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February 2021

## Patient Participation Group News

### The Covid-19 Vaccination Programme

We are really pleased to announce that the vaccine programme is rolling out well and we have now vaccinated 2038 people. We are aware that there is hesitation to receiving the vaccine and therefore to increase the uptake from the Black and Minority Ethnic (BAME) communities we are working in partnership with Council for Mosques and other stakeholders to hold pop up clinics at the Bradford Central Mosque. This created a lot of publicity and we were featured in various newspapers and TV news/current affairs programmes.

<https://www.itv.com/news/calendar/2021-02-17/bradford-central-mosque-latest-mosque-in-yorkshire-to-become-vaccination-centre>

<https://www.thetelegraphandargus.co.uk/news/19100364.pictures-bradford-central-mosque-becomes-covid-19-vaccine-centre/>





**NHS**

## The NHS Covid-19 vaccination programme – key facts

### 1. The vaccines are safe

The vaccines have been thoroughly tested to make sure they are safe and effective. They have been approved by the Medicine and Health Regulatory Authority, an independent body that follows international standards of safety, and they have gone through the same clinical trials and safety checks as all other licensed medicines.

Millions of people in the UK have had a Covid-19 vaccine and reports of any serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

### 2. People at greatest risk from Covid-19 are being offered vaccinations first

The NHS is following the advice of the Joint Committee on Vaccination and Immunisation (JCVI) to make sure those at greatest risk from Covid-19 are vaccinated first. This aims to prevent deaths from Covid-19 and reflects the fact that the single greatest risk of death from COVID-19 is age.

So far, vaccinations have been offered to people in care homes, those aged 70 and over and people who are classed as clinically extremely vulnerable, plus frontline health and care workers. Once these groups have had their first vaccinations, we will move through the other groups, which are mainly in order of age.

### 3. The NHS will contact you when it is your turn for a vaccine

The NHS will let you know when it's your turn to have the vaccine. Please help us to vaccinate everyone as quickly as possible by not contacting the NHS for a vaccination before then.

We will be working through people in the order recommended by the JCVI and you will be contacted by your GP practice or receive a letter from the NHS national booking system when it's your turn.

### 4. Vaccines teach your body how to fight the virus

Vaccines teach your body how to fight a virus. They do not alter your DNA or genetic material and you cannot catch the virus from them.

The Covid-19 vaccines work by making a protein from the virus that helps to create protection. These proteins work in the same way they do in other vaccines and cause the immune system to make antibodies and cells to fight the infection.

### 5. You need two doses, up to 12 weeks apart

People need two doses of the vaccines to give them the maximum amount of protection. This helps to build up better protection against Covid-19 symptoms. The second dose should be given 10-12 weeks after the first vaccination. If you don't have your second dose you will not be as well protected as you could be.



## **6. The vaccines won't give you Covid-19**

You can't get Covid-19 from having the vaccine. It is possible to have caught Covid-19 and not realise you have the symptoms until after your vaccination, but the vaccine cannot give you the virus.

Some people may experience side effects such as a mild flu like symptoms, an aching arm or a headache. This is normal and can be treated with paracetamol. If you have any other Covid-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. If you are concerned about your symptoms, you should call 111 or speak to your GP.

## **7. The vaccines do not contain any animal or foetal products**

There are no foetal cells or animal products whatsoever in either of the Covid-19 vaccines. These have been approved as halal by Muslim leaders and leaders of the Hindu and Jewish faiths have also endorsed the vaccines.

## **8. There are a range of places where you can get your vaccination**

Vaccines are being offered in a range of settings. These include local vaccination centres run by GPs, hospitals and community pharmacy centres. There are also four large vaccination centres in Bradford, Huddersfield, Leeds and Wakefield. People who are housebound will be contacted by their GP to arrange a vaccination at home.

When it's your turn for a vaccination, you will be contacted by the NHS to book an appointment at one of these options. Please help us to vaccinate everyone as quickly as possible by not contacting the NHS for an appointment until you are asked to do so.

## **9. You still need to follow the safety guidance after receiving your vaccine**

The vaccines should protect you from becoming seriously ill with Covid-19. However, we do not know yet whether they will stop the virus spreading so even if you have had a vaccination, you might give it to someone else.

It is very important that you still follow the national guidance to help protect lives – particularly washing your hands, wearing a mask and keeping 2m apart.

