

Keith Marshall

From: Barnabas PPG <barnabas.ppg@gmail.com>
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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.

First of all a reminder that we have our [2-weekly informal video call tomorrow, Thursday 4 March at 1500](#).

And our [2-monthly video full PPG meeting is on Wednesday 17 March at 1330](#).

Joining details for both these below.

Coronavirus

Pandemic Unlikely to be Over this Year

Let's get the bad news over first ... WHO (World Health Organisation) is warning that the current Covid crisis is unlikely to be resolved by the end of this year. It is a mistake for countries to rely solely on vaccination; public health actions will continue to be required. Report at <https://www.theguardian.com/world/2021/mar/02/coronavirus-crisis-unlikely-to-be-over-by-the-end-of-the-year-who-warns>.

Over-60s can contact NHS for vaccine in England

Anyone in the over-60 age group who has not had their Covid vaccination may now contact NHS direct for an appointment. Either go online at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or call NHS 119.

Covid Testing in Ealing

Ealing Council are urging all residents to get a Covid test even if they don't have symptoms. This is in addition to the surge testing (for the South Africa variant) in Hanwell and West Ealing. Testing is available 7 days a week, at six centres: Everyone Active Acton Centre; Ealing Central Library; Perceval House; Greenford Library; Northolt Library; Southall Manor House. More details (including opening times) at <https://ealingnewsextra.co.uk/coronavirus/residents-urged-to-get-a-test/>.

Can the Second Dose of Covid Vaccine be Delayed?

The UK is giving the second dose of all Covid vaccinations after around 10 weeks, contrary to the time intervals tested by the vaccine manufacturers. An article in *Science News* looks at the evidence and the pros and cons. Full article <https://www.sciencenews.org/article/coronavirus-covid-19-vaccines-second-dose-delay-complicated>.

PPG News

PPG Meetings

Our next [informal, half hour, video call is tomorrow, Thursday 4 March, at 1500](#). Join over Zoom using the link <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTlVjVlZyRmhSQT09>.

Our next [full PPG meeting is on Wednesday 17 March, at 1330](#). Again you can join over Zoom using the link <https://us02web.zoom.us/j/83096234598?pwd=UStkWEZyc1INZXdtRzd5WXlnR3k1UT09> (with Meeting ID: 830 9623 4598, Passcode: 217003).

The agenda for this meeting is expected to be:

1. Introductions & Apologies

2. Approve Minutes of January PPG Meeting
3. Covid Catch Up: Latest News & How are you coping with Covid?
4. PPG Plans for 2021-23 **
5. Practice Updates
6. PPG Updates
7. Matters Arising, AOB

** Ideas for what we should do over the next 2 years. Summary document to be circulated (by email) the weekend before the meeting (I hope!).

NAPP Forum

The National Association for Patient Participation (NAPP, the umbrella body for PPGs) have recently launched a new online discussion forum for all things PPG related. This looks like being very useful, with a number of important discussions about PPG organisation and governance. Every PPG can have a small number of its members join the forum (in addition to their registered contact – for us that’s me). If any member is interested in joining the forum, please get in touch with me and I can arrange it. More details in the NAPP eBulletin (attached).

General NHS News

Government White Paper on NHS

The government have issued a consultation white paper on reorganising the NHS. This sets out their plans to dismantle many of the changes brought in by the 2012 Act which are seen as not working, and to transfer much of the power back to the Secretary of State. Needless to say many have not welcomed the proposals, which are seen as a power-grab by the government and an opportunity for increased crony-ism; the NHS also does not need yet more change, especially at present. There’s a BBC report at <https://www.bbc.co.uk/news/health-55960355>, and you can find the White Paper itself at <https://www.gov.uk/government/publications/working-together-to-improve-health-and-social-care-for-all>.

Side Effects of Statins

A new study has looked at the side effects of the statins many of us are prescribed, and which some complain produce excessive muscle aches and pains. The study finds that the statins do not produce a statistically significant increase in such side-effects compared with normal. Read a report on this at <https://www.theguardian.com/society/2021/feb/24/muscle-aches-pains-not-caused-statin-study-finds-prescribed-higher-risk-heart-attack-stroke>.

Newsletters

As usual here’s a round-up of recently received Newsletters, all of which contain interesting items:

- NAPP eBulletin for February (attached)
- Healthwatch Ealing Newsletter for February (attached)
- NHS In Touch (also attached)

That’s all for this month. I hope to see you on the calls tomorrow and/or on 17th.

Meanwhile remember the mantra: **HANDS – FACE – SPACE** and stay safe.

Keith

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