

Aylesbury Surgery Health & Engagement Forum

Issue 17 -September/October 2020

So are we looking at a second complete lockdown in the UK ?

While the country is trying to revive its economy and at the same time trying to achieve public health goals. Winter is fast approaching bringing with it a high degree of uncertainty over how the virus will behave in colder temperatures, early reports suggest that it may survive longer during the winters. How will this impact our lives?.

Already with certain social distancing measures being reintroduced due to a recent spike in cases, a second wave of COVID-19 is looking more likely. So will there be a second complete lockdown in the UK? It is impossible to say for sure, but here are a few ways we can prepare and be ready.

Social distancing

Social distancing can be frustrating for many youngsters as well as older people even though it is an essential measure for keeping us safe. We all miss being outside with other people and seeing our friends and family.

Many are missing life events, seeing off family and friends at funerals, be present at births, sharing pregnancies experience with your partner, seeing and hugging grandchildren, family members meeting new additions to families, going to weddings and gatherings.

All of these things can have an impact on our mental health we can all take small simple steps to safeguard our own and other's emotional wellbeing.



Left: Mr Rajash Mehta – Practice Manager / Chairman of Aylesbury Surgery Health & Engagement Forum

Don't use alcohol or drugs to deal with emotions. If you feel you are struggling to cope contact your GP or mental health organisations.

One way to help yourself with mental health and wellbeing during the pandemic is by taking little steps:

Stay connected -Shielding and lockdown

Though lockdown is not as strict as before there are still many who have been advised to continue to shield due to age and underlying serious health conditions. Don't despair as there is a huge amount of information available on online. Keep yourself updated on a regular basis but stick to official sources of information.

Now more than ever it is essential we stay connected and adapt how we connect with people to find new ways to stay in touch. A regular chat with a friend or family member can make a huge difference to how we feel. Keep in contact with friends or family, using email or social media or try video call services like Skype or FaceTime or Zoom. Talking about your frustrations with friends and family. This can also help with feelings of isolation and loneliness

Planning, if possible, for children and adults to spend time together one on one and plan some time apart, even if it's just time alone with headphones, in a different room or a walk by yourself. Take time to gather your thoughts and relax.

Don't bottle it up – reach out

If you feel particularly anxious and overwhelmed make sure you talk to someone you trust like a friend or family member. Don't ignore those feelings. If all else fails contact your GP who may be able to refer you to get help with mental health or well-being issues.

Be active

Stay active – You don't need to be so active that you need to raise a sweat, just mild walk up or down the stairs, around the house or doing odd jobs, taking a walk in the garden if you have one can help give you a boost to your health and circulation. A quick walk down the street or to the shops, bearing in mind the Government's advice on social distancing of keeping a two metre space from

other people and wearing a face covering whilst in shops.

Do something you enjoy every day Try new things that you may have not had time to do previously. If you work from home then plan distractions outside of work and take time to focus on different things outside your normal interests.

During the previous lockdown many people took to new hobbies, arts and crafts. Gardening and Cooking, has been a strong favourite for many. It will be a chance not only to trying new things but an opportunity to join with family members to create and do things together. Many have used the time to catch up with reading or DIY jobs you have been meaning to do for a long time.

Eating Healthy Aim to eat healthy. Prepare meals for the family ensuring you all eat healthy with plenty of fruit and vegetables in your diet and drink at least 6-8 glasses of fluid every day. Aim to drink between 6-8 cups or glasses a day. Water, low fat milk, sugar free drinks including tea and coffee all count.

Are we heading for a second lockdown, and what are the new UK rules?

The new restrictions for England

- **10pm curfew for pubs, bars and restaurants from Thursday 24 September**
- **Table service only in hospitality venues**
- **Work from home if you can**
- **Customers must wear face coverings in taxis, as well as staff in retail**
- **Staff and customers in indoor hospitality must now wear face coverings**
- **From Monday 28 September, only 15 people can attend a wedding service and reception - 30 people can still attend a funeral**
- **A maximum of six people can take part in indoor team sports**
- **Large sports events and conferences will not take place from 1 October, as previously planned**
- **Businesses will be fined £10,000 and could be closed if they breach regulations**
- **The fine for people not wearing face coverings in shops, supermarkets, public transport, taxis and in indoor hospitality will double to £200 for a first time offence, from £100**
- **This fine will be the same for those who break the "rule of six"**
- **Those who have been shielding do not need to do so except in local lockdown areas**

If you're clinically extremely vulnerable you were advised to take extra precautions during the peak of the pandemic in England. This is known as 'shielding'.

