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April 2021

Patient Participation Group News

Hello Everyone

Hopefully It will not be long before we can meet in person. Here is the latest news and some information of interest.

New Telephone System

We are pleased to announce that the telephone system was installed on 25th March and it is performing well. Whilst patients are waiting in the queue to get connected to our receptionists we are playing health and self-help messages. Please let us know your views.

The Covid-19 Vaccination Programme

The vaccination programme is going well and we have managed to vaccinate 2,483 people. We are continuing to work towards increasing uptake. Currently we are working in partnerships with Bradford Council, CCG and the Race Equality Network and have jointly organised pop up clinics to encourage more people to get vaccinated. We are also ringing people who are unsure of the vaccine to talk through their concerns and encourage them to take up the vaccine.

Oxford AstraZeneca vaccine - New Guidance

This follows further reviews by the independent regulator, the MHRA, and the Commission for Human Medicines, of a very small number of people in the UK who have developed a rare blood-clotting condition since having the Oxford AstraZeneca Covid-19 vaccine.

The MHRA and Joint Committee for Vaccinations and Immunisations have emphasised that the risk of this condition is extremely small and that the benefits of the vaccine outweigh the risks for the vast majority of people. They have recommended that:

- Everyone who has had the AstraZeneca vaccine should still have a second dose of the AstraZeneca vaccine, irrespective of age, unless they have had a blood clot or have an existing risk of thrombosis (blood clotting)
- People aged 30 and over or who have a health condition that puts them at higher risk of severe Covid-19 disease should still be offered the Oxford AstraZeneca vaccine. The benefits in protecting them against the serious consequences of COVID-19 outweigh any risk of this rare condition.
- People aged 18-29 who do not have a health condition that puts them at higher risk of severe Covid-19 disease will be offered an alternative Covid-19 vaccine where available. (This has been recommended as a precaution as people under 30 are at less risk from Covid-19 and not because they are considered to be at particular risk of developing the rare blood clot.)
- People under 30 can still choose to have the Oxford AstraZeneca vaccine if this will mean they can be protected more quickly and they have been made aware of the guidance.

Please see the leaflet below that has been produced by Public Health England and the NHS to answer any questions you may have.

Please access the leaflet here: [COVID-19 vaccination and blood clotting](#)

Easing of Restrictions

The relaxing the restrictions are progressing well and now can enjoy some of the freedoms safely.

City of BRADFORD METROPOLITAN DISTRICT COUNCIL **COVID-19 RESPONSE** **Roadmap out of lockdown**

From 12 April 2021...

Step 2

- All Retail
- Outdoor Hospitality
- Personal Care
- Libraries & community centres
- Indoor Leisure
- Children's Activities
- Self Contained Accommodation
- Outdoor Attractions
- Funerals, wakes, weddings, receptions

HANDS FACE SPACE 2 metres FRESH AIR

Is key to keeping us all safe.

Building Bridges Project

This project with the Yorkshire Air Ambulance Charity is progressing well. We have had a few responses from the google survey for the activities. Currently the popular activities are: Arts and Crafts, Cooking and Sewing.

The google survey is still available for you to complete:

[Click here to complete the questionnaire](#)

Bowel Cancer

The Bowel Cancer is the second biggest UK's killer cancer. It is treatable and curable, especially when diagnosed at an early stage. Early diagnosis for Bowel Cancer and any other type of cancer saves lives. This is the reason why April has been set aside to raise awareness of Bowel Cancer symptoms.

Some of the common symptoms of bowel cancer include:

Bleeding from the bottom and blood in stool
Persistent unexplained change in bowel habit
Sudden unexplained weight loss
Being easily fatigued
with no obvious reason or cause
Pain or a lump in the tummy.

If you have any of these symptoms, please contact us.

IBS Awareness Month

April is Irritable Bowel Syndrome (IBS) awareness month. You can click on this link <https://gutscharity.org.uk/> to get more information about the syndrome, its symptoms, current treatments and self-help ideas.

Kensington Partnership have an in-house Dietitian, Charlotte Savory who can help you manage your symptoms'.



Equality Together

A free service for any over 55's in the Bradford area who would like to learn how to use digital devices. For more information, get in touch with worth connecting on: Call 01274 449660 Email info@worthconnecting.org

[Home - Equality Together](#)

Ramadan Mubarak

Ramadan is the ninth month of the Islamic calendar.

The Ramadan Started on Tuesday **13th April** will end on 13th May.

During the month of Ramadan healthy Muslims are expected to fast and they won't eat or drink during the hours of daylight. Children are not expected to fast until they reach puberty, usually around the age of 14.

Iftar is the evening meal with which Muslims end their daily Ramadan fast at sunset.



Advanced Practitioners

This is a video from Helen Beaumont –Waters who talks about her experiences as Advanced Practitioner at Kensington Partnership. Advanced Practitioners play crucial role at Kensington Partnership to support the practice and help patients.

[Helen Beaumont-Waters - Advanced Practitioner - YouTube](#)

Training

FREE and exciting new training course which is suitable for anyone, who lives or works in the Bradford District, wishing to better understand their own health and the health needs of their family and friends. The Royal Society of Public Health (RSPH) Health Awareness Training will help you to make healthy lifestyle choices for your health and wellbeing and also better understand what services are available to support health and wellbeing.

RSPH Level 1 Health Awareness training is ACCREDITED and will take place **online** over 3 sessions (dial in details to follow). Dates for our next courses are as follows:

Course Code: RSPHHA005	Course Code: RSPHHA006
09.06.21: 10.00am – 12.30pm 16.06.21: 10.00am – 12.30pm 17.06.21: 10.00am – 12.30pm Short assessments will take place week commencing 21 st June at a mutually convenient time.	06.07.21: 10.00am – 12.30pm 13.07.21: 10.00am – 12.30pm 14.07.21: 10.00am – 12.30pm Short assessments will take place week commencing 19 th July at a mutually convenient time.

If this course is suitable for you and you would like to book a place, please email your contact details including full name, contact telephone number and email address, to:

kate.gledhill@bradford.gov.uk / Lydia.Worton@bradford.gov.uk

Or alternatively phone:
07582 102496 / 07582 103147

Website and Social Media

Please like and follow us on social media and any feedback will be much appreciated.

[Facebook](#) [Instagram](#) [Twitter](#)



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