

Barnabas Patient Voices

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 03 October 2023 15:10
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, October
Attachments: BPV_Minutes_20230920_with_Slides.pdf; Patients_Association_Weekly.pdf; In_Touch_144.pdf; CQC_0928.pdf

Email to All [Barnabas Patient Voices](#) Members ...
Printed copies to members without email

A copy will also be posted on our Facebook group, <https://www.facebook.com/groups/barnabas.ppg>, and website, <https://barnabasvoices.org.uk/>.

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.

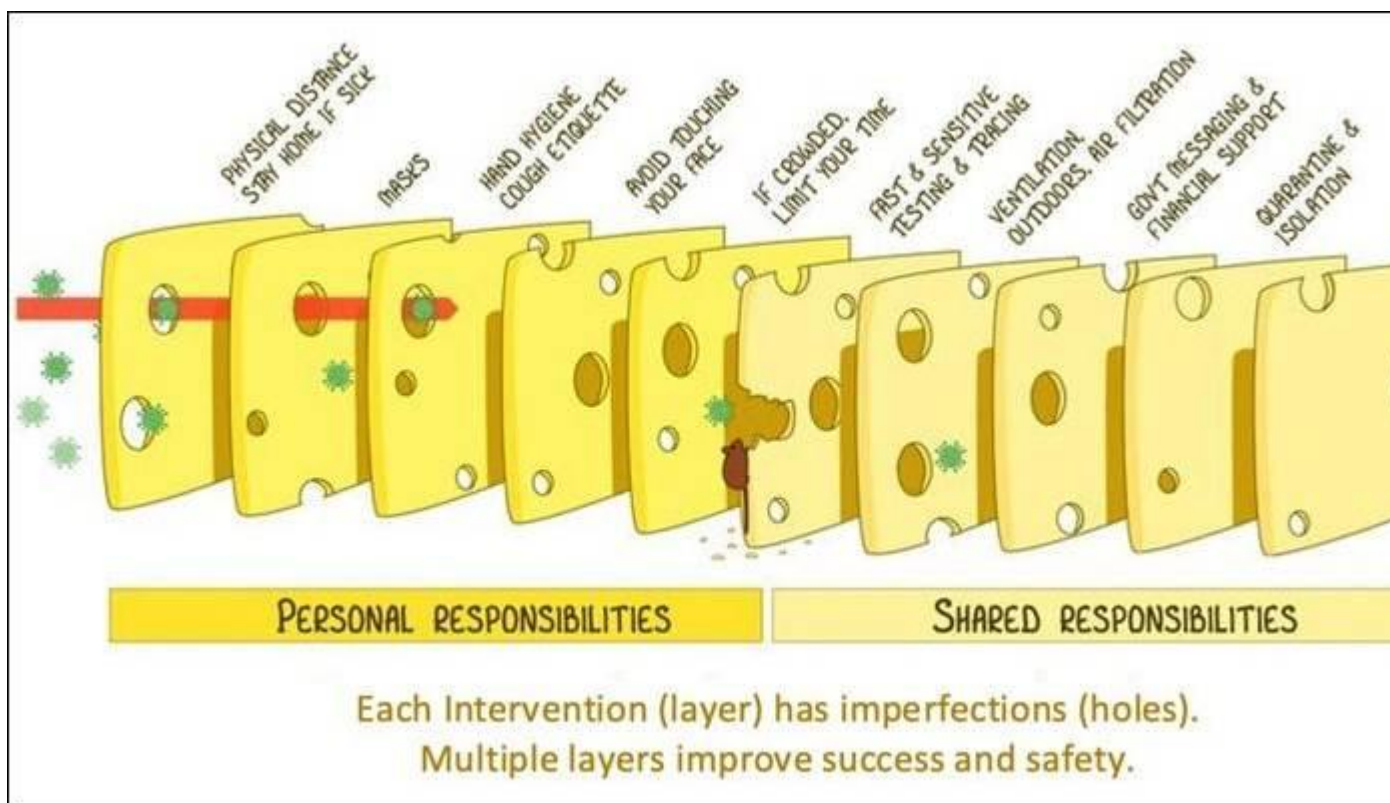
Welcome to the October update for [Barnabas Patient Voices](#) members.

Surprisingly this month I've not registered any significant updates from either the Practice or the local area beyond what's in the meeting minutes (see below). If anyone picks up healthcare news then please drop me an email (or note) so if appropriate I can include it here.

Coronavirus

Yes, I'm sorry everyone, but Covid isn't going away – in fact looking at the [Zoe Study data](#) estimated infection rates are still increasing at a steady rate with around 1 in 50 people currently infected and almost 100,000 new infections daily. OK that's still below the peaks of a year ago, but it isn't good. The increase seems to be due to the new BA.2.86 variant (aka. Pirola) as we seem to have forgotten many of the [previous lessons learnt](#).

As a consequence everyone would be wise to continue following the "Swiss cheese model" (below; it's not Covid specific) of infection control and use as many mitigating actions as possible – many are down to the government to implement or facilitate, so you can't do them all, but any is better than none!



Covid-19 booster vaccinations and annual 'flu vaccination are now available for those eligible. Details for [Covid](#) and ['flu](#).

On the back of this UKHS and ONS are launching a new [Covid-19 infection study](#) from next month. As it will rely on lateral flow testing it won't be as robust as the previous ONS study (using PCR tests, which take longer and cost more), but it is better than the nothing we currently have. There is also going to be a [new Covid & flu dashboard](#), which could be extended to cover other respiratory infections. It's not yet clear how these two are going to join up.

[Barnabas Patient Voices News](#)

September Open Meeting – Minutes

The minutes from our September Open Meeting are attached; they include the slides from my talk on sleep apnoea. Please read them for the latest information.

November Open Meeting ****Changed Date****

As you'll see from the meeting minutes, we've changed the date of the next Open Meeting. It is now an **in person** meeting on **Saturday 18 November, 11:00 at the Medical Centre**. The agenda will follow in my November Update,; it will include proposed meeting dates for next year.

[General NHS & Healthcare News](#)

Scarlet Fever

Over 28,500 cases of scarlet fever have been reported so far this year. That's 50% more than for the same period in 2022. Consequently parents are being urged to be on the lookout for [symptoms](#), as the disease can be serious.

Keeping Well this Winter

[Around Ealing](#) have the usual piece, based on the NHS advice, on what you can do to [stay well this winter](#).

How Many Microbes Does it Take to Make You Sick?

Have you ever wondered just how big dose of a bug it takes to make you ill? Well it does vary between different microbes. [Quanta magazine](#) has an explainer.

Newsletters

A round-up of potentially interesting newsletters received since the last update.

- Patients Association Weekly News – attached, but as there is four weeks of it, and it's rather long, sorry no printed copy for postal members.
 - NHS In Touch #144 – attached
 - CQC Newsletter, September – attached
-

That's it for this month. Enjoy what remains of the good weather and stay safe.

Keith

Keith Marshall, Chairman, [Barnabas Patient Voices](#)
76 Ennismore Avenue, Greenford, UB6 0JW
Phone: 020 8864 7993 – Mobile: 07847 149 417
Email: keith@barnabasvoices.org.uk or kcm@cix.co.uk
Web: <http://barnabasvoices.org.uk/>

You have received this email as a member or friend of [Barnabas Patient Voices](#).
If you no longer wish to receive these emails, or remain a member of this group,
please reply to this email with UNSUBSCRIBE in the Subject line.
[Please do NOT use "Reply All".]
