



Special Issue (4) – Self Care Week – November 2021



When we produced our special issue newsletter for Self Care Week last November the first vaccination against COVID-19 had not yet been approved and we were about to go into the second lockdown. Much has improved since and, thanks to the success of the subsequent vaccination programme, we are now in a better position.

But there's no room for complacency in England.

We now have fewer restrictions, a lower vaccination rate and a higher level of infection than most of western Europe, and there is evidence of a new strain of the Delta variant. Most people now admitted to hospital have not been fully vaccinated. Being vaccinated means that even if we do get Covid, it is likely to be far less severe. So, to reduce the risk of spreading the virus, we must remember the essentials – **hands, face, space, ventilate** - respecting others by wearing masks on public transport, in healthcare settings, shops and crowded places and being sure the indoor spaces we use are well ventilated. As we head towards winter and the annual extra pressures that cold weather and flu place on the NHS **there is much we can do as individuals to look after our own health as best we can.**

The Covid vaccination programme

If you were contacted, but did not take up the offer, you are still eligible, and you can discuss any concerns you may have with the vaccinator without feeling under pressure.

For more information go to:

<https://www.england.nhs.uk/london/our-work/covid-19-vaccination-programme-2/covid-19-vaccine-sites-in-london/>

- People over 17 years and 9 months are offered two doses of the vaccine.

- Those aged 16 and 17 are offered one dose.
- 12–15-year-olds are being offered one dose at school or can now book online [here](#)
- People over 50 or with certain health conditions, health care workers and carers are now being offered a booster vaccination. This must be at least six months after their second dose. Booster clinics are currently being run at **Paxton Green Health Centre** for patients of this practice, the Old Dairy Health Centre and Brockwell Park Surgery.

The Flu Vaccination Programme

The flu vaccine helps protect people at risk of getting seriously ill from flu. It is more important than ever this year as fewer have built up natural immunity during the pandemic and if you get flu and Covid-19 at the same time research shows you're more likely to be seriously ill.

The NHS free flu vaccine is given to those who are:

- over 50 years of age
- aged 6 months to under 50 in clinical risk groups
- aged 2 to 15
- a front-line health worker
- a carer

Flu vaccination appointments for Paxton Green patients (eligible adults and children aged 2 and 3) can be booked at the practice. Children aged 4-15 will receive their vaccinations at school. Flu vaccinations are also being offered at the same time as Covid boosters. In addition, pharmacies are offering flu vaccinations.

How else can we look after our health?

The promotion of Self Care is a PPG priority and there is a large amount of useful information on the [practice website](#):

- previous [newsletters](#) have featured a lot of advice on the importance of looking after our physical and mental wellbeing
- the [Treatment Room](#) offers immediate help with minor illnesses and injuries
- the [Wellbeing Room](#) has information on carers, drugs and alcohol, smoking cessation,

mental health, weight management, community help, maternity, sexual health and podiatry.

The [NHS website](#) has practical advice on weight, exercise, sleep, alcohol, smoking, a healthy body, sexual health and mental wellbeing. Its *Every Mind Matters* section has a wealth of information which includes how to deal with stress, anxiety and depression, bereavement and trauma. It offers tips if you are worried about Covid or anxious about coming out of lockdown, about how to look after your mental health if you are working from home, coping with money worries and job uncertainty or feeling lonely.

The **NHS App** provides a simple, secure way for you to access a range of NHS services on your smartphone, tablet, desktop or laptop computer. You can get trusted advice and information on hundreds of conditions and treatments, as well as order your repeat prescriptions and access your medical records online. To find out more go to: <https://www.paxtongreen.uk/online-services-login-nhs-app-faq/>

And remember that you can also get advice on many common ailments from the pharmacy.

Keeping Warm in Winter

The British Heart Foundation advises:

- Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleecy fabrics are warmest. Indoors wear warm socks and slippers
- Keep the cold out by closing doors and blocking draughts
- Keep your main living room at 18–21°C (64–70°F) and the rest of your home at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to bed. In bed, use either a hot water bottle or an electric blanket
- Have warming drinks and food such as porridge, soups and stews
- Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.

You can find advice on how to reduce your energy bills, making your home warmer and getting help with energy bills at:

<https://www.simpleenergyadvice.org.uk/> or by calling: 0800 444 202.

Care Coordinators

Recently two care coordinators have been appointed into new posts at Paxton Green. Will Ashwood and Vikesh Majithia are already making a useful contribution to the team. Their role is to target specific groups of patients to support them with their care planning. So far they have been making contact with a range of patient groups including the most frail, those with long term conditions and those with serious mental illness. They have also been crucial to making sure the Covid Vaccination campaign reaches as many patients as possible. It is hoped to develop the role in the coming months to take on a wider scope of work within the practice team.

Digital Champions

If you enjoy using digital technology and would like to teach others to use the internet, helping them to access online health and other services, why not consider becoming a Digital Champion? Free online training is offered to enable you to develop your own skills and knowledge while giving you the opportunity to support your local NHS services. For more information contact Wai Ha Lam, tel: 07761 705553 or email: waihai.lam@nhs.net

The Kingswood Community Shop on Seeley Drive is now open again – Mons to Thurs, 10am-3pm. See the calendar of activities, including tech support drop-ins at: <https://www.cpct.org.uk/about-us/kingswood-community-shop>

PPG Update

The [2020/21 Annual Report](#) was presented at the AGM during the July PPG. Since then the Steering Group has worked with the practice on improving access to services at this time. Our next online PPG meeting is on **Monday November 22nd at 3.30pm.**

New members are welcome, please just enrol [here](#) or telephone reception.

Finally, please share the contents of this newsletter with anybody you know who is unable to access it.