The government is advising that you do not need to shield at the moment.

There is specific guidance on what will happen [if there is a local lockdown in your area](#).

This guidance is government advice and it's your personal choice whether to follow it.

What has changed

The guidance for the clinically extremely vulnerable is that shielding has been paused.

This means:

- you do not need to follow previous shielding advice
- you can go to work as long as the workplace is [Covid-secure](#), but should carry on working from home wherever possible
- clinically extremely vulnerable children should attend education settings in line with the wider [guidance on reopening of schools](#) and [guidance for full opening: special schools and other specialist settings](#)
- you can visit businesses, such as supermarkets, pubs and shops, while keeping 2 metres away from others wherever possible or [1 metre, plus other precautions](#)
- you should continue to wash your hands carefully and more frequently than usual and that you maintain thorough cleaning of frequently touched areas in your home and/or workspace
- you will no longer receive free food parcels, medicine deliveries and basic care from the National Shielding Service

For practical tips on staying safe, see the guidance on [meeting with others safely](#).

You will still be able to get:

- local volunteer support by contacting your local authority
- prescriptions, essential items and food you buy delivered by [NHS Volunteer Responders](#)
- priority slots for supermarket deliveries (if you previously registered for free food parcels)

If transmission of COVID-19 increases

You could be advised to shield again if the situation changes and there is an increase in the transmission of COVID-19 in the communi

When to self-isolate

Self-isolate immediately if:

- **you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)**
- **you've tested positive for coronavirus – this means you have coronavirus**
- **you live with someone who has symptoms or tested positive**
- **someone in your support bubble has symptoms or tested positive**
- **you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app**
- **you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)**

How to self-isolate

You must not leave your home if you're self-isolating.

Do Not

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one



If you think you've been in contact with someone who has coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow [social distancing advice](#).

When to get a test

Get a test as soon as possible if you have any symptoms of coronavirus.

The symptoms are:

- **a high temperature**
- **a new, continuous cough**
- **a loss or change to your sense of smell or taste**

The test needs to be done in the first 5 days of having symptoms.

You do not need to get a test if you have no symptoms or if you have different symptoms.

If they get any coronavirus symptoms, they must self-isolate and [get a coronavirus test](#) as soon as possible.

How long to self-isolate If you have symptoms or have tested positive for coronavirus, you'll usually need to self-isolate for at least 10 days.

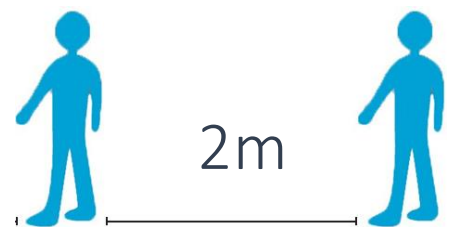
You'll usually need to self-isolate for 14 days if:

- **someone you live with has symptoms or tested positive**
- **someone in your support bubble has symptoms or tested positive**
- **you've been told to self-isolate by NHS Test and Trace**

Help with everyday tasks from an NHS volunteer

NHS Volunteer Responders can help with things like:

- collecting shopping
- collecting medicines and prescriptions
- phone calls if you want to chat to someone
- **Call 0808 196 3646** (8am to 8pm, everyday) to arrange help from a volunteer.



The best things in life are the people you love and the memories you cherish. At Warren Farm Lodge care home we're here to support you to create more special moments.

Warren Farm Lodge care home

Warren Farm Lodge care home, 123 Warren Farm Road, Kingstanding B44 0PU

Call 0808 102 5744 Visit www.anchor.org.uk/WarrenFarmLodge

Proudly not-for-profit



Prescribing of over the counter medicines is changing



Self-care for common conditions

What is self care?

Self care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (like headaches, colds and flu) or living with a long-term health problem, such as asthma or diabetes.

