

Keith Marshall

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 05 October 2022 17:02
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, October
Attachments: BPV_Minutes_20220928.pdf; In-Touch-132.pdf

To All [Barnabas Patient Voices](#) Members ...
[Printed copies to those members without email]
[A copy will also be posted on our Facebook group and website]

[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 October update for [Barnabas Patient Voices](#) members. For all sorts of reasons things don't seem to have been very busy over the last month – at least not with things which are worth highlighting here.

*** Please complete our short survey on 2023 meeting options at
<https://forms.gle/v74GRBFqbnQ5amLN6> ***

Coronavirus

Infections are definitely on the rise again, with the ZOE study estimating around 216,000 new cases a day earlier this week; and 2.5million people currently infected (that's 1 in 27 people). Current infections were down to just under 1.5million a month ago. So it looks as if we are definitely in the expected autumn wave. This should not be a surprise: there's very reduced immunity from earlier vaccinations (until recently only the over-75s had had a booster less than 6 months ago); schools are back with no masks or air filtration; and generally people aren't bothering. While the BA.5 variant is still dominant, there's a whole alphabet soup of new variants around, but there's no knowing which (if any) are going to be more infectious or more dangerous. Moral: please take care; wearing a mask is still important to protect you and others; and get a booster if you're offered one.

Fighting Covid with UV Light

There are several interesting pieces of research which are showing that specific wavelengths of far-UV light will kill the Covid virus (and many others!), and it seems likely that these wavelengths are not harmful to us. UV light has been used for many years to sterilise both objects and spaces, but the new research is for the very specific wavelength of 222nm. There's a way to go yet, but this could become an important healthcare initiative – and not just for Covid. There's a good write-up at <https://knowablemagazine.org/article/health-disease/2022/how-fight-covid-with-light>.

Barnabas Patient Voices News

2023 Meeting Dates

We need to better understand when you (our members) are able to attend [Barnabas Patient Voices](#) meetings in 2023 – and what sort of meetings you would prefer. We will use your preferences, together with the Practice's wishes, to decide the meeting schedule for next year. I hope to bring a plan to our November meeting (see below). So we know what you'd prefer ...

Please complete our short survey at <https://forms.gle/v74GRBFqbnQ5amLN6>

The survey will remain open until Sunday 6 November.

September Meeting

It was good to welcome a couple of new members to our September meeting, and to hear from a couple of other new members who were unable to attend.

The meeting minutes attached. Please read them!

Next Full Meeting

Our next 2-monthly meeting is on Wednesday 16 November; 13:30; on Zoom.

Link and full agenda in my November update.

Please do attend if you can.

Informal Calls

We have just three of our monthly, 30-minute, informal call scheduled for this year:

- Thursday 6 October, 18:00
- Tuesday 1 November, 10:00
- Monday 5 December, 12:00

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

Meeting ID: 727 959 4414

Passcode: 149417

Do join us for a chat and a catch-up.

Practice News

Barnabas Bulletin

The latest (September) issue of the Practice's newsletter, *Barnabas Bulletin*, is now available. You can find a copy on our website at <https://barnabasvoices.org.uk/latest/> and a downloadable PDF at <https://barnabasvoices.org.uk/wp-content/uploads/2022/09/BB32.pdf>. There is also a copy on the Practice website.

The next issue of *Barnabas Bulletin* is due in December, so I'll be putting it together in the second half of November. As always articles, or ideas for articles, are always welcome – just drop me a note.

Extended Access Hours

Every Primary Care Network (PCN) has been tasked with providing additional "extended access" appointments in early morning, evening or at weekends; with the number of appointments being based on the number of registered patients in the PCN. This has now come into force. Because of its size our PCN has to provide appointments equivalent to two full time GPs! The only way to do this is to spread the load as evenly as possible among the 11 practices. Barnabas will be contributing to this by offering appointments:

- From 07:30 every weekday
- Tuesday evenings, 18:30 to 20:00
- Saturday 09:00 to 17:00 seven times a year (on a rotating basis)

These appointments are for the whole of our PCN and must be pre-booked; they will also be available to NHS 111.

The first of our Saturdays is this week, on Saturday 8 October, when there are also likely to be flu vaccination and children's polio booster clinics.

Local Healthcare News

London's Air Ambulance Appeal

London's Air Ambulance is a charity which receives effectively all its funding from donations and fundraising activity. Their medics perform life-saving treatment (including open chest surgery) at the scene for patients who are critically injured – before transporting them to hospital. The service runs 24 hours a day, 365 days a year, with helicopters during daylight hours and fast response vehicles at night. They treat an average of 5 seriously injured patients a day!

However they now have a huge challenge. Their two helicopters are becoming increasingly difficult to maintain and by 2024 it will be a challenge to keep them operational. So they have launched their biggest ever appeal for £15million to replace the helicopters by 2024. Everyone here will have seen the bright red helicopters as they are housed at Northolt Air Base and can be seen flying in and out of "home" especially at dawn and dusk. So they are almost a local charity – as well as being an incredibly worthy cause. More on London's Air Ambulance at <https://www.londonsairambulance.org.uk/> and a news report on their appeal at <https://www.bbc.co.uk/news/uk-england-london-63120104>.

General NHS & Healthcare News

Monkeypox & Polio

At the moment I'm seeing very little about either Monkeypox or Polio, so they seem to be stabilising.

GP Appointments

The new Health Secretary Thérèse Coffey has promised to improve access to GPs, including same-day appointments for those that need them, as part of a new plan for the NHS in England. (She is the 5th Health Secretary and this (I think) is the 4th plan, in 5 years. Which says much about the governments understanding of, and care for, the NHS.) As usual there doesn't seem to be much in the way of detail on how this might be achievable. News report at <https://www.bbc.co.uk/news/health-62987823>.

Using GP Data

NHS Digital (NHSX) collect a huge amount of data from GP practices. This is used for a wide variety of purposes including things like inviting eligible patients for flu vaccinations and calculating payments for GP practices. But each extract is done only against a specific direction from the Secretary of State and for a specific purpose. Here's a short article on the use of GP data and why it's important <https://digital.nhs.uk/blog/data-points-blog/2022/the-past-present-and-future-of-our-gp-data-service>.

Newsletters

The only useful newsletter received this month is NHS *In Touch* #132 – copy attached.

That's all folks! Don't forget the survey. And The Fates permitting I'll see you all again next month.

Keith

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