

Aylesbury Surgery Health & Engagement Forum

Issue 18
December 2020



Mr Raj Mehta—Practice Manager /
chairman

Arrival of the COVID_19 Vaccines

The arrival of these first Covid-19 vaccines is a huge turning point for us all. As the virus has effected everyone in different ways some having mild or no symptoms to very severe. The new vaccines have been shown to be very effective in preventing Covid-19 disease. The vaccines being new and with little testing we have yet to see the full effective results of the vaccination. After a stressful year, it is promising news now that we can see a little light at the end of the tunnel.

In the meantime, it is important we continue to follow Government guidelines. Though the roll out of the vaccination has begun, it may be sometime yet until majority of us will get the vaccination.

Staying at home will help control the spread of the virus to the wider community, and particularly the most vulnerable. Though it is Christmas time and we all want to mix mingle with friends and family it is important to remember that we must still do what we can to keep everyone safe. People are advised to only leave their home when absolutely necessary, for example to shop for essential food and medical supplies.

INSIDE THIS ISSUE

COVID-19 Vaccines	1 – 2
Dans le Noir	3 - 4
JTH Christmas tree Collection.....	5
Christmas Fun	6
Surgery staff	7
Homeless	8
Toy Appeal	9
Christmas Message	10

- Wash your hands with soap and water often – do this for at least 20 seconds. Always wash your hands when you get home or into work. Use hand sanitiser gel if soap and water are not available

- Cover your mouth and nose with a tissue or your sleeve (not your hands). When you cough or sneeze put used tissues in the bin immediately and wash your hands afterwards

- Avoid contact with people outside your household. Maintain at least 2 metres (6 feet) distance between yourself and anyone who doesn't live with you

- Do not touch your eyes, nose or mouth if your hands are not clean



Self-isolate for 14 days if you have coronavirus symptoms:

- A high temperature – you feel hot to touch on your chest or back
- A new, continuous cough – this means you've started coughing repeatedly
- If you live with others (and especially those who are high risk) then you should all stay home

Use the [NHS 111 service](#) if your symptoms get worse or do not get better after 7 days

Do not go to a GP surgery, pharmacy or hospital. You do

It's okay not to feel okay. Coronavirus and your mental health:

Many will be feeling worried, stressed or anxious due to the uncertainty around coronavirus. It's important to talk about how you are feeling, to seek help and guidance.

[Mind](#), the UK's biggest mental health charity, offers support and advice.

[Samaritans](#) are open 24 hours a day to help listen and support anyone struggling. You can call 116 123 or email jo@samaritans.org

[Anxiety UK](#) suggests practising the "Apple" technique to deal with anxiety and worries.

- **ACKNOWLEDGE** : Notice and acknowledge the uncertainty as it comes to mind.
- **PAUSE** : Don't react as you normally do. Don't react at all. Pause and breathe.
- **PULL BACK** : Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think.

Thoughts are not statements or facts.

- **LET GO** : Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **EXPLORE** : Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.



Some time ago a video received about “Dans le Noir” proved to be an eye opener

This video was about a restaurant in London claiming to be regularly ranked among the ten most original restaurants in the world, a unique location for a romantic dinner, or an evening with friends. It was recommending a visit; the obvious question was why?

The short video explained Dan's le noir means “in the darkness”. Mystery revealed a restaurant with a pitch-dark room where you are not able to see anything and the meals are served for each table of ten persons. You eat in complete darkness. The fact that the serving waiter was completely blind added to the anxiety. Two glasses for each diner, one was with corrugated surface outside for orange juice and another with plain surface for water. Being a vegetarian not eating fish, meat, chicken or even eggs, I decided to phone expecting “we are unable to cater for your needs”. In fact, completely opposite happened when the manager informed, we get requests for all sorts of meals and mine was not at all difficult. At this point the need to avoid garlic and onion was added which was accepted. I invited a friend, a celebrity radio announcer in London. His dietary needs were similar.

DANS LE NOIR-AN EYE OPENER

We travelled together and despite traffic, arrived for Saturday dinner well in time. In the well-lit reception room, there was a young couple who looked terrified about the whole visit. Will they survive? The fact that 1.6 million diners had no casualty so far and had con-



Deputy Lord Lieutenant,
Dr Satya Sharma MBE

tributed hugely to a noble cause through patronage helped convert terror to a soothing “Ah, probably right”.