Self care for common conditions

Did you know that one in five GP visits are for common conditions, such as sprains, strains, hay fever or headache?

For most people, they are not serious health problem – you just want to know how to relieve it and you want a treatment that acts fast. You also want to know how long you’re going to suffer or what you should do if your symptoms change.

The good news is that self care can help you manage most of these problems. It may mean you don’t have to spend time waiting to see your GP but can get on and start tackling your symptoms. Self care for common conditions can also help free up some of your GP’s time, making it easier to get an appointment when you have a more serious condition.

Find out more about self care for common conditions

The Self Care Forum has produced Factsheets, available [here](http://www.selfcareforum.org/fact-sheets/) (www.selfcareforum.org/fact-sheets/), to help you take care of the most common ailments. These provide useful facts about your condition, what you can expect to happen, how to help yourself, when you should see your GP and where to find out more information.

For information on other common conditions, visit the NHS.uk or Patient UK websites. If you are not sure about your symptoms, click here for the [NHS Choices symptom checker](#) where you can get advice on what to do next.

If you need more advice or you are unsure what the right thing for you to do is, ask your pharmacist for advice or call the surgery to speak to a doctor or make an appointment to discuss your problem further.

If you have certain long-term medical conditions we may still want you to see the GP or nurse for the conditions listed above, as it may be the most appropriate way for you to get your medicines and allow us to monitor your health.

Why are we doing this?

In the financial year 2017/18, the Birmingham and Solihull Clinical Commissioning Group (CCG), which our practice is part of, spent approximately £15.7 million on prescriptions for medicines which could otherwise be purchased over the counter from a pharmacy and/or other outlets such as petrol stations or supermarkets. The costs to the NHS for many of the items used to treat minor conditions are often higher than the prices for which they can be purchased over-the-counter.

The benefits self-care for these conditions include:

- Fewer appointments in general practice will be taken up in dealing with conditions which are suitable for self-care. This means that more appointments will be available for those who need medical advice.
- People will be encouraged to take more control over their own healthcare, using the skills of highly trained community pharmacists if they wish to do so.
- NHS resources can be re-focused towards other treatments e.g. new medicines to prevent strokes, better medicines to improve breathing, a wider variety of treatments for diabetes.

Where can I find more information?

See the [Birmingham and Solihull CCG website](#) for more information on the policy, frequently asked questions and where to get information to support ‘self-care’.

Self-care for minor conditions

What is changing?

Our practice, along with others throughout England, will be implementing a new policy on prescriptions for over-the-counter medicines when used to treat a range of minor health conditions. The national guidance on this change has come from NHS England and the full local policy can be found on the [Birmingham and Solihull CCG website](http://www.birminghamandsolihullccg.nhs.uk/your-health/over-the-counter-medicines) (www.birminghamandsolihullccg.nhs.uk/your-health/over-the-counter-medicines)

The GPs and nurses at Aylesbury Surgery will no longer routinely be prescribing medicines that can be bought over-the-counter (OTC) for certain, mostly short term, conditions (listed below). If you are prescribed medicines that are available over-the-counter for a long-term condition, such as paracetamol for osteoarthritis, you will still have them prescribed by your GP.

We are asking patients to take a different approach to managing the following conditions:

- minor burns and scalds
- conjunctivitis
- mild cystitis
- colds, sore throats and nasal congestion
- mild dry skin
- cradle cap and dandruff
- mild irritant dermatitis
- mild to moderate hay fever
- diarrhoea (adults)
- dry eyes and sore tired eyes
- mouth ulcers
- earwax
- nappy rash
- excessive sweating
- infant colic
- sunburn
- infrequent cold sores of the lip
- sun protection
- infrequent constipation
- teething or mild toothache
- infrequent migraine
- threadworms
- insect bites and stings
- travel sickness
- mild acne
- warts and verrucae
- haemorrhoids (piles)
- oral thrush
- head lice
- prevention of tooth decay
- indigestion and heartburn
- ringworm or athlete's foot
- minor pain, discomfort (such as aches and sprains, headache, period pain, and back pain)

We are asking patients to “self-care” for these conditions. The team of health professionals at your local pharmacy can offer help and clinical advice to manage these minor health concerns. You can buy OTC medicines at your local pharmacy and/or supermarket for any of these conditions.

