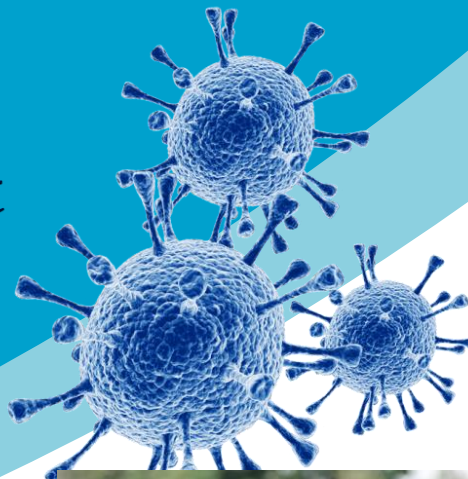


# Aylesbury & Surgery Health & Engagement Forum



Volume 16 – June 2020

As COVID-19 dominates our daily lives, it's never been more obvious that there are some things that can't be controlled or even predicted. No matter how unpredictable the future feels we must stay positive.

Our top priority remains the health and safety of public and we all have a responsibility to support our communities, those who are vulnerable, and the healthcare providers who are on the front lines of this pandemic.

We can't praise the NHS and other key workers enough for risking their lives and for all they are doing to keep everything running close to normal as possible. We often forget that many key workers do not work in hospitals but are in lines of work that keep things running smoothly as possible despite the health risks. Delivery drivers, supermarket workers, utility workers, breakdown services that keep the police, ambulances running smoothly, refuse collectors, aid and charity workers that supply food and look in on the vulnerable and elderly, care workers, bus, train and taxi drivers, Pharmacies, GP surgeries.

Also it is important that we take a minute to reflect and thank all the nurses, Doctors and all medical professionals that have been involved in caring for the ill. Many of them have lost their lives to COVID-19. Many of us have lost family and friends.



Mr Rajash Mehta – Practice Manager / Chairman

Due to circumstances we have had to warrant changes and put measures and procedures in place to ensure the safety of all. The Aylesbury Surgery staff and I would like to say a big THANK YOU to the Kingstanding community for their co-operation, understanding and their kind and caring messages. Until we can resume normal service we hope that you will continue to co-operate with us.

If you are leaving your home to work, shop or exercise, you should take all possible measures to stay safe and protect yourself. This includes keeping a safe distance from others, washing your hands regularly and not touching your face. Please stay safe.

Mr Rajash Mehta

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# What is personal protective equipment?

Personal protective equipment (PPE) has been designed to help protect a person against health or safety risks at work and to prevent the spread of infection from person to person.

Ensuring health and social care workers have the correct PPE, when they need it, is an absolute priority.

- any clinician working in a hospital, primary care or community care setting
- within 2 metres of a suspected or confirmed coronavirus COVID-19 patient should wear an apron, gloves, surgical mask and eye protection, based on the risk

Due to the pressure on global supplies of equipment used to protect health workers from infection, you may find they are required to use a different kind of PPE.

## ② Put on an Apron or Fluid repellent gown

- A fluid repellent gown should be worn in the following circumstances:
- When extensive splashing of blood and/or body fluids is likely or anticipated
- During Aerosol Generating Procedures (AGP)
- For all 'novel or emerging respiratory viruses'



Dr Bhomra -GP



Nurse – Rekha Salan

## ③ Put on a Surgical or FFP3 mask

- specific advice regarding type of mask to be worn
- Wear an FFP3 mask for all AGPs on patients with confirmed/suspected respiratory viruses and patients with suspected or confirmed TB
- Wear FFP3 at all times for 'novel or emerging respiratory viruses'

## ④ When to wear a visor:

- Must be worn for all AGPs
- For all 'novel or emerging respiratory viruses'
- If blood and /or body fluid contamination to the eyes /face is anticipated



Mr Raj Mehta – practice Manager / Chairman

## ⑤ Put on gloves

- Select according to hand size
- Put on gloves taking care not to tear or puncture glove
- Extend to cover wrist
- If gown is worn ensure glove fits over the gown's cuffs



Nurse Practitioner- Sukhi

Due to the pressure on global supplies of equipment used to protect health workers from infection, you may find they are required to use a different kind of PPE.