It is not often that you find yourself partaking in a conga line at the beginning of an evening's entertainment – normally that curious pleasure is reserved solely for the initiation of drunken once things are well underway – but then this was no ordinary night out. We were instructed to form an orderly queue with eight other diners, each placing our right hand on the right shoulder of the person in front. There was a sudden burst of excitement at the front of the queue, and we were introduced to Peter, our waiter for the evening. In we charged, to the depths of the Dans Le Noir building, down a ramp, through some heavy curtains – and into the darkest space. Your eyes just do not adjust. You become disorientated and the room seems cavernous, with voices and the jangling of fork to plate coming at you from all angles. We were informed the room seats sixty diners, but when you are in there you have no idea of the size, scale or layout. Which is why it makes sense that Peter is blind. Soon the first course arrived and the waiter seemed to remember everyone's name and the meal ordered. He asked me to raise my right hand and from the voice he could guess, felt the hand to hand over the plate.

DANS LE NOIR-AN EYE OPENER

Cont. We had a good chat with the person sitting next to us and social manners were at best. The second course and the pudding were served similarly. We started guessing what we had eaten? Potato or sweet potato? Cauliflower and peas were unmistakable.

After three courses it was time for coffee and we were brought back to a well-lit coffee lounge upstairs where we were shown the details of the three courses consumed. We looked at each other and none of us could get full marks although we scored pass marks.

It was time for reflection!

What would the world be like for persons born blind and for the persons who could see everything but lost eyesight later due to an accident or incurable illness?

Can we help? Yes.

“The gift of sight” Eye donation is classed technically as “tissue donation”. The eye is never transplanted whole. The cornea is transplanted which is the clear outer layer at the front of the eye that helps the eye to focus light.

Cornea donation does not affect the looks of deceased donor. After donation, specialist team will ensure the donor maintains a natural appearance. Many donors go on to have an open casket funeral. In UK the eye removed is replaced by a prosthetic eye.

Cornea donation does not delay the funeral arrangements. Specialist nurses always speak to the family to see if there are considerations

around someone’s faith, beliefs or culture in respect to funeral plans.

People with poor eyesight can still donate their corneas. Many conditions that affect a person's eyesight do not affect the corneas directly, meaning it can still be possible to donate.

Cancer doesn't stop you donating your corneas. People with most types of cancer can still donate their corneas. The corneas do not contain blood vessels, eliminating the risk of transmitting most types of cancer.

Donation does not need to take place immediately. Corneas can be donated up to 24 hours after death. The donation can take place after death in hospital, in hospices, or in funeral homes.

There is a lot of misinformation around the subject of cornea donation, but the reality is that it can mean the gift of sight to someone desperately in need of a transplant. For authentic information please visit <https://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/get-the-facts/>

There is a village in India where 90 percent residents have signed to be eye donors after death to provide vision to someone else.

The visit to “Dans le noir” restaurant in London, one of two in London and one of many around the world to help with the charity of providing eyesight, truly proved to be “AN EYE OPENER”!

Satya Sharma

Ambassador Organ donation,NHSBT,UK.

JOHN TAYLOR HOSPICE

Make recycling your Christmas tree hassle-free!

Local charity John Taylor Hospice is offering to collect and recycle real Christmas trees in the New Year in return for a donation to support its work.

In exchange for a suggested donation of £10, hospice volunteers will collect and recycle your tree from your home or business on Friday 8 or Saturday 9 January. This year's scheme covers 15 postcode areas which are: B23, B24, B26, B33, B34, B35, B36, B42, B43, B44, B46, B72, B73, B76 and W55.

Funds raised from the Christmas tree recycling scheme will help John Taylor Hospice provide specialist end of life care for people living with a terminal illness and their families – both at the hospice in Erdington and in people's own homes across the West Midlands.

Hospice Community and Events Fundraising Manager Charlie Pette said: "Our recycling scheme makes disposing of your real tree really simple. Just book your collection on our website, pop a tag on your tree and leave it outside before Friday 8 January. Our fantastic teams of volunteers will pick it up and recycle it for you – saving you time and hassle.

"This environmentally-friendly scheme will see hundreds of trees recycled and their chippings used in local schools and gardens. Some will also be used for mulch and biomass fuel. Last year we collected over 400 Christmas trees and raised over £4,000! Every tree we recycle and every donation we receive will help us provide much-needed care for local people and their families and we are so grateful to everyone who gets behind our campaign."

To book your collection visit www.johntaylorhospice.org.uk/tree or contact the John Taylor Hospice Fundraising Team on 0121 728 6739 or at fundraising@johntaylorhospice.org.uk



Christmas Fun

Christmas Secret Shape

2009

Find all the listed words in this grid - they can run in any direction, even backwards or diagonally, but always in a straight line. Then colour in the left-over letter squares to discover a hidden shape!