If you have certain long-term medical conditions we may still want you to see the GP or nurse for the conditions listed above, as it may be the most appropriate way for you to get your medicines and allow us to monitor your health.

Forward Carers



Forward Carers is a West Midlands based Carer support service, supporting people Caring for an elderly frail, sick or disabled family member. We aim to improve the physical and mental wellbeing of Carers, young and old so that families stay healthier and happier together, for longer.

We are also creating a Carer Friendly Brum and we would encourage all organisations, businesses and health care trusts to sign up for this FREE scheme, helping to raise awareness of Carers across the city both within the community and employees who may be juggling work and caring. Forward Carers have also released this years Carer Friendly Business Awards and you can now nominate a business, employer or individual who has supported Carers. <https://forwardcarers.org.uk/carer-friendly-communities/about-carer-friendly-communities/>

Alongside Carer Friendly Brum, Forward Carers have launched the Carers Card, which not only gives Carers reassurance of having an identity card but also hopes to encourage local businesses to sign up to and offer a small token of thanks by offering a discount or benefit. We believe this small discount will help alleviate some of the pressures placed on Carers.

Forward Carers is commissioned by Birmingham City Council, BSOL CCG and Birmingham Children's Trust to deliver Birmingham Carers Hub, which is a partnership of organisations that work together to provide a range of free support and services tailored to Carer's needs. Birmingham Carers Hubs core offer includes information and advice, Training for Carers, Carers support groups, out of school activities for children with additional needs, CERS (Carers emergency response service), benefit advice and wellbeing activities. The service can be accessed by telephone, email or via outreach sessions at various locations throughout Birmingham.

Birmingham Carers Hub have also worked with University Hospitals Birmingham to developed the "Partners in Care Card" which is issued to those Carers who are having a significant impact on the support given to the person they are caring for, whilst in hospital. The Card will give time limited added benefits to the Carer identified whilst they are supporting with the physical and mental care of their loved one. If you know of someone who is caring for a loved one and they are taken into hospital, they can get in touch with the Carer co-ordinators: **0121 371 3438** or **01214243945**

carersQEHB@uhb.nhs.uk or carers@heartofengland.nhs.uk

Birmingham Carers Hub are also improving the support offered to Carers via their GP Surgeries through the Health Liaison Project. This project will help the practice learn more about what Birmingham Carers Hub do and how you can become a Carer Friendly Organisation by supporting Carers - both patients and staff members who maybe also balancing work and caring. They can work with Health settings and professionals to develop additional support such as a Carers Support Group, a dedicated 1:1 drop-in clinic or just by supporting you to have up to date information displayed within your surgery. Birmingham Carers Hub are already supporting GP practices across the city. For more information on the Health Liaison Project please contact georgina.gabriel@forwardcarers.org.uk or 07535737483.

Web: <https://forwardcarers.org.uk/birmingham>
Tel: 0333 006 9711

Email: Info@birminghamcarershub.org.uk



PPE- Virtual Health Walk

This year as part of the virtual Health Walk we asked for join us in raising funds to buy PPE for NHS Staff. Even though the much needed PPE is now readily available with the uncertainty we are facing it has never been a better time to prepare for the future. In these uncertain times Healthcare workers are constantly battling the Coronavirus disease (COVID-19) pandemic, and they need to wear the personal protective equipment (PPE). The PPE may be essentially required when working in an environment where there is danger of exposure to elements that can cause health concerns

We at Aylesbury Surgery Health and Engagement Forum are proud to announce we were able to raise £500 towards PPE with the help and generosity of the public, community members and stakeholders. We would like to say a big thank you to everyone that participated and donated.

Anchor's Warren Farm Lodge care home in Kingstanding Warren Farm Lodge received some of the PPE. The care home staff at Warren Farm were overjoyed to receive the facemask, visors and gloves. We hope that some of the donations will go to help the homeless as we feel it is an area where it is much needed.



PPE was donated to Anchor Warren Farm Lodge. The Manager of Warren Farm Lodge care home Jacqueline McLean and staff at Warren Farm Lodge were excited to use the PPE and graciously posed in their new face masks and visors.

