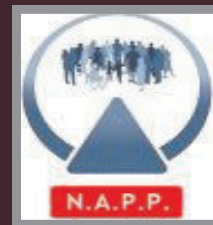


Cherrymead Chat

Autumn 2021

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Influenza Vaccinations

It's hard to believe that another year has flown past and we're writing about the influenza season again. We'll be holding vaccination clinics in the surgery as we did last year. Invitations will be going out to eligible groups of people in the next week.

ALL APPOINTMENTS AND MUST BE PREBOOKED. Please wait for your invitation, which will give you booking instructions.

ADULTS

We'll be starting with people over 65 years old and with people aged 18 to 65 in at risk groups. We'll then invite people aged 50-64 not in at risk groups. This is due to the dates on which our flu vaccinations are being delivered by the manufacturer.

VACCINES FOR ADULTS

This year's adult vaccines for our patients are manufactured by Seqirus. It is based on recommendations from the World Health Organisation and the UK Joint Committee on Vaccination and Immunisation. They are inactivated vaccines so you cannot catch influenza from them.

If you are over 65 years old you will receive a vaccine called "Fluad Tetra". It protects against four strains of influenza. It is more suitable for people in this age group because it contains an "adjuvant" that helps the immune system create a stronger response to the vaccine. You can read more about Fluad Tetra here:

<https://www.medicines.org.uk/emc/files/pil.11679.pdf>

If you are 18 to 65 years old and in a high risk group you will receive a vaccine called "Flucelvax Tetra". This also protects against four strains of influenza but does not contain an adjuvant as younger people normally produce a stronger immune response. You can read more about Flucelvax Tetra below:

<https://www.medicines.org.uk/emc/files/pil.9753.pdf>

CLINICS

We had planned to include a list of Adult flu clinic dates in this issue. Unfortunately Seqirus contacted us just before we were due to publish. Seqirus informed us that vaccine supplies have been delayed by one to two weeks due to freight haulage problems. We were advised not to book in patients until we had had confirmation from Seqirus a week before the vaccines were due to arrive. This meant that we had to cancel all patients who had booked into our first clinic on 18 September. We have texted or posted you to let you know this.

As soon as we hear that flu vaccinations are due we will again text or write to you when the next clinics will be. There will be separate clinics for people who are OVER 65 AND 18-64 AT RISK and for people who are 50-64 and NOT AT RISK VACCINATIONS. These will be held as walk-in rather than pre-booked clinics because of the tight time scales on which we now have to work.

CHILDREN

We will be inviting children aged 2 and 3 years old and those in high risk groups from 4 years up to just under 18 years old to have their vaccine in the surgery. Children at school will be vaccinated by the School Nurses. Please make sure to find

out when your child's school is holding clinics.

VACCINES FOR CHILDREN

Children's vaccines are supplied to us by NHS England. Children from 2 years to 17 years of age will be offered the Fluenz Tetra vaccine, which is given by spray into the nostrils. You can find out about Fluenz Tetra here:

<https://www.medicines.org.uk/emc/files/pil.3296.pdf>

Children who are unable to take Fluenz Tetra will be offered Flucelvax Tetra at a later date. You can read more about Flucelvax Tetra below:

<https://www.medicines.org.uk/emc/files/pil.9753.pdf>

CLINICS

Children's flu clinics will be held on:

September 28 : 1.30pm - 6.00pm

September 30 : 2.30pm - 6.30pm

October 5 : 1.30pm - 6.00pm

October 7 : 2.30pm - 6.30pm

These appointments must be pre-booked. We can only allow one adult in with each child. Adults and children under 11 should bring a face covering to the surgery.

INFECTION CONTROL

You will need to queue in the car park so please wear suitable clothes and bring your brolly if needed.

Please bring a face covering to the surgery.

Are You At High Risk of Influenza Infection?

You are at high risk of severe influenza infection if you:

- Are 65 years or older
- Are pregnant
- Have certain medical conditions
- Live in a long-stay residential care home or other long-stay care facility
- Are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill or receive a Carer's Allowance
- Are a frontline health or social care worker who is employed by a registered residential care home or nursing home, registered homecare organisation or hospice
- Provide health or social care through Direct payments (personal budgets) or Personal Health Budgets (such as Personal Assistant) or both.
- the past, or chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- Chronic heart disease such as heart failure
- Chronic kidney disease
- Chronic liver disease such as hepatitis or cirrhosis
- Chronic neurological conditions such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy
- A learning disability
- Diabetes mellitus
- Problems with your spleen such as sickle cell disease or having had your spleen removed or which can be associated with coeliac disease
- A weakened immune system as a result of conditions such as HIV, AIDS, leukaemia or having medicines such as steroid tablets or chemotherapy.

