

From: Barnabas PPG <barnabas.ppg@gmail.com>
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To: Barnabas PPG
Subject: Barnabas PPG Monthly Bulletin, July
Attachments: Post-covid patient group flyer .pdf; NAPP_166.pdf; NAPP_167.pdf; In Touch 117.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 July bulletin for Barnabas PPG members.

Coronavirus

Vaccination Status (as of 2 July)

Overall the UK is doing well at getting people vaccinated, but London, and especially Ealing, are not doing well. The figures are:

	% Vaccinated with:	
	1 Dose	2 Doses
Ealing	61%	39%
London	63%	41%
England	85%	63%
UK	86%	63%

People, we need to do better! We need to get everyone vaccinated, because until we do this virus will continue to run rampant and there will continue to be restrictions. Remember too: getting vaccinated doesn't just protect you; it helps protect everyone by making it harder for the virus to spread.

If you want to hunt out the data it is all at <https://coronavirus.data.gov.uk/details/vaccinations> and <https://www.bbc.co.uk/news/health-55274833>.

NHS COVID Pass

You can now use the NHS app on your smartphone to display your vaccination status. The full information about this can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/>.

Covid Booster Jabs

The NHS is in the process of drawing up plans to rollout booster jabs (ie. a third vaccination) from September. In many cases this is likely to be done alongside the annual flu vaccination (my understanding is that again this year everyone over 50 is eligible for flu vaccine). There's a *Guardian* article about this at <https://www.theguardian.com/world/2021/jun/30/nhs-draws-up-plans-to-roll-out-covid-booster-jabs-from-september>.

Long Covid Estimates

Many who have had Covid-19 continue to have symptoms and issues 3 months after apparently recovered. This is Long Covid and can be immensely debilitating. But there are concerns that GPs are recording many fewer cases of Long Covid than survey data suggests there are. This is not all the fault of the GPs as there are many possible reasons for the discrepancy from, yes, GPs not recognising patients with Long Covid, to the way the various GP record systems work, and to patients not going to their GP. Again there's a *Guardian* article about this at <https://www.theguardian.com/world/2021/jun/30/gps-in-england-failing-to-recognise-thousands-of-long-covid-cases>.

Living with Covid

So in the long-run we are probably going to have to learn to live with at least a background level of Covid (much as we do with flu). How we transition to that new state, and indeed what it looks like, is currently being debated. There's more on this at <https://www.theguardian.com/world/2021/jun/17/how-do-we-learn-to-live-with-covid>.

PPG News

PPG Meeting

Our next formal PPG Meeting is on Wednesday 21 July at 0900 hrs. Note the change of time!

This will again be a Zoom call for which the details are:

Link: <https://us02web.zoom.us/j/88054343808?pwd=ZlUrYks0M1JkQmhmbiZ4QjUyZHhpdz09>

Meeting ID: 880 5434 3808

Passcode: 928186

The agenda for this meeting is likely to be:

1. Introductions & Apologies
2. Approve Minutes of May AGM
3. Covid-19 Roundtable Catch-up
4. 2021-23 Activity Plan
5. Practice Updates
6. Other PPG Updates
7. Matters Arising, AOB

Informal Social Call

Our next informal social call is this week on Thursday 8 July at 1200.

The following one is on Tuesday 3 August at 1600

For all the informal calls the Zoom information is:

Link: <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTlVjVlZyRmhSQT09>

Meeting ID: 727 959 4414

Passcode: 149417

Please do join the calls; they're there for you!

2021-23 plans

I have not yet been able to finalise and progress our planned activity for the next couple of years. I am working on it, but that thing called "life" keeps getting in the way! However I do expect to be able to bring something more to the meeting on 21 July.

Local Healthcare News

NHS Post-Covid Patient Group

NW London CCG are running a patient group for those with Post-Covid Syndrome (generally called "Long Covid"). If you're affected by Long Covid you may wish to join the group. A flyer containing the details is attached.