The staff provide a wonderful service . Keep up the good work guys





Light up a Life with John Taylor Hospice

Every winter, hundreds of lights shine brightly on John Taylor Hospice's Tree of Lights to celebrate the lives of loved ones. The hospice is warmly inviting local communities to join them by dedicating a light in honour of family and friends who are no longer with us.

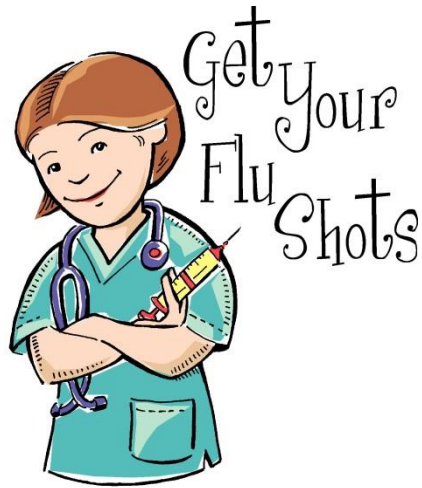
By making a Light up a Life dedication, a light will be illuminated on the virtual Tree of Lights and will shine brightly alongside a personalised message for your loved one.

By making a dedication you will also receive a Light up a Life gift pack through the post containing a thank you letter, commemorative card, a keepsake candle and an invitation to the hospice's virtual Light up Life event which will be hosted online on Friday 4 December at 7pm. This special event will feature music, readings and a moment of reflection during which people can light their candle at home in memory and celebration of their loved ones.

Katie Mitchell, Head of Fundraising at the hospice, said: "Light up a Life is open to everyone in our community. This has been a very difficult year for so many people and coming together to support each other seems more important than ever. Light up a Life is an occasion to celebrate memories of those you hold dear in your heart and can help many people to find comfort, solace and reassurance that they are not alone. By dedicating a light to your loved ones you'll also be helping to light up the lives of others, as your gift will help ensure vital hospice care is there for families today and in the future."

Please visit www.johntaylorhospice.org.uk/LUAL to make your dedication and donation. If you're not able to do this online, please get in touch with the Fundraising Team on 0121 728 6739 who will be on hand to support you. Postal dedications are also welcomed – please contact the team for printed leaflets and a Freepost envelope.





Flu and COVID-19

Does a flu vaccine increase your risk of getting COVID-19?

There is no evidence that getting a flu vaccine increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

While getting a **flu vaccine** will not protect against COVID-19, there are many **important** benefits, such as: **Flu vaccines** have been shown to reduce the risk of **flu** illness.

Why should you get vaccinated against flu?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many [benefits](#) including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

People who can get the flu shot:

- Different flu shots are approved for people of different ages. Everyone should get a vaccine that is appropriate for their age.
- Some vaccines are only approved for adults. For example, the recombinant influenza vaccine (RIV) is approved for people aged 18 years and older, and the adjuvanted and high-dose inactivated vaccines are approved for people aged 65 years and older.
- Pregnant women and people with certain chronic health conditions can get a flu shot.

People who can get a nasal spray flu vaccine:

- The nasal spray vaccine is approved for use in healthy non-pregnant individuals, 2 years through 4 years of age.

What if my child is unwell on the day ?

Your child should wait until they're better before having the nasal spray flu vaccine if they have.

- a very blocked or runny nose – these might stop the vaccine getting
- into their system
- a high temperature

If your child has the injected flu vaccine, side effects include:

- a sore arm where the injection was given
- a slightly raised temperature
- aching muscles
-

These side effects usually last for a day or two.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine.

What are the side effects of the flu jab?

Side effects of the flu jab include:

Fever/shivering

Headache

Tiredness or drowsiness

Redness, soreness, and swelling where you were injected. Sometimes this spot is itchy

Muscle aches

Nausea

Feeling generally unwell or under the weather (malaise)

The side effects of the flu jab are mild – while you may develop flu-like symptoms in response to the flu jab, these symptoms would usually be milder than an actual flu infection. These symptoms should normally clear up without any treatment in 2-3 days.

The Kingstanding Community

The community of Kingstanding comes together to do their bit for the safety of the community. When the chips are down everyone all rallies together to help. Trying to keep the community safe is every-ones responsibility.