Some medical conditions also increase your risk of having serious complications from Influenza, for example:

- Long-term respiratory diseases such as asthma that requires an inhaler or steroid tablets or has led to a hospital admission in

I'm 55 and as fit as a fiddle. Why do I need a flu vaccination?

As winter approaches people will be returning from summer days spent relaxing with other people. They'll be heading to school, university and also workplaces. We'll all spend more time indoors. This means that viruses are spread more easily between people and numbers of infected people increase.

Vaccination reduces the number of people with severe infections by helping their immune systems make antibodies to fight off viruses more efficiently. Unlike actual viruses, influenza vaccinations do not cause severe complications of infections. This means that there is a lower

likelihood of attending hospital. It also means that people are infectious for a shorter period of time. There is less virus circulating around, so fewer people become infected.

It is expected that coronavirus infections will also increase as it becomes colder, with more people being admitted to hospital. By having a flu vaccination you will reduce the chances of you and other people becoming seriously ill and of needing admission to hospital. You will also help prevent hospitals from becoming unable to cope with the numbers of people who are infected and delaying treatments for people on waiting lists.

Coronavirus Vaccination Update



With the help of all our colleagues at Arc Bucks Primary Care Network, Buckinghamshire Clinical Commissioning Group, Buckinghamshire County Council, Wycombe Wanderers, community pharmacists and many volunteers, 80% of Cherrymead Surgery's patients have received both their coronavirus vaccinations to date.

Catch Up Vaccinations

The Adams Park vaccination centre ceased to operate after 24 June. If you are registered 17 years old and within three months of your 18th birthday or over 18 years old and still need your first or second vaccination, you can book an appointment if you are registered with a GP. Follow this link:

[Book or manage your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)

If you are 16 to 17 years old you can go to a walk in centre without an appointment. Once you have your first vaccination at a walk-in centre you can book online for the second one. Follow this link:

[Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Booster Vaccinations

Autumn booster vaccinations for people who have completed a course of two coronavirus vaccinations are being planned. You will be contacted when a venue and dates have been finalised. The Pfizer and Astra Zeneca vaccines have been approved for use as booster vaccinations.

Children

Most children do not have severe COVID 19 illness. Children at risk of severe COVID 19 illness usually have an underlying medical condition which makes this more likely. Children aged 12 to 15 years will be contacted if they are in the high risk group. See below for more information:

[COVID-19 vaccination for at-risk children and](#)

Routine Vaccinations

Routine vaccinations for babies, pre-school children and adults are continuing as normal.

It's important to go to your appointments unless you, your child or someone you live with has **[symptoms of COVID-19](#)**.

Vaccinations usually given in school are being rescheduled.

College and Uni Vaccinations

If you're starting college or university you should make sure you've already had:

- the **[MenACWY vaccine](#)** – which protects against serious infections like meningitis. You can still ask your GP for this vaccine until your 25th birthday and
- 2 doses of the **[MMR vaccine](#)** – as there are outbreaks of mumps and measles at universities. If you have not previously had 2 doses of MMR you can still ask your GP for the vaccine.

Travel Guidelines

The COVID-19 pandemic continues to affect international travel. No travel is risk-free, and many countries have closed their borders or restricted entry to UK travellers. Any country may further restrict travel or bring in new rules at short notice, for example due to a new COVID-19 variant.

1. Before you travel

Check for entry restrictions, testing, or quarantine requirements at gov.uk's [Foreign travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk/foreign-travel-advice) or contact the [UK-based embassy for your destination country](#)

- If you need a negative COVID-19 test to enter a country, you should use a [private test provider](#). The NHS Test and Trace service cannot provide the documents you need.
- If you live in England and have had a full vaccine course (2 doses), you will be able to [demonstrate your COVID-19 vaccination status](#) using an app or letter to enter some countries and territories. Read [travel advice entry requirements](#) to check if the country you plan to travel to accepts this proof of vaccinated status.
- If you're flying, [read the safer air travel guidance](#). You must [wear a face covering on flights](#) in England and Scotland. Read the [National Travel Health Network and Centre \(NaTHNaC\)](#) guidance on this.
- Ask your accommodation provider about their COVID-19 safety measures
- Get [travel insurance](#) with the appropriate level of cover
- Check your cancellation rights. Contact your tour operator, transport and accommodation providers if you have questions.
- Use the [travel abroad step-by-step guidance](#) to make sure you're fully prepared

2. When you're abroad

Continue to follow updates to [travel advice](#), as there may be changes for your destination.