T	B	P	F	E	S	S	R	A	T	S	C	T	O	G
N	A	E	C	I	F	C	A	R	D	A	S	U	N	M
E	P	S	L	E	D	M	A	N	H	C	R	I	B	M
S	D	V	E	L	U	Y	X	T	T	T	S	I	L	A
E	E	B	W	I	S	H	A	U	R	A	E	P	V	R
R	E	F	W	S	M	D	L	W	V	A	N	S	E	I
P	C	R	I	A	F	J	P	Y	D	N	I	G	H	T
D	O	A	T	R	W	G	A	A	B	P	N	E	V	E
E	W	T	N	O	T	R	P	D	R	A	K	F	W	W
C	E	E	I	D	O	I	E	I	M	W	U	T	O	A
E	L	T	X	B	Y	N	R	L	U	N	O	B	L	E
M	G	S	E	M	S	C	H	O	R	S	E	V	L	E
B	N	O	K	R	A	H	A	H	D	O	V	E	S	E
E	I	P	E	E	H	S	T	N	E	M	A	N	R	O
R	J	B	E	T	H	L	E	H	E	M	E	R	C	Y

- | | |
|------------|-----------|
| AWE | NOBLE |
| BAUBLE | ORNAMENTS |
| BELLS | PAPER HAT |
| BETHLEHEM | PEAR |
| CANDY CANE | POST |
| CARD | PRESENT |
| CRIB | RITE |
| DECEMBER | ROBE |
| DOVES | SANTA |
| DRUM | SHEEP |
| ELVES | SILVER |
| EVE | SING |
| FAIR | SLED |
| FIR | STARS |
| FUN | SUN |
| GRINCH | TOP |
| HARK | TOYS |
| HOLIDAY | TRAYS |
| ICE | TREE |
| JINGLE | WISH |
| LIST | WRAP |
| MANGER | XMAS |
| MERCY | YULE |
| NIGHT | |

© Denise Sutherland

1. Elves and Reindeer

The elves and reindeer are getting ready for a meeting with Santa. 14 of them have arrived.

If they have 38 legs between them, how many reindeer are at the meeting and how many elves are at the meeting?



2. Santa's Elves

Each elf can wrap 1 gift in one minute. How many gifts can 5 elves wrap in three minutes?



3. Christmas Cards

Four friends, Tom, Lisa, Braydon and Peta give each other Christmas Cards. If each one of them gives out a card to each of their friends, how many Christmas Cards are given out altogether?

How many cards would be given out if 7 friends each give each other Christmas cards?



4. Gift Wrapping

Jenni and Marcus are wrapping Christmas gifts.

Jenni has wrapped 5 more than Marcus. Together they have wrapped 17 gifts.

How many gifts has Marcus wrapped?



5. Decorations

Henry and Liza are decorating the Christmas tree.

Henry took half of the decorations out of the box and put them on the tree.

Liza took half of the remaining decorations and put them on the tree.

Then there were 3 decorations left.

How many decorations were in the box to begin?



6. Snow Friends

The Snowmen and Snowwomen are comparing their heights. Frosty, Snow White, Jack Frost and Snow Flake are lining up in order from shortest to tallest. Frosty is not the tallest or the shortest. Snow White is taller than Jack Frost and Snow Flake. Jack Frost is shorter than Frosty. Jack Frost is not the shortest. In what order are they standing?



During the pandemic we understand that patients have experienced difficulties due to the changes made at the surgery. The surgery has followed government guidelines for the safety of the patients as well as the staff. The surgery staff would like all the community members and patients for bearing with us and would like to offer a big thank to all



Our newest recruits Rekha Verma and Alison



Staff members from left to right Kirrpal Danjaul, Sangita Driver and Donna Roberts

the patients for their patience, support and understanding through these difficult times and changes. We are all working hard to provide and maintain the best level of service for our patients. - Stay safe.

MERRY CHRISTMAS AND HAPPY NEW YEAR



Precious moments everyday

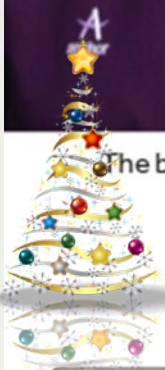
The best things in life are the people you love and the memories you cherish. At Warren Farm Lodge care home we're here to support you to create more special moments.

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



THE HOMELESS

This Christmas the number of homeless people will most likely increase from previous years. The COVID-19 pandemic has played huge part for the increase.

Once almost invisible and easily ignored, homeless people are now a common sight in cities, suburbs, and even some rural areas. The vast majority of homeless people are in that situation because they had no other choice. Escaping homelessness, once you're trapped in the cycle, is incredibly difficult to get out of. In most cases if you look (and smell) homeless, everyone automatically assumes the worst about you, and it becomes that much harder to find a job or a place to rent.

