

Your Health

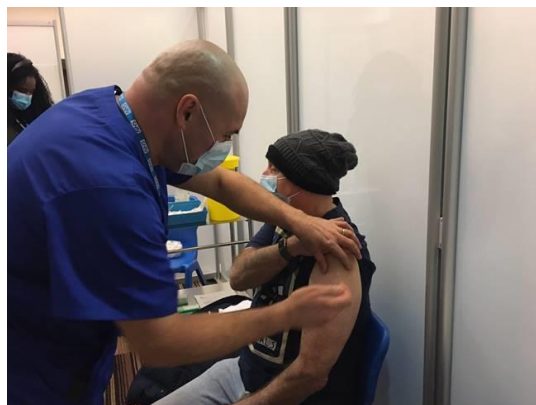
Update for patients and the public in Berkshire West
(Includes West Berkshire, Wokingham and Reading)

March 2021



Lifelong Reading FC fan Michael Hinton, became the first person to get a Covid jab at the mass vaccination site set up at the Madejski Stadium – home of the Royal’s footballers.

Since Michael, 69, and his wife Karen, from Woodley visited the site, the clinicians there have jabbed thousands of other local people in the 65–69 years cohort. Once people have received an invitation, they can book via the NHS national booking service, either by ringing 119 or visiting the dedicated website [here](#).



Earlier eligible groups who have not yet taken up a vaccination offer, can also book an appointment at the centre. This includes those aged 70/80+, as well as front line health and social care workers and those who are clinically extremely vulnerable.

Teams from Berkshire West Clinical Commissioning Group (CCG) and Royal Berkshire Fire and Rescue Service (RBFRS) worked with their Oxford Health colleagues to set up the site.

Dr Abid Irfan Chair of Berkshire West CCG said: “It’s great that we have this mass vaccination centre now up and running in Reading. It means we’ll be able to deliver the jabs at pace and this will play a critical role in the vaccination programme, which has been working so well across Berkshire West since the first sites came on stream in December.

“The Madejski Vaccination Centre also means our primary care teams will now be able to devote more time to the other healthcare needs of their patients. We’ve all worked incredibly hard to make sure our surgeries continue to provide the wide range of health and care services people need at the same time as rolling out the vaccination programme,” Dr Irfan added.

Speaking after his jab, Michael said: “the whole thing’s been brilliant. Very straightforward and very nice friendly people all along the way, from the minute you arrive at the car park.

“They talked me through it all before giving me the jab and I honestly didn’t feel a thing. They then made sure I was feeling ok before I left. The whole thing was so well done. And it was brilliant for it to be happening at the Madejski. I love the Royals to bits, my father used to take me when I was younger to the old pitch at Elm Road and now I’m here having my Covid jab at the Madejski, it’s just been a really great experience.”

Another football fan, Wokingham GP Dr Amit Sharma, joined Reading players Michael Morrison and Josh Laurent to encourage people to have the jab when it’s their turn.

Michael said: "We're really grateful for all the fantastic work NHS staff have done throughout the coronavirus. Members of my family have had the vaccine. The sooner we are all protected from coronavirus the sooner we can go back to doing all the things we want to and for me that means playing in front of the fans."

And Josh added: "If you have family and friends who have been contacted then please ask them to get it done. If everyone gets it then hopefully we can all start making plans to meet up and our fans can get ready to come back and watch us because we really miss them when we're playing. The atmosphere in the stadiums isn't the same without the supporters."



Reading FC player Michael Morrison and Dr Amit Sharma

Dr Sharma produced this [short video](#) aimed at sports fans and encouraging them to do their bit to ensure as many people as possible get the jab.

Days later former Prime Minister Theresa May had her jab administered by Swallowfield GP Dr Debbie Milligan last week, and she too urged others to have the vaccine when it was offered.

"When it's your turn, please take the vaccine. Only by protecting each other can we defeat this virus," said Lady May.

She went on to praise all the 'brilliant researchers, volunteers, NHS and military personnel for their truly heroic efforts' in rolling out the vaccination programme."



There's information here about vaccination for unpaid carers [available here](#).

