

SEPTEMBER 2021

LAMBTON ROAD

MEDICAL PRACTICE



Dear reader,

I have delayed writing this September newsletter whilst awaiting JCVI guidance on the COVID booster programme.

Covid Booster Programme

In Merton, the COVID booster will resume at the Wilson Hospital and HARI site at the Nelson Health Centre, Kingston Road.

All patients in groups 1-9 of the first phase should have a booster jab six months after their second dose, with the exception of those considered immunosuppressed who may have a third dose 8 weeks after their second dose.

The Booster programme will include everyone over 50 and those under 50 with underlying health conditions which make them vulnerable to COVID. This also includes adult household contacts of immunosuppressed individuals.

MHRA has determined that co-administration of flu and COVID jabs is safe, and we will endeavour to do this as our vaccine stocks allow.

Under 50s may not need a booster, as they usually mount a stronger response, but this will be renewed 'at a later date'.

Over the Summer, information given to GPs has been rather inconsistent, but finally we have clear guidance to work from.

The booster programme now set out is virtually identical to that suggested in our July newsletter.

The Booster programme will use one dose of the Pfizer vaccine in the first instance (a half dose of Moderna vaccine is also approved).

Those with allergies to the Pfizer and Moderna vaccines can be offered the AstraZeneca vaccine, but there is no local stock as of yet

JCVI priority groups 1-9

1. residents in a care home for older adults and their carers
2. all those 80 years of age and over and frontline health and social care workers
3. all those 75 years of age and over
4. all those 70 years of age and over and clinically extremely vulnerable individuals
5. all those 65 years of age and over
6. all individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7. all those 60 years of age and over
8. all those 55 years of age and over
9. all those 50 years of age and over

COVID Vaccination Clinics

We will continue to offer first and second doses to those who are now due.

Vaccines have significantly decreased hospitalisation and death rates and we encourage everyone to take up the offer of first/second doses and boosters when offered to you.

You may be contacted by the National Booking Programme, but we will also contact you in turn for your vaccines, and hopefully, vaccine permitting, will administer boosters as quickly as possible.

You can check updates for clinics on our Instagram and website.

Instagram: @lambtonroadmedicalpractice
Website: www.lambtonroadmedical.nhs.uk/

Vaccine Data Resolution Service

A new Vaccine Data Resolution Service (VDRS) has been set up to resolve missing or incorrect vaccination record for people vaccinated in England who have an NHS number. If you believe you have missing or incorrect COVID-19 vaccination data, please call 119 and ask the call agent to make a referral to the VDRS team.

COVID Vaccinations for 12-15 year olds

The Pfizer vaccine (a single dose) is now recommended for **healthy 12-15 year olds**. These vaccines will be given by the Schools vaccine programme.

Some children in this age group who are classified as 'at risk' have already been vaccinated.

COVID Vaccinations for 16-17 year olds

16 and 17 year olds will continue to be offered one dose of the Pfizer vaccine. The Schools vaccine programme will soon take over vaccinations for this group.

Volunteers

The COVID Vaccination clinics need significant organisation. The Merton Mutual Aid Group are recruiting for volunteers to help with setting up COVID vaccination hubs, directing patients and handing out admin forms. If you feel able to help, please use the contact details below.

Alex Fisher
07491 901624

Zaline Iqbal
07979 524321

Email
vst@mertonmutualaid.co.uk



Flu vaccine

Every Autumn we encourage all over 50s and patients in 'at risk' groups to take up the offer of a flu vaccine.

Every year flu claims 20,000 lives so the potential combination of flu and COVID circulating is not a good one.

As there were relatively less flu cases last year, (attributed to social isolation), many predict a bad flu outbreak this year.

We encourage everyone who is eligible to have a free flu jab, and as children, now back at school are 'super-spreaders', please vaccinate your children too. The flu vaccine is given to children as a nasal spray, not an injection.

Those aged 2-3 will be recalled by the surgery - other children will be offered this at school.

Appointments

Please do **not** visit the surgery if you suspect you have COVID.

Symptoms of the Delta variant are now quite mild at times i.e. a runny nose, headache, sore throat and cough - if you have any of these symptoms, please organise a PCR test for yourself.

We will continue to have telephone triage appointments, but throughout the pandemic we have always offered face-to-face consultations. If your clinician asks you to come in, please be assured you will be safe.

We will ask you to wear a mask, wash/sanitise your hands and observe social distancing in all health care settings.

Please ensure your contact details are up-to-date - there is a form on the website under 'Reception and Enquiries' to fill out.

Please encourage all of your friends and family to take up the COVID and flu vaccines on offer, as they appear to be the best way to keep us all healthy and give the NHS capacity to try and get back to 'normal working'.

Useful Resources

Mental Health

Merton Uplift

A free service supporting anyone who has a mental or wellbeing need, whether this is due to emotional difficulties such as anxiety or depression, or life stressors.

Website: <https://www.mertonuplift.nhs.uk/>

Telephone: 020 3513 5888

Kooth

A free online counselling and emotional wellbeing support service, exclusively for people aged 11-22 years living in Wandsworth.

Website: <https://www.kooth.com/>



Breast Cancer awareness month October 2021



1 in 7 women in the UK will be diagnosed with breast cancer in their lifetime. Early detection can save lives, so it's important to have regular breast screens when offered by the NHS.

Find out more about breast screening here:

<http://www.cancerresearchuk.org/about-cancer/type/breast-cancer/about/screening/who-is-screened-for-breast-cancer>

Sexual Health

South West London Sexual Health

Provides useful details on sexually transmitted infections (including treatment) and contraception. The nearest clinics are at the Patrick Doody Clinic and Wide Way Medical Centre.

Website: <https://shswl.nhs.uk/>

Wolverton Sexual Health Kingston

Provides a free, comprehensive and confidential sexual health service in Southwest London to all ages.

Website: <http://sexualhealthkingston.co.uk/>

Telephone: 020 8974 9331

NHS Stoptober

Challenge yourself for 28 days to stop smoking and start breathing easier. Giving up smoking has many benefits and it's never too late quit.

The NHS Quit Smoking app helps you track your progress and access daily support.

With best wishes,

Penny Smith Senior Partner

Penelope E Smith