# Viruses

Through history there we have come across many infectious diseases. Some have been more deadly than others. The Coronavirus is one that we have been faced with in our life time. Looking through history, studying the nature of the virus has helped us reduce the number of deaths compared to other viruses.

## What do we know about the virus ?

Coronavirus disease 2019 (COVID-19) is a respiratory illness caused by a virus. Symptoms often include cough, shortness of breath, fever, chills, muscle pain, sore throat, or new loss of taste or smell. Our understanding of how the virus spreads is evolving as we learn more about it.

The virus is thought to spread mainly from person-to-person: Recent studies indicate that the virus can be spread by people who are not showing symptoms. It may be possible that it can spread through respiratory droplets produced when an infected person coughs, sneezes, or talks or leaves traces on objects or surface that another person touches then touches their own mouth, nose, or possibly their eyes. – a face covering could help you do that less.

You could be infectious even if you do not have symptoms – so could people around you. If you're wearing a face covering over your mouth and nose some of the droplets will be stopped from spreading by the covering.

- [Should I wear a mask when out in public?](#)

Wearing face coverings whenever you leave home is a matter of personal choice. Wearing a mask can limit the spread of certain respiratory viral diseases, including coronavirus. But the use of a mask alone is not sufficient to provide an adequate level of protection. Other

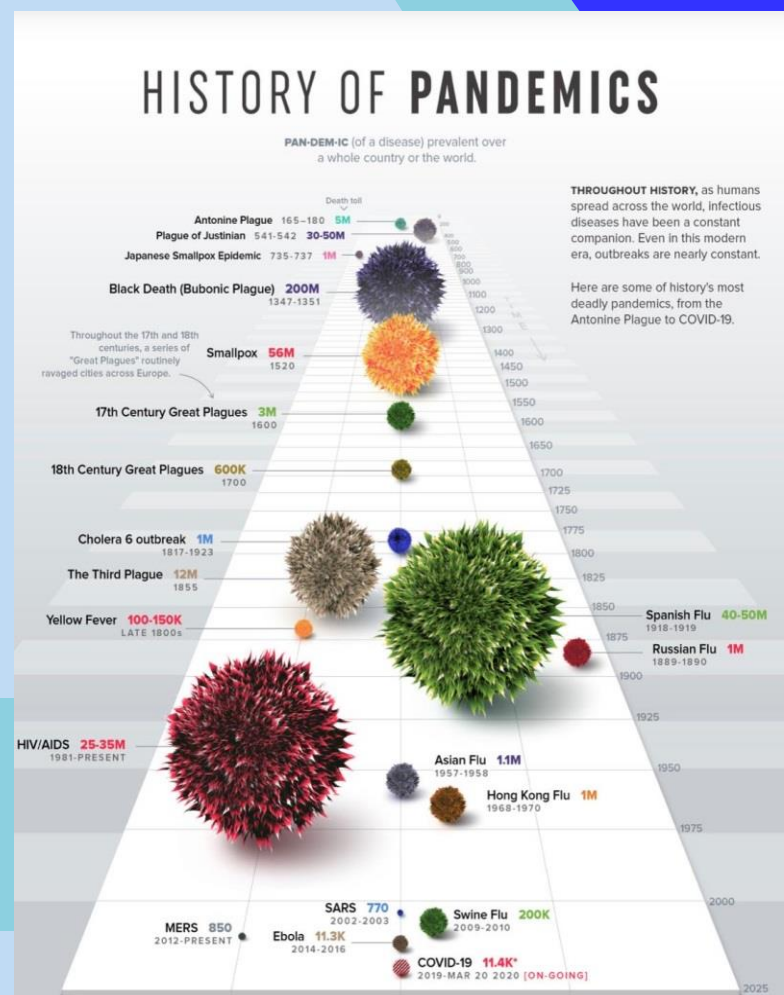
measures such as physical distancing and hand hygiene should be adopted.

It is now compulsory to wear face coverings for hospital visitors, outpatients and all staff will have to wear surgical masks at all times, in all areas. Patients attending GP appointments at surgeries and medical centres will also be required to wear face coverings.