People become homeless for lots of different reasons. There are social causes of homelessness, such as a lack of affordable housing, loss of a job, poverty and unemployment; and life events such as escaping an abusive relationship, and mental health issues which push people into homelessness. Due to the Coronavirus many people already living with financial pressures made worse by the coronavirus pandemic have been pushed over the brink into homelessness. Charities, organisations and hostels offer help but resources to help the homeless are terribly underfunded and under-served.

People often ask what they can do to help the homeless and you only need to look around you. You can start by not judging the homeless. Don't say that they deserve to be in that situation and no human being deserves that. Donate to causes that support the homeless in your community, like local churches, job outreach programs, or other charities.

A simple act of kindness can change someone's life forever. The campaign is not just for Christmas. We hope to carry it out into the new year. If you would like to make difference you can scan the code on our posters or go to our just giving page at

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

**Aylesbury Surgery
Health & Engagement Forum**

It takes one light to dispell the darkness.
This Christmas help us spread the light

Join us to help the Homeless and Hungry
Light a Candle and donate just £1
You can help make difference

Due to COVID-19 For safety reasons we have requested everyone to not donate toys this Christmas. You can still make a difference by make a donation via our just giving page. Donations made will go towards toys, food and shelter for the homeless

Aylesbury Surgery, Warren Farm Rd, Kingstanding, Birmingham. B44 0DX
ashiforum@outlook.com



TOY APPEAL

We would like to say a big thank to those of you who have donated to our Christmas Toy Appeal and light up a life campaign. This year with your generous donations you have helped to bring a smile to at least 40-50 local children who this year would have gone with out a gift on Christmas. You have given each child the gift of hope. This year has been hard for many of us, you have shown the families they are not alone and someone out there cares.

It is with your help that Aylesbury Surgery Health and Engagement Forum were able to help 20 local families that have been financially hard hit by the COVID-19 effects.

The lovely Sam Garey - Family Worker at Warren Farm Primary School reached out to us to get help and support for local families at Christmas. Through your generosity we were able to make this happen. This is a perfect example of people coming together and working for a common goal for the good of the community. If we all work together we can all make a difference in the community.

Mr Raj Mehta - Practice Manager / Chairman

Aylesbury Surgery Health & Engagement Forum

It takes one light to dispell the darkness.
This Christmas help us spread the light

Join us to help the Homeless and Hungry
Light a Candle and donate just £1
You can help make difference

Due to COVID-19 For safety reasons we have requested everyone to not donate toys this Christmas. You can still make a difference by make a donation via our just giving page. Donations made will go towards toys, food and shelter for the homeless

Aylesbury Surgery, Warren Farm Rd, Kingstanding, Birmingham. B44 0DX
ashiforum@outlook.com



On the left Sam Garey— family worker with Mr Raj Mehta .

Below : Sam Garey and Kirrpal Danjaul— receptionist and PA to Mr Raj Mehta



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



Christmas - Time for reflection

It is that time of year again. December has come and with it all the joys of Christmas. However, what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, turkey dinners with family and friends, exchanging gifts?

For many people, Christmas is a time of sorrow. Many people have suffered due to COVID-19. Many who have lost their jobs due to businesses closing or furlough are struggling financially and cannot afford to buy gifts. Many are saddened at Christmas time of their loved ones who will not be able to come home for various reasons. Turkey dinners may be only a wish and not a reality for some. Still not all is doom and gloom. Many charities and food banks though stretched have worked endlessly throughout the year to help those in need. At Christmas in the mists of all the chaos that we find hope. It can be a time of healing and renewed strength.

Perhaps this will help you look at the Christmas season differently this year. The Christmas season is, at its core, a celebration of life. However, it is important that we never forget the reason for the season. Christmas is a time of spiritual reflection, and celebration of an incredible act of love. God is love. God sent his only Son into the world, so that we might live through him.

Christmas time this year more so than ever is a constant reminder of family and friends and loved ones we have lost. Looking back at 2020, the tragedies and changes we have faced has shook us up and brought us back to reality. As we move forward, the dreadful effects of COVID-19 helps us to recalibrate and reevaluate the way we see the world. It has been a wake-up call and a reality check for many. Despite our differences in our communities, cultures and backgrounds we have come together shown through heroic and selfless acts by organisations, individuals and NHS staff that have put their lives on the line for us. Let peace, love and hope flow through you this Christmas and throughout the coming year.

A MERRY CHRISTMAS & A HAPPY NEW YEAR

• Mr Raj Mehta - Practice Manager /
Chairman