## **10. The vaccine is free**

The Covid-19 vaccination is only available through the NHS to eligible groups and it is a free vaccination.

You cannot pay to receive the Covid-19 vaccination privately. If you are asked to pay for a vaccination, this is a crime and should be reported to the police online or by calling 101.

## **11. You will receive your vaccine from a fully-trained vaccinator**

It is not just nurses who can provide vaccinations. There are a wide range of staff delivering the Covid-19 vaccines to make sure people can get one as quickly as possible. Everyone giving the vaccinations has received full training and is qualified to do so.

## The Plan for Easing the Restrictions

<b>MAR 8</b>	<b>STEP ONE A</b>	<b>MAY 17</b>	<b>JUN 21</b>
	<ul style="list-style-type: none"><li>● Schools re-open, childcare allowed</li><li>● One plus one social meetings outdoors</li><li>● One visitor to care home residents</li><li>● Stay at home stays in place</li></ul>		<ul style="list-style-type: none"><li>● Non-essential retail, personal care premises, hairdressers and nail salons, libraries, gyms, zoos and theme parks can reopen</li><li>● Pubs and restaurants can reopen outdoors. No need for substantial meal, no curfews</li><li>● Wider social distancing rules continue</li><li>● One household can stay at a cottage or holiday let</li></ul>
<b>MAR 29</b>	<b>STEP ONE B</b>		 <ul style="list-style-type: none"><li>● Rule of Six will be dropped outdoors</li><li>● Two households can meet indoors</li><li>● Hotels, cinemas, soft play areas re-open</li><li>● 1,000 people or half full permitted at indoor sports venues. Outdoor venues 4,000 people or half full. 10,000 allowed at Wembley</li><li>● International travel possible</li><li>● Review of social distancing</li><li>● Review of certificates for jabs, tests</li></ul>



## **New Project – Building Bridges**

As you are aware we are working in partnership with the Yorkshire Air Ambulance Charity to develop a programme of activities for our patients across our 4 GP Practices.

The first meeting was held on 4<sup>th</sup> February, Naz and Juraj from the PPG attended the meeting where we looked at various ideas of activities and development of the project. The next meeting is on 4<sup>th</sup> March at 4pm which will be held remotely. Do let me know if you are able to attend then I can send you the meeting log in details. However, if you cannot attend but would like to contribute to this project please let me know your ideas which can be included in the planning. For instance, it would be good to know:

- what activities you would like to see
- if you can help run any of the activities
- Attend planning meetings.

The activities are likely to be mainly arts and crafts and all the activities will be run in the local community venues. The programme will hopefully start delivering in October 2021 when hopefully it will be safer to do so.

The aims of the whole project is to:

- To help reduce isolation and loneliness
- To help reduce stress and tension
- To help increase confidence, self- esteem and skills
- And of course have lots of fun, by bringing the community together
- All the activities will be evaluated and monitor throughout

The Yorkshire Air Ambulance Charity will apply for funding to run the activities.



## **The Phone Lines**

Please help us, to help you!

We receive 500 – 1000 calls a day which is overwhelming our phone system and causing delays in answering all calls. We understand that there are issues, which is mainly connected to the call volume and staff issues during the COVID pandemic. We know how frustrating this is so we are working on a new call centre type phone system for our patients with a reliable call queue and signposting to other services when appropriate.

In the meantime, please use the e-Consult on our website if you can, as this will free up the phone lines for the patients who don't have online access and use online access to order repeat medication and book telephone triage appointments.



The e-consult enables us to offer online consultation to our patients. This allows patients to submit their symptoms electronically. There is also around the clock NHS self-help information, signposting to services and symptom checker. To access the e-consult please [click here](#)



## International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities

The campaign theme for International Women's Day 2021 is '**Choose To Challenge**'. A challenged world is an alert world. And from challenge comes change. So let's all #ChooseToChallenge.

## Bradford International Women's Day Event



International  
Women's Day

#ChooseToChallenge

Wednesday 10th March 2021

Via Zoom

Time: 10.30am-12.30pm

To book your place contact Yazmin

Email: [yazmin@cnet.org.uk](mailto:yazmin@cnet.org.uk)  
or [contact@cnet.org.uk](mailto:contact@cnet.org.uk)



### Inspirational Speakers:

- Furaha Mussanzi – Centre Manager, Millside Centre
- Helen Hirst – Chief Officer, Bradford & Craven CCG
- Michelle Taylor – Policy Officer, Office of the Chief Executive, Bradford Council
- Selina Ullah – Director, Bradford Teaching Hospitals NHS Foundation Trust
- Sofia Buncy – National Co-ordinator, Muslim Women in Prisons Project.