Face coverings are already made compulsory in some enclosed spaces - like public transport and shops and other businesses- when social distancing isn't possible.

However it is recommended that face covering should not be worn by very young children or people who have problems breathing while wearing a face covering

Our advice remains to stay at home, frequently wash your hands, Keep a safe distance- help protect and save lives.

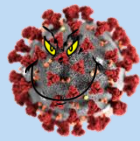


## **You did not listen' by Vivienne in Spain and Prof Gatrad OBE**

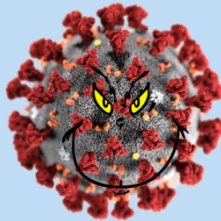
**The earth whispered but you feigned deafness,  
The earth spoke but you did not listen  
The earth screamed but you turned her off.**

**The earth cried out for help.  
Massive floods. But you didn't listen.  
Fires burnt. But you didn't listen.  
Strong hurricanes. But you didn't listen.  
Terrifying Tornadoes. You didn't listen.**

**Marine animals dying  
Water polluted.  
Glaciers melting  
Severe droughts.  
But you still cared less.**



**No matter how many killings daily.  
You didn't stop the fighting  
And your greed continued.**



**The earth was trying to tell you something.  
But you did not listen and so I was born...**

**Now I've made the world stop in its tracks.  
I've made YOU finally listen.  
I've made YOU take refuge.  
I've made YOU stop thinking about material things.  
Because YOU plundered mother earth.  
Now YOU are only worried about YOUR survival.**

**How does that feel?**

**I give you fever – just as the fires burn on earth.  
I strangle your chest just as you polluted the air.  
I give you weakness just as you weakened mother earth.**

**I took away your comforts.  
Your outings.**



**And all things that you cared about daily**

**As you continued to forget about the planet and its pain.**

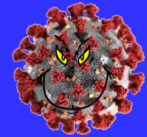
**I made the world stop... And now...**

**Skys are clearer, the water is cleaner  
YOU are having to take time to reflect on what is important in your life.**

**When all this is over and I am gone**

**Please remember to:**

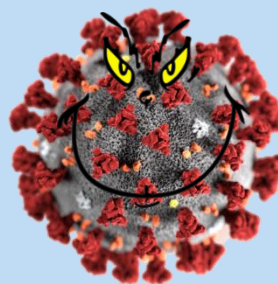
**Listen to the earth.  
Listen to your soul.**



**Stop polluting the earth.  
Stop fighting amongst each other.**

**Stop caring about materialistic things.  
And start loving your family and neighbours.**

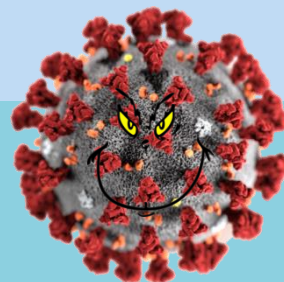
**Start caring about the earth and all its creatures.  
And most importantly start believing in a Creator.**



**Remember I was not born to punish you.  
I am just waking you up.**

**Because, next time I may come back even stronger and all your wealth and military might can't touch me.....**

**Signed,  
Coronavirus..**





## Step up for John Taylor Hospice

You can show your support for John Taylor Hospice by signing up for this summer's hottest virtual challenge – Sunset Steps!

Challenge yourself to clock up 10,000 steps every day before sunset and you decide the time, the pace and the place. You can do your steps indoors or outdoors, for week or a month, and you can run, walk or dance your way to your daily step target.

The challenge is then to raise as much as you can in sponsorship and to finish your step challenge before Saturday 4 July – the date John Taylor Hospice was due to host the Sunset Walk in Sutton Park.



### How to get started

Sunset Steps is a virtual challenge, so couldn't be easier for you to be a part of:

- Step up and sign up - either by clicking 'Sign Up' on the John Taylor Hospice website at [www.johntaylorhospice.org.uk/sunsetsteps](http://www.johntaylorhospice.org.uk/sunsetsteps)
- or by contacting the Fundraising Team on 0121 728 6739

- Set up your fundraising page by visiting [www.justgiving.com/john-taylor-hospice](http://www.justgiving.com/john-taylor-hospice)
- Download a step tracker app on your phone or order a stepometer and start counting your steps

## Stepping up for hospice care

Right now at John Taylor Hospice, staff are working



round the clock to continue providing end of life care for local families, whilst developing services to care for people most vulnerable to coronavirus.