- If you test positive for COVID-19, you may need to seek treatment where you are, and stay until you have recovered. If local authorities tell you to quarantine, you should expect to do that where you are.
- Travel restrictions may unexpectedly delay your return home. Plan for possible delays. Make sure you have access to money and have made practical arrangements to be away for longer than planned.
- If delays occur, you should keep in contact with your travel company or airline for any changes to transport schedules
- Stay up-to-date with changes to the [Red, amber and green list rules for entering England](#) or for [Scotland](#), [Wales](#) or [Northern Ireland](#). The rules may change before you return

3. Prepare to return to the UK

Before you [enter the UK](#) you must:

- Take a COVID-19 test up to 3 days before departure. You will need to show a negative test result when you arrive in the UK, including if you are returning home. Read further information on testing for travel to [England](#), [Scotland](#), [Wales](#) or [Northern Ireland](#) from abroad
- Fill in and submit your [passenger locator form](#) in the 48 hours before you arrive in the UK.
- If you are returning to England from:
 - a country on the [red list](#), or you have transited through one in the past 10 days, you must [book to stay in a managed quarantine hotel](#)
 - a country on the [amber list](#), or you have transited through one in the past 10 days, you must book COVID tests under the [quarantine rules for arriving into England](#)
 - a country on the [green list](#), you must [book a day 2 COVID test](#)

4. When you arrive in the UK

- Follow the rules that apply for the country or countries that you have visited, when you [enter the UK from abroad](#), unless you are exempt.
- If you're arriving in England from a country on the [amber list](#), you may be able to pay for a COVID-19 test under [Test to Release](#), to find out if you can reduce your self-isolation period

Social Distancing

We have all become very used to the phrase "social distancing". This is the dictionary definition :

"the practice of maintaining a safe or appropriate physical distance from other people, or the measures taken to reduce close physical contact, especially to slow the spread of a contagious illness or disease".

In other words, if we care about others, every one of us must keep a safe physical distance from other people, wear a face covering, wash our hands regularly, keep rooms well ventilated. The reasons are well known: the virus is air borne, it passes easily from person to person, especially if in an enclosed area and some can pass the virus without knowing they have it.

Many people have now thankfully been vaccinated, but not all, yet. We have all learnt a lot these past 18 months about protecting ourselves and each other from the virus, and continue to learn to adapt to a way of living with the virus around us for the foreseeable future.

Here is a reminder of where you can see the most up to date guidance and advice.

The government and Bucks authorities have clear guidance on their websites on what we can and cannot do. They are here :

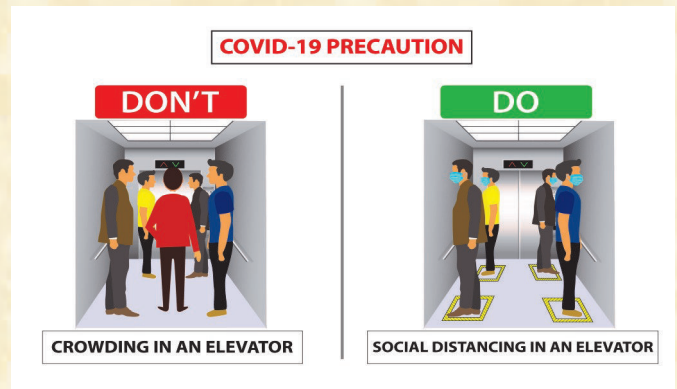
www.gov.uk/guidance/COVID-19-coronavirus-restrictions-what-you-can-and-cannot-do

This site explains in simple layman's terms the guidance you need to know for any situation such as meeting friends indoors and outdoors, going to work, going to school, childcare, funerals, weddings, places of worship, care home visits, going to events etc.

[Buckinghamshire.gov.uk](https://www.buckinghamshire.gov.uk)

[Buckinghamshireccg.nhs.uk](https://www.buckinghamshireccg.nhs.uk)

The two above websites also offer guidance and support to organisers of events such as weddings, funerals, large gatherings.



Preventing Infection in the Surgery

Although there has been some easing of the lockdown rules in the last two months, Public Health England's infection control rules remain in place for patients and staff.

Our face to face appointments in surgery are pre-booked.

You will be asked about COVID-19 symptoms by our receptionist or by SMS before attending surgery. If you have symptoms you will be asked by our receptionist to self-isolate and to contact 119 through its website or by ringing 119 to arrange a PCR test.

Many of our patients wait for a GP to call before doing this. Please make sure that you contact 119 when instructed to do so by the receptionist as we will not be able to see you in surgery until we know that your PCR test is negative or you have complied with advice given by 119.

If you have symptoms please do *not* do a lateral flow test. You need a PCR test which can be booked through this link:

<https://www.gov.uk/get-coronavirus-test>

Please bring a face covering with you to the appointment. If you are unable to wear one, please let the receptionist know. We will not ask you to wear one, but in order to protect vulnerable patients in the waiting room we will ask you to wait in a separate room downstairs for your appointment..

You should ring the front door bell at your appointment time.

Remember to sit a meter apart from other people in the waiting room. The black seats are the correct distance apart.

