



## NEWS FROM THE PATIENT PARTICIPATION GROUP



### Issue 26 September 2022

**Welcome to our Autumn newsletter** which contains updates on the PPG and what is happening at the Practice, including flu vaccinations and Covid boosters, as well as information on the importance of looking after our health and wellbeing.

#### **PPG Update**

The aim of the PPG is to work with the Practice to improve and develop its services. Its Steering Group has recently surveyed all PPG members, seeking their views on its future working. Questions included the frequency, timing and type (face-to-face or virtual) of meetings and the kind topics of people would like to see on the agenda. Responses to the questionnaire will be used as a basis for discussion at **the next virtual PPG meeting on October 17<sup>th</sup>**.

#### **Practice update**

##### **Enhanced Access**

In our June newsletter we outlined the revised appointment system which aims to strike a balance between face-to-face, telephone and online consultations, thus giving patients the option of choosing what suits them best. Now, in compliance with the Government's new requirement for primary care networks to provide **enhanced access**, from October 1<sup>st</sup> Paxton Green will be offering additional appointments outside its normal working hours in conjunction with the other two practices in the Croxted Primary Care Network (CPCN) - The Old Dairy Health Centre and Brockwell Park Surgery. The CPCN recently conducted a survey of a random selection of patients to ascertain their preferences for the timing and type of appointments and their responses have been taken into consideration when planning the additional appointments. Initially Paxton Green

will be using these appointments for the **Covid and Flu vaccination clinics**.

#### **Who is eligible for these vaccinations?**

##### **Flu**

Those eligible for **free flu vaccinations** during the 2022/2023 season are:

- children aged 2 or 3 years on 31.8.2022
- all primary school aged children from reception to Year 6 (vaccinated at school)
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- those aged 65 years and over (and from mid-October those aged 50 and over) on 31.3.23
- those in long-stay residential care homes
- carers
- close contacts of immunocompromised individuals
- frontline health and care staff

##### **Covid**

People aged 50 years and older, residents in care homes, those aged 5 years and over in a clinical risk group, and health and social care staff will be offered a **Covid booster** this autumn. Invitations to book an appointment will be sent out via the National Booking Service, but appointments will also be available at Paxton Green.

##### **Flu and Covid vaccination clinics at Paxton Green**

(Paxton Green patients only). There will be Saturday morning and afternoon clinics on October 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> (by appointment only) and invitations will be sent to patients targeting those who are older or living with frailty first. Patients can have flu and Covid vaccinations at the same time if they wish to. There will also be daily flu and Covid vaccination clinics on weekday mornings bookable through Reception or online, again prioritising those who are older or living with frailty. Housebound patients will be visited by practice nurses. A care co-ordinator will

telephone them first to notify them of the day. Children's nasal spray flu vaccine will be offered to 2-4 year olds with appointments available throughout October and parents will be texted.

### **Polio Booster Campaign for children**

Children aged 1 to 9 are being invited by text to receive a dose of a vaccine against polio. For some children this will be an additional booster dose if they are already up to date with their routine vaccinations, for others who are not up to date it will be a catch-up dose. The appointments will be at the Akerman Health centre. You can also book appointments directly at Guy's Hospital and King's College Hospital for 5 – 9 year olds. For more details see *View Practice News* at: [https://www.paxtongreen.uk/practice\\_news/polio-vaccine-booster-clinics-for-1-9-year-olds/](https://www.paxtongreen.uk/practice_news/polio-vaccine-booster-clinics-for-1-9-year-olds/)

### **Looking after our health and wellbeing**

Self care is always important, but never more so than now when, for many of us, the worry of how to cope with the increased cost of living could have an impact on both our physical and mental health.

Advice can be found under the **Wellbeing Centre** at [www.paxtongreen.uk](http://www.paxtongreen.uk) and at <https://www.nhs.uk/live-well/>, but in brief try to:

- **Eat healthily.** For tips on how to do this on a budget see: <https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>
- **Exercise.** Even walking can boost your physical and mental health
- **Watch your alcohol intake** – no more than 14 units per week is advisable
- **Give up smoking** – smoking can cause cancer, heart disease, stroke and lung disease as well as increasing the risk of many other illnesses
- **Take steps to reduce our risks from exposure to air pollution** – see our March 2017 newsletter at: <https://www.paxtongreen.uk/practice-information/patient-participation-group/newsletters/>

And:

- **protect yourself against flu and Covid** this autumn if you eligible for a free immunisation

- **don't ignore invitations to go for screening** e.g. breast, cervical – early detection can prevent serious outcomes
- **do consult your GP** if you have symptoms that worry you (you can also use the symptom checker on the NHS app or at [www.nhs.uk](http://www.nhs.uk) )
- **get advice on minor ailments** from your local pharmacist
- **if you are feeling depressed or extremely anxious** don't delay in seeking help from your GP. See also information at: <https://www.nhs.uk/mental-health/>
- **remember that the social prescriber link workers at the Practice** can signpost you to practical and emotional help.

And finally:

- **keeping warm this winter** may not be easy if you are worried about excessive heating costs. Tips include wearing several layers, including hat, gloves and scarf indoors, blankets and duvets in living rooms (but be careful not to trip over them), hot water bottles and hot drinks. More advice can be found at: [www.nhs.uk/keepwarmkeepwell](http://www.nhs.uk/keepwarmkeepwell)

### **The Mayor of London's Warmer Homes Programme**

This provides free heating, insulation and ventilation improvements for Londoners on low incomes who own their own homes or rent privately. For more information see: <https://www.london.gov.uk/what-we-do/housing-and-land/improving-quality/warmer-homes#>

### **Self Care Week 2022 – November 14<sup>th</sup>-20<sup>th</sup>**

We are hoping to hold some special events around this national week. Keep a look out for details on the Practice website nearer the time.

As mentioned on page 1, **our next virtual PPG meeting will be on October 17<sup>th</sup> from 6-7.30pm.** If you are not already a member, you can enrol via Reception or online at: <https://www.paxtongreen.uk/navigator/patient-participation-group-enrolment/>