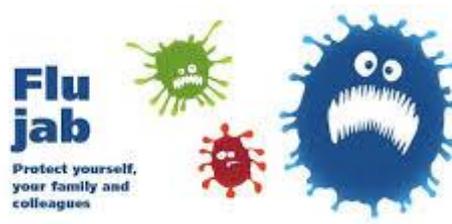




## **Patient Newsletter – October 2020**

# **Flu Special Patient Newsletter**



We are now in the middle of the Flu vaccination season and we felt it might be a good time to explain some of the things that are different this year.

### **When are our vaccines ordered?**



Our 18 – 64 year old and over 65 year old flu vaccinations were ordered in December last year. We ordered 5000 vaccines in total, which is enough to vaccinate all patients that were eligible for the vaccine at that time.

We pay for these vaccines and if we don't use the vaccine by the end of March, we have to throw them away.

### **Is it true that healthy 50-64 year olds or Shielding patients should be given a Flu Vaccination?**

This year, the Government announced that vaccines will be available for 'extra' groups of patients (those aged between 50 and 64 and Shielding patients and their families).

We are really pleased that the vaccine is being offered to this group of patients, but unfortunately we have no further info regarding this.

Please note that people in the 50-64-year old age group will not be vaccinated until November and December, providing there is sufficient vaccine, and no appointments will be offered for this age group until then. This is to ensure that those who are most at risk are vaccinated first. If you are 50-64 and you are in one of the other

groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will be invited earlier.

In the meantime, we first have to vaccinate the patients that we ordered for in December 2019. These include:

- patients aged 65 and over (including those who'll be 65 by 31 March 2021)
- those who have certain health conditions
- patients who are pregnant
- patients who are in a long-stay residential care
- patients who receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick

### **Why are your clinics so late this year?**

Our first flu clinic is held the week after we receive the vaccines. This is to allow us 'wriggle room', as we have unfortunately been let down by suppliers previously, and have had to cancel and rebook appointments.



This year, our flu vaccine deliveries are between 21<sup>st</sup> September and 14<sup>th</sup> November in 7 staggered deliveries from two different suppliers.

In addition, normally at a flu clinic, we vaccinate one patient every minute. This year, due to Covid, we have to schedule 3 minutes per patient so that we can maintain social distancing and don't have too many patients in the building at any time.

### **Why did an 80 year old get their vaccine in September but a 64 year old with diabetes has to wait until November?**

This is because there are two different types of vaccine. One for Under 65's and one for Over 65's. They come from different manufacturers and have been delivered at different times as stated above.



### **When are children being vaccinated?**

We are currently receiving a lot of calls regarding child flu vaccinations, in response to a letter that NHS England has sent out.

We are restricted to how many vaccines we can order at any one time, therefore we are staggering invites based on this. Invites are in the process of being sent out.

### **What if I'm housebound?**

The District Nursing Team is supporting us in administering the vaccines to our housebound patients. The work is being co-ordinated by them and we will be providing them with vaccines upon our next delivery mid-October.

Finally, thank you for being so patient with us this year. We know it's been confusing and it may feel as though we're being unhelpful by not booking your vaccination or not letting you wait in the waiting room.

Although we are open as usual (but with different methods), we need to make sure that we don't have too many patients in the waiting room at any time so that we can maintain social distancing.

The Practice is a place where the people who visit are sick, frail or elderly and we must do everything we can to keep you all safe.

We would like to thank the S26 Volunteers in helping to ensure a smooth and socially distanced patient journey. We couldn't have done it without them.

We would also like to thank the patients who have attended so far for adhering to the rules. We hope you felt safe and that the correct social distancing measures were put in place.

Last but absolutely no means least; our staff have been absolutely tremendous during these extremely difficult months of uncertainty. They have all gone the extra mile to ensure that our patients are cared for.

Please continue to be kind and support us as we are here to support and care for you.

***Our temporary Flu Line number is 0114 4333704 between 10 and 3 Monday to Friday. Please do not call our main telephone number to book a flu vaccine, as we need to keep this free for other calls.***

Thank you for your understanding and support.

**Swallownest Health Centre**

## **Rotherham Health App – Manage your healthcare on the go, 24 hours a day!**

The Rotherham Health App is available 24/7, wherever you are, on desktop, tablet, or mobile devices. It is free and easy to download and available for all Android and IOS devices. It offers the following benefits

- Book appointments with a clinician
- Book an evening or weekend appointment with a local GP/Advanced Nurse Practitioner
- Manage medication
- Access medical record
- Online triage
- Self-help guides
- Lifestyle and long term condition monitoring
- Book a telephone or video appointment with a Physiotherapist. These are if you have the following conditions:-
  - Back pain
  - Neck pain
  - Shoulder pain
  - Elbow, wrist or hand pain
  - Knee, hip or ankle pain
  - A sprain or a strain

When using the App you are able to nominate a Pharmacy where you can collect your prescriptions. This again helps to reduce footfall to the Surgery during these difficult times.

***We would like to remind patients that Lloyds Pharmacy although in the same building has no connection to the Surgery and is a separate entity.***

What are you waiting for? Download today – [www.rotherhamhealthapp.co.uk](http://www.rotherhamhealthapp.co.uk)

# Social Prescribing Service

**Social Prescribing** is a confidential service provided by your GP surgery for people aged 18+ who want to focus on improving their health and wellbeing.

## A Link Worker is someone:

- To talk to and discuss the problems you are facing
- Who is practical, helpful and who will not judge you
- Who will explore what is important to you and help you decide what you'd like to do to
- Who can find you services, support and activities that will suit you
- Who can give you support along the way

## What Services or Activities might I be able to access?

- Getting involved in local groups and activities
- Befriending, counselling and other support groups
- Dealing with bereavement, retirement or new baby
- Housing, benefits and financial support and advice
- Employment and volunteering
- Education and training
- Supporting mental wellbeing
- Self-management of symptoms
- Help with transport
- Ways to be healthier and more active

## How can I be referred to a Link Worker?

To speak to a Link Worker, please contact your GP Surgery to book an appointment. Alternatively, you can contact Joe directly:

☎ 07947596834 or ✉ [roccg.splw.rothervalleysouthpcn@nhs.net](mailto:roccg.splw.rothervalleysouthpcn@nhs.net)



## GP Surgery covered:

Swallownest  
Health Centre

Your Social Prescribing  
Link Worker is  
Joe Rodgers



powered by  
**PIKTOCHART**

## #Stoptober



Public Health England have launched Stoptober; the national campaign that encourages the nation's smokers to make a quit attempt for the month of October and beyond. This is based

on the evidence that if a smoker can quit for 28 days, they are five times more likely to quit for good.

To find a range of information and support on quitting, including several free tools including the Stoptober App, SMS and email support and the local stop smoking service search facility please follow this link <https://www.nhs.uk/better-health/quit-smoking/>

### **Meet the Team!**

We are proud to present the next in our new series of 'Meet the Team':-

**Dr Holly Wild**



Hello, I'm Holly, one of the salaried GPs. I'm originally from Hampshire, went to medical school in Cardiff and did my GP training in Sheffield. I qualified in February this year and started work at Swallownest in March shortly after the start of lockdown.

When not at work I'm mostly chasing and tidying up after my feisty 3yr old! I like cooking, running, watching movies and all things Christmas.

**Please remember to wear a face covering when attending the Health Centre. We do not have sufficient supplies for patients.**

As always thank you for your understanding during these difficult times and as always stay safe.

*Swallownest Health Centre*