Jacqueline and Barry Fothergill, a long standing members of the community and patients at Aylesbury Surgery have been so thoughtful and They have kindly donated a pop up tent for the use of Aylesbury Surgery and its patients.

The flu season being a vulnerable time for many and trying to keep our elderly, vulnerable patients and staff safe has been a priority for the surgery.

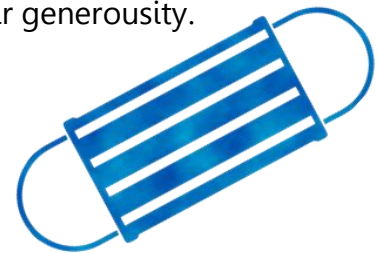
Unfortunately for the saftety of the patients we can only allow one patient into the surgery at a time and in many cases patients have to wait outside and those that are waiting outside will certainly benefit if they have travelled by bus, taxi or walked to the surgery especially with the bad weather fast approaching.

Mr Mehta the practice manager and Dr Bhomra would like to say a **BIG THANK YOU** to Mr and Mrs Fothergill for their generosity.

Below : Jacqueline and Barry Fothergill with Mr Rajash Mehta – Practice Manager



Below: Sizeing up the tent we have the staff at Aylesbury Surgery from left to right we have Nurse Sukhi, Dr Bhomra , Phramacist Poonam from MW Phillips and Nurse Rekha



Light up a life

Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. ... The meaning of Diwali, its symbols and rituals, and the reasons for celebration are innumerable. In general, Diwali signifies the triumph of good over evil and light over darkness. The purpose of Diwali is not to glorify the festivities but to signify light which dispels the darkness of our ignorance; it is a festival of the light which shows us the way on our journey through life.

Happy
Diwali



Christmas too, is a time of reflection a time for giving and remembering the less fortunate and remembering how fortunate many of us are.

This is a year like no other, normally we indulge in festivities and celebrations with friends and families. In these uncertain times many of us have had their lives turned upside down. Having to keep away from family and friends. Many of us are grateful for social media it has helped many of us to stay in touch with each and keep updated with what is going on in the world. This Christmas will be one to remember whether we celebrate with or

without family and friends. Let us hope that we can still spread goodwill and cheer amongst our fellow mankind. Let us not wait till the end of the year but be thankful for each day that we have food on the table and roof over our heads and people that care about us. Let us reflect now and see how we can help each other in the coming months. COVID-19 may have taken over this year we can still fight back and not let it win over our lives, our families and friends.

As we are approaching Winter and the cold weather is about to set in so many people are in need of support. This year due to COVID 19 there will be many more people in need than before. Many have lost their jobs, homes, family members or are struggling financially. Let us take time to reflect on those that are not so fortunate and are going through a daily struggle, the homeless, the hungry and alone. Let us bring a little light into their lives.

We are fundraising to help the homeless and hungry, help us bring a little light into their lives. We hope with your generosity it will help us buy or provide food, blankets, clothing or even a roof over their heads for a few nights. We can only do this with your help and generosity. If you feel you can help in anyway please do get in touch together lets reach out to those in need.



**Aylesbury Surgery
Health & Engagement
Forum**

.....

Aylesbury Surgery

Warren Farm Road

Kingstanding

Birmingham

B44 0DX

Tel: 0747479195

E-Mail:

ashiforum@outlook.com

**Facebook: Aylesbury
Surgery Health and
Engagement Forum**

Twitter: @rajashmehta

We are hoping to run our light a life campaign through into the New Year we can only do this with your help and generosity.

To show your appreciation why not light a candle at Diwali or Christmas and donate just £1. Send in your pictures and we will try and publish in our next newsletter. We would love to hear from you. Why not share your stories?. Bring a little light into some one's life.

You can donate to our Just Giving Crowdfunding Page and help make it happen:

<https://www.justgiving.com/crowdfunding/rajash-mehta-1>

The money raised will be used for - anything from setting up or helping existing foodbanks, soup kitchen, to buy food, clothing or shelter for the hungry and homeless. This is your chance to make a difference.

Thanks for your support.

Mr Rajash Mehta



NHS

**We must
keep on
protecting
each other.**

HANDS **FACE** **SPACE**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES