



## PPG Newsletter Autumn 2020

### COVID-19 (Coronavirus)

The last few months have seen a huge upheaval and disruption to everyday life due to COVID 19.

There seems to have been an explosion of 'experts' offering advice. The virus is still in communities and the necessary vaccines are still being trialled. The PPG is reinforcing the main messages that everyone needs to follow which are:

- Observe social distancing, stay at least one metre away from people not in your household.
- Wash your hands regularly.
- Wear a face covering over your nose and mouth in enclosed spaces.
- Follow the guidelines to self- isolate if you are contacted by Test and Trace.

#### The main symptoms of Coronavirus are

- A high temperature – this means you feel hot to touch on your chest or back as well as taking your temperature.
- A new cough – this means coughing a lot more than an hour, or 3 or more coughing episodes (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste different to normal.

#### What to do if you have symptoms

- Get a test to check if you have Coronavirus as soon as possible.
- Please note that Coronavirus testing is available in Luton for anyone with an LU7 postcode or is a resident in other

parts of Central Bedfordshire. Tests can be booked at

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>.

- Stay at home and do not have visitors until you get your test result, only leave your home to have the test.
- Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

### NHS TRACK AND TRACE

A trained call handler will talk you through what you must do if you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive for coronavirus.

The following link takes you to the Government guidance on Track and Trace.

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

**It is important that you take the necessary actions if you are contacted by the Test and Trace service to help control the spread of COVID-19.**

### NHS BETTER HEALTH

Your health matters. There has never been a better time to kickstart your health. Better Health has a range of tools and support to help - find what works for you. Please click on following link to access help.

<https://www.nhs.uk/better-health/>

## LRS APPOINTMENT SYSTEM

Following Government guidance and to help the Surgery protect you during the COVID-19 (Coronavirus) outbreak, the appointment system has changed to a Telephone Triage system.

This will mean all appointments will initially be via the telephone or Video Consultations to prevent the need to come into the surgery. In your appointment a plan with the Clinician will be discussed which may result in you being invited to be seen face to face.

If you have any questions, please do not hesitate to [contact the surgery](#).

## DROP-IN BLOOD CLINIC

The Drop-in Blood Clinic has restarted at the Grovebury Site Monday to Friday 8am till 12 noon.

Can we kindly remind patients to wear face covering or masks as per government guidelines.

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>



## FLU CLINICS

The surgery is still awaiting the arrival of flu vaccines to allow the clinic appointments to be arranged. Notification of clinics will be via the LRS website, in the surgeries and via text message.

Seasonal flu is a highly infectious illness caused by a flu virus. It is very important to have a flu jab, more so this winter to reduce impact on NHS services.

LRS offer 'at risk' groups the flu vaccine at a certain time each year to protect you against

the flu virus. The Surgery orders enough vaccines to cover all eligible patients. Please do not use the pharmacies in the Town for your flu jab as the Surgery is left with unused vaccine if you do.

You are entitled to a flu jab if you are:

- 65 years of age and above
- Pregnant.
- Have at risk conditions such as asthma and diabetes

**ALL** healthy children who are aged 2, 3 and 4 years old are invited to receive a flu vaccine this year. This is in the form of a nasal spray.

## THANK YOU TO LRS STAFF

The PPG extend thanks to all the LRS staff on behalf of Patients for the excellent service that is continuing to be delivered during these very difficult times.

## NEW DOCTORS

Doctor Janabi started in August.

Doctor Creasey is on a return to work plan after Maternity leave.

Doctor Banerjee will be starting in October/November.

An advert for the equivalent of four full time GPs is going out and several of the long-term locums have expressed an interest.

## Feedback on the Newsletter

We would like to hear your feedback on the newsletter. Do you find it useful or informative? Is there something you would like us to cover in future? If so,

Email us with your comments or a request to receive the Newsletter by Email to [lrspatientrep@nhs.net](mailto:lrspatientrep@nhs.net) or leave a note for the PPG at reception.