

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 02 December 2021 12:24
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, December
Attachments: PPG_Minutes_20211117.pdf; Age UK and NHS A Guide To Healthy Ageing.pdf; Voice.pdf; In_Touch_122.pdf; Imperial_PERC.pdf; CQC.pdf

To All [Barnabas Patient Voices](#) Members ...

[Printed copies to those members without email]

[A copy will be posted on our Facebook group]

[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 December update for [Barnabas Patient Voices](#) members.

Coronavirus

02/12. Vaccination Status (% of total 12+ population)

	1 Dose	2 Doses	Booster
Ealing	67%	60%	n/a
London	67%	61%	n/a
England	89%	80%	32%
UK	89%	81%	32%

Data from <https://coronavirus.data.gov.uk/details/>

02/12. New Cases (per 100,000) in Last 7 Days & Compared with 7 Days Earlier

Ealing	402	↑
London	361	↑
England	441	↑
UK	439	↑

Data from <https://coronavirus.data.gov.uk/details/>

02/12. Estimated Total UK Cases (millions) Compared with 7 Days Earlier

01/12	1.076m	↑
24/11	1.014m	↑

Data from <https://covid.joinzoe.com/data>

As you will see the case numbers are going up again. I don't know why, but we might find out the underlying reasons in the **Independent Sage** weekly briefing tomorrow (Friday 03/12) afternoon – it's live streamed on YouTube from 13:30, with a catch-up recording; it's worth listening in to the first section which is usually about the numbers.

Omicron Variant

You will doubtless have seen this new variant was discovered a week or so ago in South Africa, but had clearly been spreading around the world for a while before that. It has many mutations especially in the all important Spike protein. The answer to almost every other question you ask about it is "We don't know" – but the scientists will be working furiously to

find the answers. However it does seem to be very much more infectious, and there is so far no good evidence that it causes more severe illness. Our government have reintroduced a minimal level of additional measures and travel restrictions; we would all be wise to be extra careful in the run-up to Christmas. Nevertheless we will see a further rise in cases.

Covid Vaccination

The rules keep changing on who can get a jab, and when. According to the government website at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/> the current situation is:

- Everyone aged 16 and over can get a 1st and 2nd dose of a vaccine
- Most children aged 12 to 15 are currently only being offered a 1st dose
- Children under 12 are not (yet) eligible for vaccination
- Boosters are available to
 - people aged 40 and over
 - people who live and work in care homes
 - frontline health and social care workers
 - people aged 16 and over with a health condition that puts them at high risk
 - people aged 16 and over who are a main carer for someone at high risk
 - people aged 16 and over who live with someone who is more likely to get infections (for example, someone who has HIV)

Post Covid Syndrome (Long Covid)

NW London NHS have a webpage of information about Long Covid, and support for those with this syndrome. It is available at <https://www.nwlondonccg.nhs.uk/coronavirus/post-covid>.

Barnabas Patient Voices News

17 November Meeting

The minutes of our meeting on 17 November are attached. Please read them.

Last Informal Call for 2021

Our last informal call this year will be on Monday 13 December at 18:00

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

Meeting ID: 727 959 4414. Passcode: 149417

2022 Full Meetings

As you'll see from the meeting minutes, it was decided to move the 2-monthly full meetings to Wednesday at 13:30. These meetings will continue over Zoom for the foreseeable future – apologies to those who don't like/can't do online meetings. Full group meeting dates for 2022 are:

- Wednesday 19 January
- Wednesday 16 March
- Wednesday 18 May (which will be our AGM)
- Wednesday 20 July
- Wednesday 21 September
- Wednesday 16 November

All are at 13:30. Zoom links for the meetings are in the 17/11 meeting minutes. Please put the dates in your new diary.

2022 Informal Calls

Again, the 17/11 meeting decided to continue with our 30 minute, informal calls but reduce the frequency to monthly. Days and times will continue to vary to allow as many as possible to attend, at least occasionally. The dates for next year are:

- Wednesday 5 January, 10:00
- Thursday 3 February, 12:00
- Tuesday 1 March, 14:00
- Monday 4 April, 16:00
- Wednesday 4 May, 18:00
- Wednesday 1 June, 10:00
- Tuesday 5 July, 12:00

- Monday 1 August, 14:00
- Wednesday 7 September, 16:00
- Thursday 6 October, 18:00
- Tuesday 1 November, 10:00
- Monday 5 December, 12:00

The Zoom details for all these calls remain:

Link: <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTIVjVIZyRmhSQT09>

Meeting ID: 727 959 4414. Passcode: 149417

Again, please put these dates in your new diary.

