



Newsletter – Winter 2021

We are open for our patients ...

We continue to operate an 'on the day' system for booking of appointments via telephone or online via Patient Access. You will receive a telephone consultation in the first instance but if the GP or ANP feels you really need to be seen then you will be asked to come to the practice. We are still doing blood tests (but not for consultants); medication reviews (by telephone); INR clinics; cervical smears; wound dressings and baby clinics.

If you have any worrying symptoms please don't delay, for minor illness please have a look at our website www.westgatepractice.co.uk or consult your pharmacist for support.

Our staff are also focused on organising and taking part in the Covid-19 vaccination programme so we are very busy, please bear with us at this challenging time.



The Covid-19 Vaccination Programme

Since the beginning of December, we have all been delighted by the news that a number of vaccines, such as the Pfizer and Oxford/AstraZeneca vaccine have been approved for use to combat the Covid-19 virus. All are rated as highly effective against the virus and provide some light to what has been a very difficult year. The Practice has no power to choose which vaccine it receives and will be administering vaccines as soon as these are delivered.

The Practice has many years of experience, implementing immunisation programmes such as our baby immunisations, shingles and annual flu programme. However, it is important to remember that there will be a number of key differences between our flu and COVID clinics.

Flu Vaccination Clinic	Covid Vaccination Clinic
Well established Vaccination Programme	NEW Vaccination Programme
Vaccines are ordered 1 year in advance	The supply of vaccines cannot currently meet demand
1 Dose given annually	2 Doses (up to 12 weeks apart)
Flu vaccines are easy to transport, store and handle with a 6 month shelf life	Covid vaccines are more complex to transport, store and handle and to be used within 3.5 days
Vaccines arrive in prefilled syringes	Vaccines to be drawn up from a vial and/or mixed
Average a 2 minute appointment	Average 30 minute appointment due to assessment, consent and time after vaccination
Vaccination data is entered directly onto your records	Vaccination data needs to be recorded on a National IT system prior to it being entered onto your records

Patients will be contacted in order of priority as set out by the Joint Committee of Vaccination and Immunisations. Please remember, we can only contact the number of patients for which we have a vaccines. We cannot order vaccines but are told an expected delivery date. This may mean that you will be contacted at short notice. The quickest and easiest way for the practice to contact you is by a mobile number but failing that a landline number. If you would like to provide a mobile number or have changed it recently, then please let the practice know via our website at www.westgatepractice.co.uk.

Priority Groups as set out by the Joint Committee of Vaccinations and Immunisations:

Group 1: Residents in a care home for older adults and their carers

Group 2: All those 80 years of age and over and frontline health and social care workers

Group 3: All those 75 years of age and over

Group 4: All those 70 years of age and over and clinically extremely vulnerable individuals

Group 5: All those 65 years of age and over

Group 6: All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality

Group 7: All those 60 years of age and over

Group 8: All those 55 years of age and over

Group 9: All those 50 years of age and over

Please **DO NOT** call the practice to find out when you may be called. Be assured that the practice will contact you in order of the priority list. **Remember that if you are contacted, to follow the information given, arrive only if you are well, no more than 5 minutes before your appointment wearing a facemask/covering and wearing clothing that allows easy access to your upper arm for vaccination.**



New Year' Resolution

The Practice would like to wish all of our patients a happy and healthy new year. Each year, around 7 million of us will make a New Year's resolution to improve an aspect of our health. NHS Choices offers practical advice on how to stick to them. Most common goals include: eat more fruit and veg, do more exercise, stop smoking and to reduce our alcohol intake.

Sticking to your objective can be tough, so here are some tips for boosting your willpower and staying motivated.

- **Make only one resolution.** Choosing just one aspect of your health to improve will increase your chance of success.
- **Plan in advance.** This will give you time to think about your goal and how to achieve it.
- **Don't repeat last years** or if you do, pick a different technique to achieve it.
- **Set a realistic goal** or a number of small targets to help you achieve that goal. This will keep you on track.
- **Maybe tell family and friends** so that they can encourage and support your goal.
- **We all have set backs** so don't give up, just take the next day to try again. Good Luck!

Other News.....



PRACTICE CLOSURES 2021

The Practice will be **closed from 2pm** for Protected Learning Time on **Tuesday 19th January;** **Tuesday 16th February** and **Tuesday 16th March.**

PATIENT PARTICIPATION GROUP

A productive virtual PPG meeting was held on Monday 23rd November 2020 chaired by Prof/Dr Helen Stokes Lampard. Minutes are available to read on our website, the next meeting is planned for Monday 8th February 2021.