Northwick Park Hospital Maternity Unit

There have been several reports recently as the Care Quality Commission (CQC) have rated the Northwick Park Hospital Maternity Unit as "Inadequate". They have also criticised the A&E Department. Local news report at

<https://www.mylondon.news/news/west-london-news/northwick-park-hospital-maternity-unit-20904664>.

General NHS News

NHS GP Data Sharing

Following on from last month there is more news about the NHS plans to extract patient data from GP records.

Firstly here's a BBC news item explaining more about what is being done, and how you can opt out:

<https://www.bbc.co.uk/news/technology-57555013>.

In good news the rollout of the data collection has been delayed by two months (to 1 September) to allow more time for the plans to be communicated to patients; more information at <https://www.bbc.co.uk/news/uk-politics-57400902>.

However I am still seeing nothing more about the plans, so it continues to look very like the own goal the NHS scored a few years ago over Care.data.

Health Inequalities

It appears that health inequalities in the UK are being made worse by the Covid crisis. Research is suggesting that the most disadvantaged section of the population is seeing greater disruption to healthcare services than the more advantaged. The

elderly and ethnic minorities seem to be especially affected. Here's the *Guardian's* reporting:
<https://www.theguardian.com/world/2021/jun/14/uk-health-inequalities-made-worse-by-covid-crisis-study-suggests>.

Asking for Help

Many of use have seen an impact on our mental health over the last 18 months, and many will not know how, or be able to, call for help. In the following post one young lady writes about what she found and provides a way for you to ask for help without having to work it all out for yourself. Details at: <https://sundialjournal.com/2021/06/12/a-guide-how-to-actually-ask-for-help-during-mental-distress-part-one/>.

Winter Flu Season

It si being suggested that the UK may be in for a bumper, bad, flu season this coming winter. With restrictions easing, and few with any immunity to colds and flu built up last winter, we could see and increase in the number of cases this winter. All the more reason to get your flu jab (when it's available, and if you're eligible). Once again, here's the *Guardian's* report:
<https://www.theguardian.com/society/2021/jun/25/is-the-uk-in-for-a-bumper-flu-season-this-winter>.

Men to Trail Prostate Cancer Home Testing

Researchers at the University of East Anglia (UEA, my alma mater) and Norfolk & Norwich University Hospital have developed a kit which would allow men to test for prostate cancer in the privacy of their own homes. If the trial is successful then it should save many of us from more invasive tests. Here's UEA's article: <https://www.uea.ac.uk/news/-/article/thousands-of-men-to-trial-prostate-cancer-home-testing-kit>.

Blood Test for Cancer

In another likely breakthrough, the NHS is to pilot a blood test which is able to spot up to 50 different cancers long before they become apparent. If successful this could become a routine screening test. More on this at: <https://www.theguardian.com/society/2021/jun/25/blood-test-that-finds-50-types-of-cancer-is-accurate-enough-to-be-rolled-out>.

Emergency Preparation

And finally ... I recently cam across a leaflet on *Preparing Your Household for Emergencies*, which was produced by Hammersmith & Fulham Council. I include it here as some may find it useful (although, of course, parts are relevant only to Hammersmith & Fulham). You can find the guide at https://www.lbhf.gov.uk/sites/default/files/section_attachments/165_24-ds_00501_are_you_prepared_booklet_rev5.pdf; it's a chunky 40 pages so no copy attached.

Newsletters

And to round off, here are the usual newsletters I've received, and which may be interesting or useful.

- NAPP Ebulletin 166 – copy attached
- NAPP Ebulletin 167 – copy attached
- NHS In Touch Newsletter #117 – copy attached
- NHS Vaccine Update 323 is at <https://www.gov.uk/government/publications/vaccine-update-issue-323-june-2021>.

I hope to see you at one of our upcoming meetings, but meanwhile stay safe and enjoy this wonderful British summer!

Keith

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