2021-23 Plan Latest Updates

Website. This is now live (although still being tweaked) at <http://barnabasvoices.org.uk/>. Up to the minute useful information is being posted there (as well as on Facebook), and it also contains a growing body of useful documents and links. Please use it, and spread the word. Suggestions for things to add are always welcome.

Group Membership. The original plan was to build a membership process around the website. However this has proven a lot more difficult than I expected, which has negated any usefulness it would achieve. Consequently I have decided to abandon the idea.

Membership will remain a manual process (pencil and paper is often still the most appropriate technology!). Sign up will be via simple online form (or an equivalent email or written note), answering three basic questions – much as currently for the Facebook group.

All those who are currently members, plus all the Facebook group members who signed up before 1 November 2021, are now formally members of **Barnabas Patient Voices**. Others will join as they fulfil the membership criteria (*i.e.* answer the three questions).

The sign-up form is at <http://barnabasvoices.org.uk/membership-application/> (or you can email me), and the membership process is at <http://barnabasvoices.org.uk/membership-process/>.

The current membership list has recently been checked (by the Practice Manager) to verify that everyone is still registered with the Practice.

Practice Website. I have redrafted our material on the Practice website, and sent it to Matt for inclusion.

Barnabas Bulletin. We are planning to restart publication of the Practice's newsletter, *Barnabas Bulletin*, in mid-February. This first issue is likely to be dedicated to a Covid and Practice catch-up.

"Your Appointment" Leaflet. I am hoping that we can publish this around the same time a *Barnabas Bulletin* in mid-February. I'm currently awaiting input from Matt to be able to complete the text.

Practice News

You will find all the latest news from the Practice in the 17/11 meeting minutes.

Local Healthcare News

The latest news from **London North West University Healthcare NHS Trust** (*i.e.* Ealing, Northwick Park, Central Middlesex and St Mark's Hospitals) can be found at <https://www.lnwh.nhs.uk/news/>.

Similarly the latest news from West London NHS Trust (who provide mental health, community and social care) can be found at <https://www.westlondon.nhs.uk/news/latest-news>.

I'm going to encourage everyone to see our website (reminder, it's at <http://barnabasvoices.org.uk/>) for other healthcare news – there is more on the website than I can include here.

General NHS & Healthcare News

Hospital Follow-up Appointments

The NHS is hatching a plan to reduce the number of follow-up appointments patients have with consultants after treatment, as many are seen as unnecessary. The intention is to release consultant time to help clear the waiting list backlog. More information in the news report at <https://www.theguardian.com/society/2021/nov/25/plan-to-scrap-tens-of-millions-of-nhs-appointments-could-put-patients-at-risk>.

Healthy Ageing Booklet

There's a helpful booklet from AgeUK and the NHS on how to grow old gracefully and healthily. I've attached a copy (but it is 28 pages, so I'm not printing it for non-email members, sorry!). It can also be downloaded at

<https://www.nhs.uk/Livewell/men60-plus/Documents/Age%20UK%20and%20NHS%20A%20Guide%20To%20Healthy%20Ageing.pdf>

Yet again, I'm going to encourage everyone to see our website (<http://barnabasvoices.org.uk/>) for other healthcare news – it has more than I can include here.

Newsletters

This month there are lots of newsletters which contain useful items.

- **Voice:** 4 issues from 05/11, 12/11, 19/11, 26/11 attached in a single PDF
- **HSA Vaccine Update #324.** This is all about the Flu Vaccination Programme. Find it at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1033733/UKHSA-12202-vaccine-update-324-Nov21-flu-special.pdf.
- **Healthwatch Ealing**, November Newsletter can be downloaded from <https://healthwatchealing.org.uk/wp-content/uploads/2021/11/Healthwatch-Ealing-Newsletter-November-2021.pdf>. **Note the survey at the bottom of page 3!**
- **NHS In Touch** issue 122 – PDF attached
- **Imperial's Patient Experience Research Centre** news – PDF attached.
- **CQC** monthly news for November – another PDF attached

(Again, I'm sorry, I can't reasonably include printed copies of all these in the mailing for non-email members. Contact me if you would like specific ones.)

That's all for this month. Have a peaceful and healthy Christmas. And the Fates permitting we'll be here again in early January!

Keith

Keith Marshall, Chairman, [Barnabas Patient Voices](#)
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