

Keith Marshall

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 03 November 2022 15:55
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, November
Attachments: CQC_202210.pdf; InTouch133.pdf; Vaccine_Update_332.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 November update for [Barnabas Patient Voices](#) members.

Apologies if this is a somewhat thinner issue than normal, but having been unwell for most of the last month I have had my eye off the ball much of the time. (And yes, I'm now hopefully well on the way to recovery, although still having to take things a bit easy – and desperately trying to catch up!)

First of all a reminder to

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

Coronavirus

Does anyone know what's happening with Covid these days, because we're getting almost no information? Well one thing is certain, it hasn't gone away! According to the Zoe study there are currently about 2.5 million people in the country infected, with around 166k new infections a day. That's around 1 in 25 people (or 4%) infected, although the data shows the incidence falling. The ONS data, which is 1-2 weeks behind the Zoe data, is suggesting just over 3% are currently infected with the rate looking as if it is peaking.

And Covid isn't going away too soon. There's a whole zoo of new (Omicron) variants around, of which BQ.1 and BQ.1.1 are both causing some concern. As of a week ago they are apparently responsible for around 27% of infections in USA, but are also present in Europe and the UK. There's not yet a whole lot of data on these, but it is thought that BQ.1.1 is highly transmissible and quite good at escaping any immunity we have – although immunity does seem to protect against serious illness. (Data from <https://theconversation.com/omicron-bq-1-and-bq-1-1-an-expert-answers-three-key-questions-about-these-new-covid-variants-192873>).

In an interesting piece of research, there is evidence that specific frequencies of UV light will kill airborne Covid (and other viruses) while not causing us any harm. (Yes, that's right, there are some specific UV frequencies which are safe!) This is not a new technique as UV light has been used for many years to combat psoriasis, and indeed it was suggested as an anti-Covid measure a year or more back. There's a long article on this at <https://knowablemagazine.org/article/health-disease/2022/how-fight-covid-with-light>.

Barnabas Patient Voices News

2023 Meeting Dates

A reminder about our quick survey to help us understand when you (our members) are able to attend [Barnabas Patient Voices](#) meetings in 2023.

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

The survey will remain open only until Sunday 6 November.

Next Full Meeting

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

The agenda for the meeting is likely to be:

1. Introductions & Apologies
2. Approve Minutes of July Meeting
3. 2023 Meeting Plans
4. Covid-19 Update and Roundtable
5. Members Feedback
6. Practice Updates
7. Other PPG Updates
8. Matters Arising, AOB

The Zoom information for the meeting is:

Meeting Link: <https://us02web.zoom.us/j/81745064799?pwd=cXZpN1FqTWVPRy9pelFIVlJ6Zmh5dz09>

Meeting ID: 817 4506 4799

Passcode: 069999

Please do attend if you can.

Informal Calls

We have just one of our monthly, 30-minute, informal call scheduled for this year on Monday 5 December, 12:00 on Zoom.

Meeting 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.

Local Healthcare News

Ealing Health & Wellbeing Strategy

Ealing council are currently asking for residents' views on their Health & Wellbeing Strategy for 2022-2027. Find out more, including a link to the survey, at <https://www.aroundealing.com/news/health-and-wellbeing-survey/>. The survey closes on 10 November.

London's Air Ambulance

Many of you will have seen London's Air Ambulance (LAA) red helicopters flying over as they are stabled at Northolt Airport. LAA provides an emergency service 24 hours a day, 365 days a year (helicopters in daylight; fast cars after dark when take-off and landing in crowded urban areas is hazardous). Their medics perform life-saving surgery, at the scene, for London's most critically injured; with their helicopters getting to patients in just 11 minutes. But LAA is a charity which receives almost no public funding and is dependent to donations; it is not (an official) part of the NHS.

Over the next year or so LAA need to raise an additional £15million to replace their two helicopters, as by 2024 they will be sufficiently old that they will be difficult and unreasonably expensive to maintain.

There's more on their appeal at <https://www.bbc.co.uk/news/uk-england-london-63120104>, and on their website at <https://www.londonsairambulance.org.uk/>. If you wish to make a donation to their appeal you can do so online at <https://www.londonsairambulance.org.uk/up-against-time-appeal>.

General NHS & Healthcare News

Our Future Health

Today, millions of people spend many years of their life in poor health. And too often, we treat diseases only when patients start showing symptoms. The goal of Our Future Health is to transform the prevention, detection and treatment of conditions such as dementia, cancer, diabetes, heart disease and stroke, so future generations can live in good health for longer. The plan is for Our Future Health to collect information from millions of volunteers from

across the UK to create one of the most detailed pictures of people's health ever. Researchers will be able to use this information to discover more effective ways to prevent, detect and treat diseases. Everyone in the UK over the age of 18 is welcome to join Our Future Health. Find out more, including how to take part, at <https://ourfuturehealth.org.uk/>.

(Oh and if you're wondering, this is a complementary programme to the UK Biobank, and is supported by Biobank.)

How is GP Data Used?

Here's a short item on the ways in which NHS Digital use data from GP records: <https://digital.nhs.uk/blog/data-points-blog/2022/the-past-present-and-future-of-our-gp-data-service>. And no, it isn't as worrying as you might think!

Newsletters

Finally my usual round-up of interesting and/or useful newsletters received in the last month.

- CQC October newsletter – attached
 - NHS In Touch #133 – attached
 - Vaccine Update #332, which is mostly about flu – also attached
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That's all for now. Hopefully we'll be back to full strength next month.

Keith

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