

## Barnabas Patient Voices

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From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>  
Sent: 02 April 2023 16:39  
To: Barnabas Patient Voices  
Subject: Barnabas Patient Voices Monthly Update, April  
Attachments: BPV\_Minutes\_20230315.pdf; Plan\_2023-2025.pdf; In-Touch\_138.pdf; CQC\_202303.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 April update for [Barnabas Patient Voices](#) members.

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### Coronavirus

Well, yes, I know everyone thinks Covid is over, but it isn't – so I'm going to continue with these Covid updates. Why? Because it was [reported about 10 days ago](#) that Covid cases had increased 75% in 11 days. The Zoe study (which is now the only regular data we have now all [testing and reporting effectively now ended](#)) is estimating that currently there are 1.5m people infected, or about 1 in 40 of the population – that means around 10 people in my street! Beyond that, there is another new subvariant of Omicron, XBB.1.9.1, around and it seems to be even more transmissible and could be one factor behind the recent rise in cases. More cases mean more hospital admissions. And more people with Long Covid, which already affects around 2m people, or roughly 1 in 30 of the population – a quarter of those quite severely. So if you want to protect yourself, and those around you who may be especially vulnerable, then please continue being cautious especially in indoor, poorly ventilated, spaces.

One piece of good news, though, is that the over-75s and the clinically extremely vulnerable are about to be offered a Spring Covid booster jab. The rest of us? – Well hard luck, you just have to take your chance out in the wilds.

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### [Barnabas Patient Voices News](#)

#### Open Meeting, 15/03, Minutes

The minutes from our Open Meeting on 15 March are attached.

#### Next Open Meeting

Our next Open Meeting is our **AGM on Saturday 20 May; 11:00; at the Medical Centre.**

This is an in-person meeting at the Practice planned to coincide with one of the Practice's extended access Saturday openings and a Practice Coffee Morning.

The full Agenda will follow in the May Monthly Update, but will include my Annual Report for 2022-2023.

#### Upcoming Informal Calls

Our next two Informal Social Calls are on Thursday 27 April at 10:00 and Tuesday 30 May at 12:00. The Zoom link is the same as before and in the March meeting minutes (above).

#### 2023-25 Plan

You'll see that the March meeting approved the draft Plan for 2023-2025. A copy is attached. Let's see how much of it we can achieve over the next two years.

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### [Local Healthcare News](#)

## Childhood Vaccinations

The following has been received from NW London NHS:

Many children missed vital routine vaccinations over the past couple of years, putting them at risk of preventable diseases. The good news is that it's not too late to protect your child from serious illness, make an appointment with your GP as soon as you can. For more information click on the link: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

## Amnesty for Walking Aids

Now I had always understood that walking aids were not reused on health and safety grounds. However Physios at our local London North West University Healthcare NHS Trust are appealing to people to return any unused walking aids. Thousands of walking aids are given to patients every year, but many aren't returned when patients no longer need them. If you have a metal Zimmer frame, crutches, or walking sticks, please return them to one of the drop-off points listed in the link below so they can be reused or recycled. But do note that wooden walking sticks and commodes cannot be returned. Full article, including the list of drop-off points, at <https://www.lnwh.nhs.uk/news/amnesty-for-walking-aids-7938>

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## General NHS & Healthcare News

### Cough Medicines Containing Pholcodine Withdrawn

Medicines containing Pholcodine have recently been withdrawn, and removed from pharmacy shelves, because of a concern over allergic reactions. Media reports, containing a list of affected products at <https://www.bbc.co.uk/news/health-64951267> and <https://www.thesun.co.uk/health/21708030/day-night-nurse-pulled-uk-shelves-allergic-shock-fears/>. If you have any medicines containing Pholcodine at home, please don't use them and seek advice from your local pharmacist (you do not need to contact your GP).

### Winter Patient Experience Survey

The Patients Association have released the results of their latest winter survey of patient experiences – and they are pretty much as we might expect:

Our results show that when the people who took our survey were in front of a healthcare professional, their experiences were generally positive. However, this positive experience with staff at an individual level does not always translate to an overall coordination of care, or patients being informed about what is happening with their care.

There's a brief infographic at <https://www.patients-association.org.uk/News/snapshot-of-the-findings-of-our-patience-winter-survey> and a summary report at <https://www.patients-association.org.uk/Handlers/Download.ashx?IDMF=290d57d3-9737-4dec-b44c-7bce5d5f289b>

### Prostate Cancer Campaign

Here's another item from NW London NHS, this time highlighting the current prostate cancer campaign.

Prostate cancer is the most commonly diagnosed cancer in men in the UK. However, the earlier cancer is found the more successful treatment may be. Know your risks and speak to your GP. 1 in 8 men will get prostate cancer. If you're over 45, or you're black, or a member of your family has had it, you're at even higher risk. Speak to your GP. For more information: <https://prostatecanceruk.org/prostate-information/are-you-at-risk>

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## Newsletters

And finally, as always, my round-up of useful or interesting newsletters received in the last month.

- NHS In Touch #138 – attached.
  - CQC March Newsletter – attached
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That's it for this month.

Have a Happy Easter, joyous Passover, Eid Mubarak, or whatever is appropriate to your beliefs this month.

Keith

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