



Nevells Road Surgery

Patients Newsletter

Issue 18: October to December 2021

Welcome

This quarterly newsletter is produced by volunteers on the surgery's Patient Participation Group (PPG). We hope you will find it useful and informative.

Any patient at Nevells Road Surgery is welcome to join the PPG. You can join as an email-only member, or you can choose to attend our quarterly meetings, via zoom or in-person.

If you might be interested, drop us an email at NevRoadPPG@gmail.com.

Long-term effects of coronavirus (long COVID)

For some people, coronavirus (COVID-19) can cause symptoms that last weeks or months after the infection has gone. This is sometimes called post-COVID-19 syndrome or 'long COVID'.

Many people feel better in a few days or weeks and most make a full recovery within 12 weeks. But for some people, symptoms can last longer - and this does not seem to be linked to how ill you were with COVID-19 itself.

You can find more information to support your recovery on the Your COVID Recovery website at www.yourcovidrecovery.nhs.uk. This site is also useful for friends, relatives and carers of people experiencing long COVID.

Covid-19 booster vaccination

Covid boosters for patients of Nevells Road Surgery are now underway at the hub near Sainsbury's.

If you are eligible, you will be contacted to make an appointment 180 days after your second jab. There will be two stages:

Stage 1

- frontline health and social care workers
- all adults aged 70 or over
- adults aged 16 and over who are immunosuppressed or clinically extremely vulnerable
- those living in residential care homes for older adults

Stage 2

- all adults aged 50 and over
- adults aged 16 – 49 who are in an influenza or COVID-19 at-risk group
- adult household contacts of people who are immunosuppressed

Not sure whether to have a booster? Remember that Covid-19 has not gone away. So please continue to play your part in helping to stop the virus spreading.

Flu vaccine

Patients aged 65+ or 18-64 with underlying health conditions, or carers are being invited to the following walk-in sessions:



Surname N – Z
Saturday 9 October 8-11am

Surname A – M
Saturday 16 October 8-11am

If you are unable to attend these dates you can join the 50 to 64 year-olds session at a date to be advised in late October/early November.

Housebound patients will be visited by a nurse. Please wait for the surgery to contact you.

Eligible children will be sent an appointment.

Pregnant patients should ask their midwife who will be able to give the flu vaccine, or attend one of the walk-ins.

The surgery will have enough doses of the flu vaccine to meet the expected need, so please use the surgery if you can.

If the surgery does not use all its doses, it will suffer a financial loss.

Instructions for walk-in flu vaccines

- Join the queue at the rear of the surgery building
- Don't drive into the rear carpark
- Wear a short-sleeved top, and remove your coat / top layers when you enter
- If possible please wear a face mask
- Once vaccinated, follow the arrows to exit at the front of the building
- Wheelchair users please alert the marshal

Mental Health – self referral for help

This is a time of increased anxiety for many people. You do not need to see your GP first before accessing the following:

- **Herts Help** – a signposting and advice service which can direct people to the right support - 0300 123 4044 or email info@hertshelp.net
- **Hertfordshire Mind Network** crisis helpline – 01923 256 391
- **NHS HPFTs** Single Point of Access for Herts resident with a mental health problem: 0300 777 0707 or 01438 843322 out of hours or email hpft.spa@nhs.net
- **Samaritans** - 116 123 (open 24/7)
- The NHS '**Every Mind Matters**' website has expert advice and practical tips for people with anxiety, low mood and sleep problems www.nhs.uk/oneyou/every-mind-matters
- For **young people** aged 12 - 25 there is an excellent resource at www.kooth.com

Surgery access online

If you would like help with accessing the surgery on your smartphone or tablet, ask at the surgery. They can put you in touch with a trained volunteer who will help you have a video consultation with a doctor or nurse.

Nevels Road Surgery

www.nevelsroadsurgery.co.uk

01462 414839

Email: e82008.nevelsroadsurgery@nhs.net