

## Barnabas PPG

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From: Barnabas PPG <barnabas.ppg@gmail.com>  
Sent: 31 March 2020 12:15  
To: Barnabas PPG  
Subject: Barnabas PPG Monthly Bulletin, March  
Attachments: Guidance for patients Mar 2020.pdf; BB29-BOOKLET.pdf

To All Barnabas PPG Members ...  
[Printed copies to those PPG members without email]

[If you can't read any of the attached documents, or want printed copies of anything mentioned, please contact me and I'll try to send you a copy.]

Welcome to the March bulletin for Barnabas PPG members.

There's not a lot to report this month as everyone is too taken up with Coronavirus, so we're concentrating on that and have just a few other items ...

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### Coronavirus

The following essential information is a lightly edited version of that appearing on the Practice website  
<https://www.barnabasmedicalcentre.co.uk/>:

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Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

You may only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

There is separate advice about:

- staying at home if you're at high risk of getting seriously ill from coronavirus at <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/>
- staying at home if you or someone you live with has symptoms of coronavirus at <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough; see <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/> for more detail), use the 111 coronavirus service at <https://111.nhs.uk/covid-19/>.

If you need help or advice not related to coronavirus:

- for health information and advice, use the NHS website, <https://www.nhs.uk/>, or the Practice website, <https://www.barnabasmedicalcentre.co.uk/>.
- for urgent medical help, use the NHS 111 online service, <https://111.nhs.uk/>. Only call 111 if you're unable to get help online.
- for life-threatening emergencies, call 999 for an ambulance

Read the full advice on protecting yourself if you're at high risk from coronavirus on GOV.UK at <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

If you live with someone who has symptoms of coronavirus, you can get an **Isolation Note** for your employer at <https://111.nhs.uk/isolation-note/>. You **do not** need to get a note from a GP.

**Only call 111 if you cannot get help online.**

For further information go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or [gov.uk/coronavirus](https://gov.uk/coronavirus).

Advice accurate as of 16:00 30/03/2020. From <https://www.barnabasmedicalcentre.co.uk/>.

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Other Coronavirus information ...

#### Changes to NHS Services

NW London CCGs have issued information on the changes to NHS services. Details in the attached document.

#### Coronavirus (COVID-19) Update

You can find some of the latest information and updates about Coronavirus at

<http://nhsnorthwestlondoncollaborationofccgs.newsweaver.com/ahpgh0vdg3/m5wtycla6en1/76oi3q0b3>

[Printed copy attached for those without email]

#### Ealing Council Information

You can find the latest Coronavirus information from Ealing Council at <https://www.ealing.gov.uk/info/201262/coronavirus>

#### Thanks to NHS Heroes

The NHS touches all our lives, and more so now than ever before. So now, more than ever, we should cherish every NHS worker (the doctors and nurses, of course, but also all the support and admin staff) who dedicate themselves to our care, while often putting their own health at risk. All are working above and beyond at this time – without them we would all be totally sunk. So I hope everyone will join me in sending huge thanks to everyone at Barnabas and indeed to all NHS staff: your work is hugely more appreciated than you maybe realise; **THANK YOU!**

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#### PPG News

##### PPG Meeting – Tuesday 7 April

As you will have seen the PPG meetings scheduled for Tuesday 7 April and Tuesday 9 June are cancelled. However on both occasions I hope to be available for a short videoconference using Zoom (patient members should have received a meeting notice). You should be able to join the meeting via the link below (or using the Zoom app and entering the Meeting ID); enter the password when prompted. I hope it works!

##### Tuesday 7 April, 1300-1330

Meeting URL: <https://zoom.us/j/762883584>

Meeting ID: 762 883 584

Password: 000029

##### Tuesday 9 June, 1300-1330

Meeting URL: <https://zoom.us/j/242080666>

Meeting ID: 242 080 666

Password: 030521

There will be no agenda for these videoconferences.

#### Meet the Patients & Practice Annual Survey

The "Meet the Patients" sessions, and June's Practice survey, are suspended until further notice. We will reinstate them when it is safe to do so.

#### Personal Details Held by the Practice

Practice Office Manager, Angela, has said that the Practice wish to go to paperless communication wherever possible as this saves both time and money. Therefore it would help if you could ensure the Practice have your correct phone number(s) and email address. No doubt we will see more about this when normality returns.

#### *Barnabas Bulletin*

A copy of the latest *Barnabas Bulletin*, published at the beginning of the month, is attached. In terms of Coronavirus obviously things have moved on considerably, but the remainder of the issue is still current.

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That's all for this month; let's hope we can have better news by the end of April. Meanwhile please take care and stay safe!

Keith

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