Covid-19: Vaccinations of cohorts 1 - 4 across Berkshire West

<div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Nearly 95% of our over 80's population vaccinated </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Care homes 100% of care homes visited </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Nearly 95% of our over 75-79 population vaccinated </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Nearly 95% 70-74 year olds & clinically extremely vulnerable vaccinated </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> If you are over 65 and still haven't had your vaccine please do come forward. </div> <div style="background-color: #0070C0; color: white; padding: 5px;"> We are now offering the vaccine to 65-69-year-olds, carers and adults with underlying health conditions aged between 18 and 64. All those eligible can book at www.nhs.uk/covid-vaccination or call 119 free of charge, between 7am and 11pm seven days a week. </div>	<div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> All frontline Health & Social Care workers - offered the vaccine </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Vaccination centres 1 Large vaccination centre 2 Hospital hubs 12 GP-led hubs 1 Pharmacy site </div> <div style="background-color: #0070C0; color: white; padding: 5px; margin-bottom: 5px;"> Projected vaccine uptake Everybody in cohorts 1-4 offered a vaccine </div> <div style="background-color: #0070C0; color: white; padding: 5px;"> Hands Face Space Remain important rules to follow even if you have been vaccinated, as you may still be able to spread COVID to others. </div>
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Based on data from NIMS, up to 01.03.21.

Buckinghamshire, Oxfordshire and Berkshire West Integrated Care System

For more advice
www.buckinghamshireccq.nhs.uk

Older People and digital GP access

South Reading Patient Voice is holding an event to unveil the results of research they carried out into 'What older patients think about digital access to their GP surgery'. It's on Wednesday 17 March from 10-11.30am. The group carried out the survey in partnership with Reading Voluntary Action and Berkshire Community Foundation and they will jointly present the results of the survey, discuss and review suggested actions. Register [online here](#).

Children's Mental Health Survey

A survey looking into ways to access the Children and Adolescent Mental Health Service (CAMHS) is currently running here: <https://survey.zohopublic.eu/zs/w2Bzlu>. It's being run by Healthwatch West Berkshire and closes on 31 March. The findings will be shared at the West Berkshire Health and Wellbeing Board later this year.

RBH supports drugs trials

Oxford University researchers are assessing the results of a four-week clinical trial which was carried out at the RBH last month to test whether a drug called Almitrine can help people who are seriously ill with Covid. The Hospital was one of three centres carrying out the research on around 116 patients – the other two were the John Radcliffe in Oxford and University Hospital of Wales. The trial team hopes that administering Almitrine to Covid patients will reduce the amount of other respiratory support the patient needs.

Healthcare Science Week

It's Healthcare Science Week this month, aimed at encouraging more school pupils to consider a career in this area of work. Chief Medical Officer Janet Lippett fronted a video showcasing the role that science plays in healthcare from frontline testing of patients to interpreting new technologies and introducing them into patient care. The film, which is being shared with local schools, also highlights vital work being done in cardiology, respiratory and audiological science.

<https://youtu.be/eMRX1nJVrO8>

Thames Valley Cancer Alliance

The Thames Valley Cancer Alliance is keen to hear from people who have had cancer, or their relatives or carers, to help improve services in the region. Please contact Lisa Cox, the patient engagement and experience lead on 07900 715074 or l.cox7@nhs.net.

Hospital's special delivery

If you have a family member or friends at the RBH and want to send them a message you can now download a card, personalise it and send back to the hospital for distribution. The online service complements the phone and virtual visiting via iPads which are available for patient use on all the wards. Further details are available [on their website](#).

Doctor's book hits bestseller list

A leading pain consultant from the Royal Berkshire NHS Foundation Trust has published a major new book today offering a set of techniques to enable people to overcome chronic pain

"The Pain Free Mindset" by Dr Deepak Ravindran, a Consultant in Anaesthesia, Pain and Musculoskeletal Medicine, shows people how to live pain free and outlines seven key steps to understand and take control /overcome chronic pain. Using these steps, they can build a blueprint for themselves which they can go ahead and implement and when to reach out for a GP or specialist input. The book made No.1 on the Bestseller Lifestyle list just days after it was released last week

Special support for women planning pregnancy

New support resources for women who are managing a severe mental illness (SMI) and are planning a pregnancy have been released and aim to help them make informed decisions about when to get pregnant, what to watch out for and how to treat their condition during and after pregnancy.

The resources include;

- new [online information and support hub](#) for anyone with SMI planning a pregnancy, as well as
- practical [guidance for the frontline healthcare professionals](#) who support them.



Tommy's have also updated the [Planning for Pregnancy tool](#) so that users with severe mental illness get specific tailored advice.



Forbury Gardens Service

A new service has been set up in response to the incident that happened in Reading's Forbury Gardens, last June in which three men lost their lives.

It's being provided by Berkshire Healthcare NHS Foundation Trust Traumatic Stress Service and Victims First and offers screening, active monitoring, clinical assessment and psychological treatments. For further information please visit: www.victims-first.org.uk/forburygardens.