This pandemic has hit many charities hard. That's why now, more than ever, John Taylor Hospice needs your help. Taking part and raising funds would mean so much for people in need of hospice care and support, so please sign up today at [www.johntaylorhospice.org.uk/sunset-steps](http://www.johntaylorhospice.org.uk/sunset-steps)

For more information and support contact the John Taylor Hospice Fundraising Team on 0121 728 6739 or email [fundraising@john-taylor-hospice.org.uk](mailto:fundraising@john-taylor-hospice.org.uk)

# A Patients prospective on ATAXIA

So, what is it?? Good question!!!!

Actually, many of you may know about this condition already...

Most people have never even heard of it, and although there is an actual medical condition called Ataxia, we are part of a group of neurological diseases that share similar symptoms. We must remember that each and every case is unique and, like in so many diseases, sadly there is no cure but research highlights many therapeutic/practices that really help.

So, Ataxia has symptoms very similar to M.S./ Parkinsons or even old age. It can arise at any age but generally is not life limiting there are 2 main groups of Ataxia.

1. Ataxia that is genetic and is passed down in families.

The main symptoms are:

1. Impairment of BALANCE.
2. Impairment of SPEECH.... SWALLOWING
3. Impairment of CO-ORDINATION.

Ataxia can be caused by Head-injury, lack of minerals/vitamins or (believe it or not) excessive alcohol.

Basically, in medical terms, Ataxia is when the basic building block cells get confused (mutate), and relay misinformation to the development of other cells. This becomes apparent in our physical bodies at various ages...our youngest, diagnosed is 3yrs old and is very active and achieving all her childhood goals set out by the N.H.S. Her problem area is balance and walking, but because she was diagnosed early, she is responding well to different therapies. We have 2 main centres for adult care and a forward-thinking laboratory in the Radcliffe hospital in Oxford. As for children, we opened a clinic in Sheffield that works closely with the consultant that runs the adult clinic.

It is a very exciting area of medicine and affects us more than we think. For instance, NASA scientists have discovered how to control CO2 levels enabling them to stay outside their crafts for an extra ½ hour. This is all thanks to genetic research.

There are lots of ideas and many opinions but there is nothing like first-hand knowledge We need to know about the practicalities for us to get on with life, for instance- nutritional diet plans, exercise techniques, medical contacts etc.

I am your Midlands Representative for Ataxia. However, Ataxia UK (the charity) is an umbrella charity and so, although I could talk about Ataxia for ever, I need your help in order to help me understand the other neurological diseases. My main skill is to fundraise for those that need help in this category and to try to support people whether a sufferer, the family, friends or your carer. I have many phone numbers to share with you.

So, if your child seems clumsy and falls over a lot, or mum/dad seems to avoid eating in groups or going out less, or your friend seems to trip up steps and avoid the awkwardness of escalators then contact us. Do Not Ignore that gut feeling that something is just not quite right. We will be there for you during Drs appointments or testing and waiting for the diagnosis. I cannot stress enough that, as Ataxia is so rare, your results will probably be OK. It's also important to re-iterate that we do not give medical advice; we do not diagnose or give medication, but we will make you a brilliant cup of tea and excellent support when Lockdown is lifted.

We have the choice; we can stick our heads in the sand or be creative and work WITH the hand we have been dealt. We will always have dark days.... but they come and go and with each other's support we can have laughs along the way. We do

not need people feeling sorry for us, we need others to assist us and respect us. So, keep strong, keep safe.

Patricia Castledine



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# Brain Teasers – How many can you get right?

