

PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership
Newsletter March 2021 Edition



COVID-19 Vaccination

As lockdown restrictions begin to lift, many of us are looking forward to seeing family and friends and getting back to activities we've missed over the last year. Although the vaccine is being rolled out ever more widely, we'll still need to follow current government guidance on social distancing, washing your hands, and wearing a face covering to help keep each other safe.

The Practice is currently offering first dose COVID-19 vaccinations to all patients aged 50 and above.

If you receive a text message from the Practice but have already booked a vaccination appointment elsewhere, please respond and let us know to avoid multiple contacts from the Surgery and help us to save NHS resources. This will *not* cancel or affect the appointment you have already booked at a mass vaccination site.

In addition to our first dose programme, we have also started vaccinating patients with their second dose for those that received their first immunisation 11-12 weeks ago. If you received your first vaccination with the Practice but have not yet received your second appointment, please be reassured you will be contacted either by text message or phone call to book your appointment about 1-2 weeks prior to your 12 week due date. For all those that received their first vaccination with an alternative provider, you will receive your second appointment with them.

We are pleased to share that over the next couple of weeks we will be visiting all of our Carehomes to administer the second dose of the vaccine to all residents and Carehome staff.

We understand that people are anxious and keen to be vaccinated but please if you are in a priority group we ask for your patience, we will be in touch.

Requests to bring second dose vaccinations forward

We have been asked by a number of patients wanting to have their second vaccination early because they are planning to travel once lockdown eases.

Public Health England state there are no circumstance under which vaccinations can be brought forward for reasons of travel for business or holiday. The only circumstances are in relation to clinical decision making regarding clinically extremely vulnerable cases.

Medicines and Healthcare products Regulatory Agency statement on Astra Zeneca vaccine

[Statement from MHRA](#) following a review of data around the Astra Zeneca vaccines and concerns around blood clots.



Lockdown rules for England from 29 March



Stay local as much as possible - continue to work from home if you can and keep journeys to a minimum



Six people or two households can meet up outside, including in private gardens



Outdoor sports facilities and open-air swimming pools are allowed to reopen



Non-essential shops, gyms and entertainment venues closed



Pubs and restaurants closed, but takeaway food permitted



Holidays abroad still banned

Patient Participation Group (PPG)



"Your PPG - let us know what you think"

You may not have heard much from the PPG recently but the Committee have continued to meet with the Practice every 6 weeks via Zoom.

The Committee members welcome feedback from all patients to help improve services provided by the Practice.

If you would like to get in touch please email:

ppgboam@gmail.com

The PPG are currently recruiting a **Treasurer** to join their Committee. Further details can be found on our Practice website.

To protect you from coronavirus, your GP practice will try to help you remotely and then see you face-to-face if needed.



ARE YOU A CARER?

Carers support family members & friends in many ways...



Household chores



Emotional Support



Personal Care



Physical Assistance



Finances



Communicating



Health



Carers Support

Are you currently helping to look after a relative, partner, friend or neighbour who cannot manage at home without extra support or help, due to a disability, illness or because they are elderly or frail?

Are you a child or young person aged 5-25 whose life is affected by caring for a parent, grandparent, sibling or close relative?



MIMI



JANE



Please contact the Surgery so we can make sure that we offer you the right kind of support. Mimi and Jane, our Carers Representatives, are able to provide help and information for all carers.

You can register as a carer by [clicking here](#), or calling **01225 866611**.



Carer Support Wiltshire have launched a new carer support hospital liaison service that will support carers while their loved ones are in hospital and help ease the current burden on hospitals. [Click here](#) to read about the service.

Maternity Services

To ensure you get the tailored care you need throughout your pregnancy, it is important that you contact your Midwife at your local Maternity Unit as soon as possible. The following units are open and available to support you during your antenatal and postnatal care:

Trowbridge Maternity Unit - 01225 711314 (08:00-13:00 Mon-Fri except bank holidays)

Chippenham Birth Centre - 01249 456434 (09:00-13:00 Mon-Fri except bank holidays)

Frome Birth Centre - 01373 454763

Your Midwife will arrange a 'booking' telephone appointment for when you are about 8-10 weeks pregnant. This is important so that they are able to carry out screening tests and book your scans in good time.

Breast Screening

Public Health England urge women *not* to delay their mammogram appointment due to having the COVID-19 vaccination.

The vaccine that prevents COVID-19 can cause swollen lymph nodes under the arm in which the immunisation was given. Your lymph nodes are part of your body's germ-fighting immune system. The swelling in the lymph nodes is a sign that your body is responding to the vaccine and building up defences against the virus that causes COVID-19.

If lymph node swelling is found on your mammogram and you've recently received the COVID-19 vaccine, the Doctor who interprets your mammogram images (radiologist) will consider this when recommending whether additional imaging or follow-up is needed.



Autism is a lifelong developmental disability which affects how people communicate and interact with the world.

For advice and guidance or how to get involved to help raise awareness [click here](#).