccine annually.

Who is eligible

- all children aged 2 to 15 (but not 16 years or older) on 31 August 2021
- those aged 6 months to under 50 years in clinical risk groups
- pregnant women
- those aged 50 years and over
- those in long-stay residential care homes
- carers
- close contacts of immunocompromised individuals
- frontline health and social care staff employed by:
 - a registered residential care or nursing home
 - registered domiciliary care provider
 - a voluntary managed hospice provider
 - Direct Payment (personal budgets) and/or Personal Health Budgets, such as Personal Assistants.

What vaccine will you be given

- for those aged 65 years and over – the quadrivalent influenza vaccine (aQIV), with the cell-based quadrivalent influenza vaccine (QIVc) or the recombinant quadrivalent influenza vaccine (QIVr) offered if aQIV is unavailable
- for under-65s (including those at risk, pregnant women and 50 to 64 year old cohort) offer QIVc or QIVr, as an alternative if these are not available, the egg-grown quadrivalent influenza vaccine (QIVe) should be considered for use.

What are the Side Effects

After receiving the flu vaccination you may get a mild fever and slight muscle aches for a day or so particularly in the arm that you received your vaccination. Try to move your arm regularly to avoid any stiffness. Take a painkiller such as paracetamol if necessary, this will reduce any pain, discomfort or high temperature.



Children may experience a fever, runny nose and temporary loss of appetite. This can be treated with paracetamol and plenty of fluids. Serious allergic reactions are very rare, staff administering the vaccinations are fully trained in the treatment of such reactions and therefore individuals are highly likely to make a quick and complete recovery. **You can't catch flu from the flu jab!** There are no active viruses in the vaccine and therefore it cannot cause flu. If you experience flu like symptoms after your vaccination then the likelihood is that you have a virus or in some cases flu was contracted prior to vaccination.

If you have any concerns regarding your side effect symptoms then contact the Surgery or the NHS 111 service if it is out of hours.

Where to get your vaccine

Many people will receive their flu vaccination at a GP surgery as usual. Others may go to a pharmacy or another location in their community. School-aged children will receive their vaccination from a trained health professional at school or in their community. Health professionals will also visit care homes to vaccinate residents on-site.

If you usually get your flu vaccination at Bingley Medical Practice you will be

contacted by the practice (text, telephone or letter) and invited to one of the clinics. The practice started at the beginning of October doing mass clinics on a Saturday. Staff and volunteers are giving their time to marshal the car parks, meet and greet, organise patients into the relevant rooms and clinicians administering the vaccines, we even have a volunteer showing their way out! Already (8th November) over 2000 patients have received their injections, with more clinics planned.

However, a big issue this year has been the shortage of vaccines, whether this is delivery or manufacturing, it is unknown. The practice have spent many weeks meticulously planning for their flu vaccination programme, inviting and booking patients in for their jabs, only now to have to contact them all again to cancel or reschedule appointments. This has caused a huge increase in staff's already unsustainable workloads, and inconvenience and unneeded anxiety for patients who are keen to be protected ahead of winter. The practice could have, by now, had all their eligible patients vaccinated.

Jill Wadsworth
Member of the Patient Group

Family fun!

Everyone from the PPG would like to wish you all a Happy Christmas and a safe and healthy New Year.

We've a couple of puzzles for you to do with your children. We hope you enjoy drinking your hot chocolate, putting out mince pies and milk for Santa, not forgetting a carrot for Rudolph!

Firstly, a word search – hidden in this grid are these words:
santa, cookies, snowball, snowman, presents, chocolates, tree, holly, hoho

Can you find them?



a	z	b	x	s	a	n	t	a	c	w
c	j	k	i	n	h	g	f	b	m	p
o	h	s	n	o	w	b	a	l	l	r
o	o	r	u	w	v	x	z	a	s	e
k	l	d	b	m	y	r	k	t	j	s
i	l	s	l	a	g	d	t	r	e	e
e	y	h	p	n	n	f	x	w	l	n
s	o	o	m	f	r	o	s	t	y	t
v	c	h	o	c	o	l	a	t	e	s
j	k	o	d	b	o	o	s	t	e	r

And secondly, unscramble the shaded letters to find a message from Santa.
 Answer on back page.



You still need to wear a face covering in GP practices and other NHS facilities.



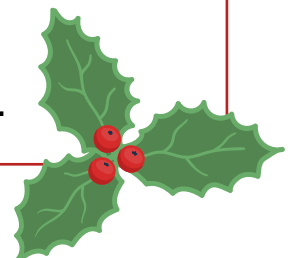
A MESSAGE FROM PETER HOME AIREDALE HOSPITAL GOVERNOR

Peter wants to encourage everyone over the age of 12 to have their Covid 19 vaccinations...first, second and booster, as soon as possible. Airedale Hospital has a walk in centre. No appointment is needed.