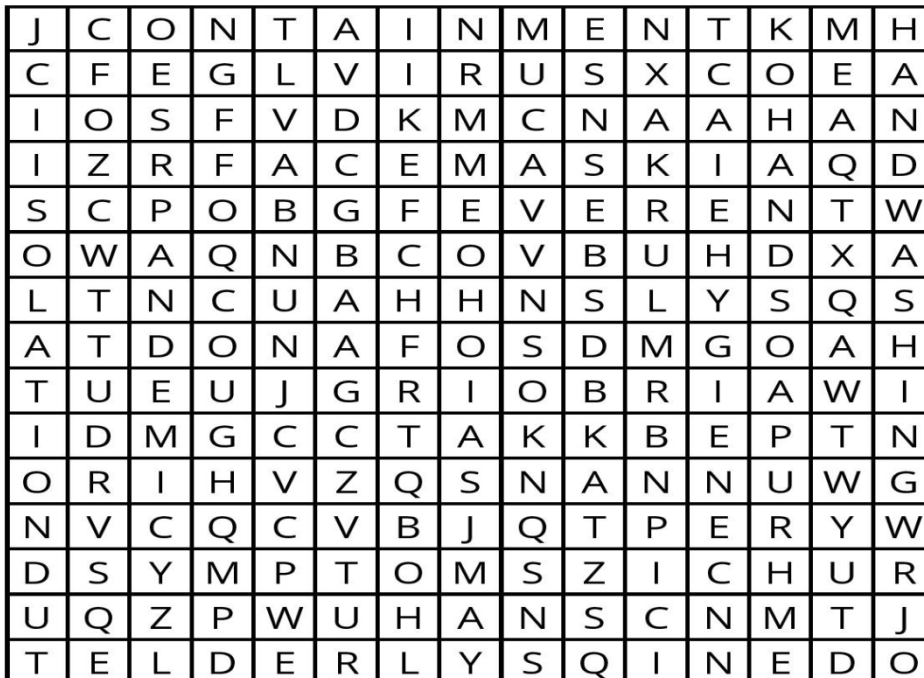
1. FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS.  
Now count aloud the F's in that sentence. Count them ONLY ONCE. Do not go back and count them again. What is your answer? Now, check the correct answer below.
2. How many birthdays does the average man have?
3. Why can't a man living in the USA be buried in Canada?
4. Two men play five games of checkers. Each man wins the same number of games. There are no ties. Explain this.
5. If there are 3 apples and you take away 2, how many do you have?
6. Only four words in Standard English begin with the letters "dw". They are all common. Name two of them.
7. It's the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form but fresh. What is it?

Answers on bottom of page

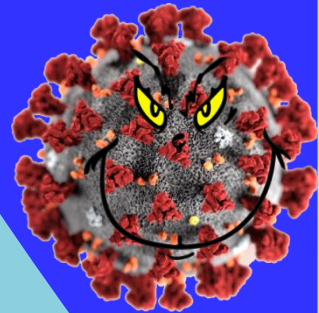
## Corona Virus Word Search

Name: \_\_\_\_\_

- |                |                 |                |
|----------------|-----------------|----------------|
| 1. containment | 6. face mask    | 11. pandemic   |
| 2. corona      | 7. hand soap    | 12. quarantine |
| 3. cough       | 8. hand washing | 13. symptoms   |
| 4. elderly     | 9. hygiene      | 14. tissue     |
| 5. fever       | 10. isolation   | 15. virus      |
|                |                 | 16. wuhan      |



wordwall.net / resource / 914277



1. **Reveal Answer** - There are six F's in the sentence. There is no catch. Many people forget the F in "OF", and that word appears three times in the sentence. The human brain tends to see them as V's and not F's! If you spotted four, five, or even all six, well you beat the average!
2. **Reveal Answer** -- Because he isn't dead if he's LIVING in the U.S.
3. **Reveal Answer**--The two men were NOT PLAYING EACH OTHER!
4. **Reveal Answer**--You have two, because YOU took away two!
5. **Reveal Answer**--"Dwarf", "dwell", "dwindle", and "dweeb"
6. **Reveal Answer**- Lettuce.