### Activities:

- Gentle Exercise and Energize
- Breathing and Mindfulness

### Talking Heads Clips Including:

- Bradford and District Healthwatch
- Pennine Breast Screening
- Domestic Abuse Team Bradford Council
- Bradford Fairtrade Zone
- West Yorkshire Police
- Mind in Bradford



Celebrating  
women's  
achievements

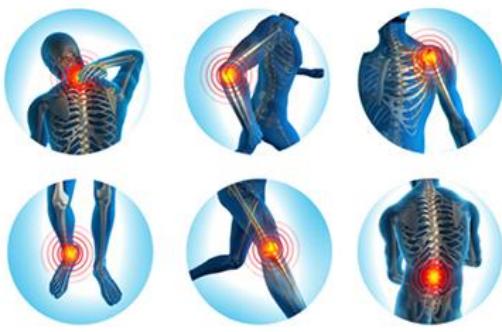


#IWD21 #WHN #ChooseToChallenge

## New services at Kensington Partnership

We are pleased to offer additional services to our patients. The patients can now book appointments with our Physiotherapists and Dietitian.

These professionals are qualified and experienced to help with pain management and healthy life styles.



## Introduction to our one of our Physiotherapists



My name is Ishita Newton and I am a musculoskeletal specialist physiotherapist with over 18 years of experience with working in the NHS and in private practice. I have treated patients with a wide range of issues from back, neck, knee and shoulder pain to fractures, sports injuries and post-surgery rehabilitation.

I am passionate about providing the right care at the right time to people and strongly believe in early intervention to reduce recovery time and to improve quality of life. First contact physiotherapy works to accomplish this purpose. Patients can get direct and speedy specialist advice, so don't struggle with those aches and pains any longer, contact us and take the first step towards recovery. Our dedicated reception staff will be able to book your appointment directly with the First Contact Physiotherapist (FCP).

Here is testimony from one of our patients who have been using this service:  
Saheda Hafezee of Kensington says:

*'Very pleased with the turnaround time to being seen within one week of having symptoms.  
Good consultation with care to listening. Thank you'*

**census**  
2021

# Helping everyone take part in **Census 2021**

**The census is happening in March 2021.  
By taking part and encouraging others to do  
the same, you'll help make sure you and your  
community get the services you need.**



## What is the census?

The census is a survey that happens every 10 years and gives us a picture of all the people and households in England and Wales.

Local councils, charities and many other organisations use census information to decide how to spend billions of pounds on services every year.

This includes spending on transport, education and healthcare. To make sure this money is spent where it's most needed, it's important that the census counts everyone.



## Your support matters

We understand that building good relationships with communities means more people will want to take part in the census.

We also understand that no one knows your community better than you. Support from trusted local leaders and community representatives will be vital in helping people take part.

## Building community links

We need your help to reach the widest possible audience for Census 2021.

Our local community engagement staff will be on hand throughout the census with resources, advice and practical support that helps everyone to take part.



## Knowledge

You have a unique understanding of your community's interests and the challenges it faces. This knowledge allows us to plan support that help everyone take part.

## Awareness

Your community links can help us spread the word about what the census is and why it matters to everyone. This will build trust in the census and increase support.

## Access

Your networks can help us reach people in your community who need support to take part. This will make sure they're included.

## Find out more

Find out more about working together to support your community.

Read more about the census at [www.census.gov.uk](http://www.census.gov.uk)

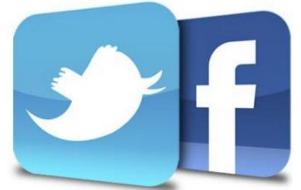
Follow the census @Census2021



For further information about the census please contact Arshad Hussein:  
Email: [arshad.hussain55@field.census.gov.uk](mailto:arshad.hussain55@field.census.gov.uk) Tel: 07452945952

### **Website and Social Media**

We continue to update our website, [Facebook](#) and [Twitter](#) accounts. Please like and follow us on social media and any feedback will be much appreciated.



### **Newsletter**

The next patient newsletter will be produced in March 2021. If you would like to contribute to the next newsletter please let me know as soon as possible

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