Airedale Hospital had a peak of around a hundred patients last February, which then reduced to ten to twenty patients in September. This number of patients can be accommodated on one ward. But when patient numbers rise another ward has to be opened. Opening another ward is not only disruptive, but brings with it the added complications of ensuring staff and patient safety and also reduces the number of beds available for non Covid patients.

As of early November there has been an increase in Covid patient numbers to more than thirty five, so an additional ward has had to be opened for these patients. At the time of writing the number is still climbing.

So a plea.... GET VACCINATED.



LOOK IN ON VULNERABLE NEIGHBOURS AND RELATIVES

Please check on older neighbours and relatives during the festive season to make sure they:

- are safe and well
- are warm enough, especially at night
- have stocks of food and medicines so they do not need to go out during very cold weather.

If you're worried about a relative or elderly neighbour, contact your local council or call the **Age UK helpline on 0800 678 1602** (8am to 7pm every day).

If you're concerned the person may have hypothermia, **contact NHS 111.**



A summary of the Covid-19 pandemic so far

Early in 2020, the effects of a new Coronavirus known as Covid 19 (because it had appeared in 2019) began to affect the whole population.

Various restrictive measures began to be initiated by the Government including lock-downs which involved the closure of schools, places of work, restaurants and so on. The worst financial effects were alleviated by the introduction of the furlough scheme and an upgrade of benefits by £20 which were just two of the many measures introduced by the Chancellor of the Exchequer.

The numbers of people infected began to be recorded and published every day and they showed some dramatic levels of people being affected by the virus and losing their lives. The imposition of the restrictions and the warming of the weather had the desired effect of reducing the level of new infections and deaths in the first half of 2020.

However it didn't last. In October 2020, the figures started to rise. There were 12,593 new infections recorded on 5th October. This increased over the following weeks to 24,962 on 15th November. The level of infections stayed at this level for the next few weeks but took an upturn in the last week of December, fuelled it was thought, by the Christmas parties and family gatherings which take place at that time of the year. On

20th December 35,928 new infections were recorded. 41,385 on 28th, 55,892 on 31st and a record of 68,053 was recorded on 7th January 2021.

In late October and November we were made aware of new vaccines being developed and eventually approved and on 8th December a 90 year old lady named Margaret Keenan from Coventry was the first person to receive a Covid vaccine. Bingley Medical Practice soon received a supply of vaccines and arranged clinics (the writer received his first vaccine on 15th December and his second on 5th January). This had the effect of reducing the incidence of new infections down to 5,177 by 7th February and 1,671 on 2nd March.

However, again it didn't last. The infection rate remained at these relatively low levels until June when 11,007 were recorded on 17th June, 26,068 on 30th June and 54,674 on 17th July. On 19th July, the Government relaxed some of the restrictions which became known as "Freedom Day". Surprisingly the new infection rate reduced for a while but it increased in the coming months, until on 21st October, the figure of 52,009 new cases was published.

The number of people losing their lives had followed a similar pattern to the infection rate. On 5th October 2020 19 people died but this figure rose to 616 by 8th December, 744 on 23rd and a record of 1,825 on 20th January. But the effect of the vaccine began to have the kind of positive effect everyone had hoped for and on 1st June no deaths were recorded. Needless to say, it didn't stay at that level for long. By the 19th October the figure had risen to 223 and regrettably it has remained at this level until the present day.

There were tens of thousands of members of the population who received a first vaccine from 8th December 2020 and 3 weeks later, the same people began to receive a second. This period was extended by up to 12 weeks between first and second vaccines and over time, the age of the recipients was reduced to include schoolchildren. The latest recorded number of first vaccinations is 50,158, 157 and 46,421, 376 for the second. Recently the decision was taken to administer a booster vaccine and to date 7,785,026 have been given. This makes total jabs of 104,364,559 which is a great credit to all the medical staff up and down the country.

Wally Quirk

HELP WITH HEATING COSTS

As fuel costs rise you may be worried about how to pay your bills.

You may be able to claim financial and practical help with heating your home. Grants available include the Winter Fuel Payment and Cold Weather Payment.

For more information on how to reduce your bills and make your home more energy efficient, go to the government's Simple Energy Advice website, or call the **Simple Energy Advice helpline on 0800 444 202**.

You can also find out about heating and housing benefits on [GOV.UK](https://www.gov.uk)

It's worth claiming all the benefits you're entitled to as soon as winter begins.

FEELING UNWELL OVER THE FESTIVE SEASON

If you feel unwell over the festive season you can get help and advice from:

- a pharmacy - pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP - you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 - go to 111.nhs.uk or **call 111** if you have an urgent medical problem and you're not sure what to do.

The sooner you get advice, the sooner you are likely to get better.

Call a pharmacy or contact them online before going in person. You can get medicines delivered or ask someone to collect them.

Doctor, doctor
why is my nose sad?

Because it
didn't
get picked!