Above -Mr Raj Mehta with Jackie Mclean (Manager) and Louise Harris (Home Administrator)

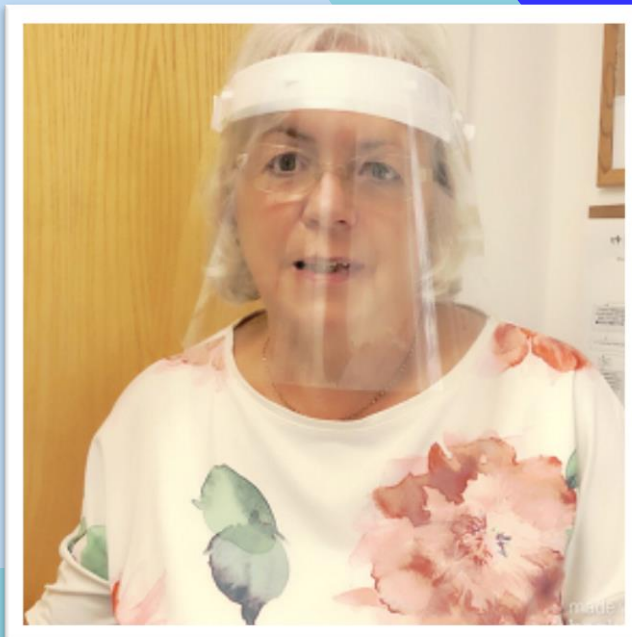
During these trying and difficult times morals can run low and to cheer up the staff and residents Aylesbury Surgery Health and Engagement Forum donated Chocolate eggs to all the staff and residents at Warren Farm Lodge care home.

The staff work tirelessly and are never seen without a smile on the faces no matter what their day has been like. The care they provide is exceptional and always show patience and kindness and willingness to help. The residents of the care home are lucky to have staff that put them first and provide the standard of care that they do. We would like to say well done to them, keep up the good work.



Above Mr Graham Swindells (Finance Director and School Business Manager) Presents Mr Raj Mehta visors on behalf of all the schools

We would like to say a big thank you to the Staff at Bishop Vesey's Grammar School, Plansbrook School, Arthur Terry School, John Willmott school, Fairfax Academy, Streetly Academy, Great Barr Academy, Q3 Academy Great Barr, Wilson Stuart and Stockland Green School. All were kind enough to make and gift safety visors to our staff at Aylesbury Surgery in Kingstanding.



Mrs Susan Hart – Staff at Aylesbury Surgery has kindly showed off the Visors we have been so lucky to have amidst the NHS shortage of PPE



# COVID-19

Humankind is now facing a global crisis. It is perhaps the biggest crisis of our generation. The coronavirus epidemic will probably change our world and lives for years to come. It will shape not just our healthcare systems but also our economy, politics and culture.

As COVID-19 dominates our daily lives, it's never been more obvious that there are some things that can't be controlled or even predicted. No matter how unpredictable the future feels we must stay positive. Reducing our social contact with others is one of the hardest things that many of us will ever have to do.

Isolation has brought about its own concerns, how will we cope with our finances, mental health, domestic abuse, being alone, loss of employment, caring for elderly relations in isolation. It has been extremely hard for the elderly who have no or little family to care for them. These are some of the many of the issues that have plagued us during isolation. We are fortunate enough to be living in times of mobiles and the internet. Many have been able to work from home and for others a means to contact and reach out and get support.

We are fortunate that we live in a nation where we have a vast network of support, organisations and charities that have come forward to play an integral part in helping those in need. From deliveries of food parcels to supplying free food are only some of the acts of good faith that have taken place. It is good to know in these uncertain times that we can all still pull together and not let the circumstances defeat us.

Soon lockdown will be easing, but we are still in a very vulnerable phase we cannot afford to slack and let our guard down. Social distancing should still be observed, and we can't emphasize the importance enough of washing your hands with soap and water. A simple action we take for granted can save millions of lives around the world.

Kirrpal Danjaul  
PA to Mr Raj Mehta- (Chairman)



**We would like to say a big thank everyone that took part in our virtual Health Walk in June and can't THANK everyone enough that made a generation donations towards our collection for NHS staff PPE.**

**We will bring you an update on the amount raised in our next newsletter once all the sponsors have come in.**

**WELL DONE EVERYONE !  
& THANK YOU**



Aylesbury Surgery  
Health & Engagement  
Forum  
.....

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*Next Forum  
meeting  
Wednesday  
30<sup>th</sup>  
September  
2020*