For information about Buckinghamshire Hospitals:

<https://www.buckshealthcare.nhs.uk/covid-19/>

For information about Frimley Health Hospitals:

<https://www.fhft.nhs.uk/your-visit/coronavirus-information/>

Some COVID19 Data to Think About

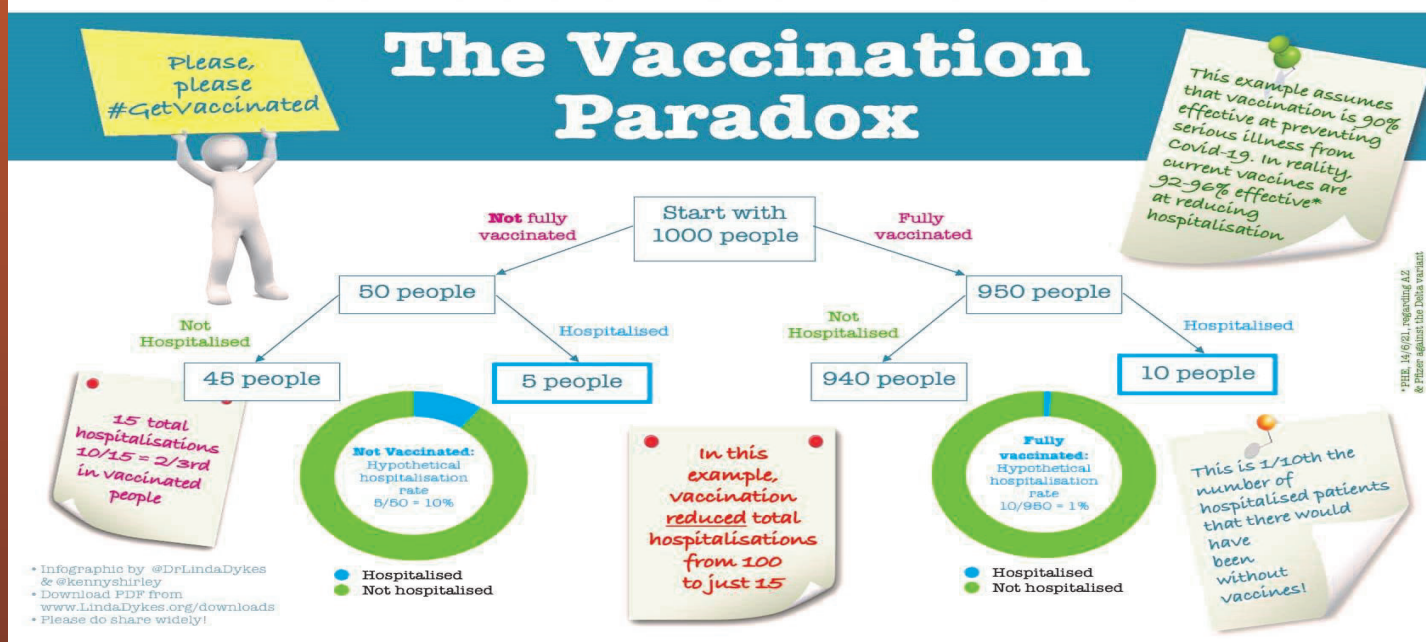
National Data 30 August 2021

National Data 5 July 2021

Number of People testing positive for Covid 26,476 (Last 7 days 235,090)	Number of People testing positive for Covid 27,334 (Last 7 days 178,128)
Patients admitted into hospital 969 (Last 7 days 6,294)	Patients admitted into hospital 358 (Last 7 days 1,953)
Deaths within 28 days of a positive Covid test 48 (Last 7 days - 805)	Deaths within 28 days of a positive Covid test as of 5 th July 2021 9 (Last 7 days - 128)
People vaccinated as of 30 August 2021 Total 1 st dose - 48,024,928 Total 2 nd dose-- 42,718,652	People vaccinated as of 5 th July 2021 Total 1 st dose - 45,351,719 Total 2 nd dose- 33,726,362

Data from <https://coronavirus.data.gov.uk>

As more people get vaccinated,
the percentage of Covid-19 patients hospitalised despite being vaccinated will go up.
This **does not** mean that vaccines aren't working: here's why...



Your PRG Needs You!

The PRG is the Patient Reference Group for Cherrymead Surgery. We are a group of patients who meet with the Surgery Manager and a Partner once a month. We are there to support the Surgery and also give a patient opinion on what goes on.

As a group we produce this Newsletter. We also organise Health Information Meetings for patients on a variety of health conditions. You can also see action points from our meetings on the Cherrymead website www.cherrymeadsurgery.co.uk



For more information on how you can get involved with the Patient Reference Group please contact us : prgcherrymead@gmail.com
Cherrymead Surgery Patient Reference Group