

Your Health

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



July 2021

It's been another very busy month delivering covid vaccinations. Healthcare professionals have been out on the road in our specially adapted vaccination van, as well as at other centres, as part of the continuing drive to increase vaccine uptake.

Over the last two weeks, the van has really racked up some miles! It's visited Newbury College, the Oxford Road Community Centre in Reading, Asda in Lower Earley and Norreys Church, Wokingham. There was also a walk-in clinic at Reading's Civic Offices on 17 and 18 July.

The van's visits are being co-ordinated by Berkshire West Clinical Commissioning Group (CCG) in partnership with local authority teams from Reading, Wokingham and West Berkshire, a huge thank you to all those involved.



Newbury College

Additional date: The van is due at the Riverside Community Centre, Clay Hill, Newbury on 24 July (you are required to book for this session - find out [more here.](#))

Please keep a look out on social media and the [CCG website](#), for further updates of where to get your vaccination locally.

The vaccination is the best way of protecting everyone from the virus.

Reading's large-scale vaccination programme moves from Madejski to Broad Street Mall at the end of July

Reading's large-scale Covid-19 vaccination programme will be moving from the Madejski Stadium to Unit 49-50 at the Broad Street Mall in Reading at the end of July.

The last vaccinations at the Madejski will be on July 23 and operations will resume at Broad Street Mall at the end of this month.

The move has been organised by Oxford Health NHS Foundation Trust to secure a longer term and accessible venue for vaccinations for the Berkshire West population, in anticipation of a return to larger match attendances at the home of Reading FC.

Vaccinations do not take place at the Madejski on match days, limiting appointment availability.

At the new Broad Street Mall venue, appointments will be available seven days a week, from 8.30am to 7.30pm.

July 24-29 vaccinations rescheduled

Anyone who is scheduled to receive their important second vaccination at the Madejski between July 24 and 29 will have their appointment brought forward. Oxford Health teams will be in touch with patients directly, using contact details they provided at the time of their original booking, to provide an earlier appointment opportunity.

Bookings from July 30

Anyone booked in from July 30 onwards at the Madejski will be rescheduled to attend the Broad Street Mall. Again, patients will be advised of the change if contact details were provided. In the event some patients can't be contacted, there will be prominent displays at the Madejski signposting patients to the new venue, a 10 minute drive or bus ride away.

Getting your vital 2nd dose

People who have already received their first vaccine are strongly encouraged to have a second dose to maximise protection against the virus, particularly the Delta variant.

Both the Pfizer and AstraZeneca coronavirus vaccines are highly effective against the Delta variant after two doses, a study from Public Health England has found.

Who can get a Covid vaccination?

Vaccinations are open to all adults over 18. People can book [COVID-19 vaccination appointments online](#) or by calling 119. You will be shown the nearest available appointment to you, which could be a vaccination centre or a pharmacy. Pop up clinics are also being planned.

Which vaccine will you have?

You will only be offered a specific vaccine if you're either:

- pregnant
- aged under 40 and do not have a health condition that increases your risk of getting seriously ill from COVID-19

If this applies to you, you'll only be shown appointments for the Pfizer/BioNTech or Moderna vaccine when you book.

Madejski success

To date more than 166,000 first and second doses have been given at the Madejski Stadium.

Royals fan Michael Hinton, 69, was the first person to receive a vaccination there on 22 February. Two months ago, the venue was selected to be one of the first in England to administer the Moderna vaccine.

Oxford Health Covid Operations Director Tehmeena Ajmal said: "We would like to thank Reading Football Club for enabling us to host one of our three large scale vaccination centres at the Madejski and help us drive up vaccination coverage in the Berkshire West area, as part of the biggest vaccination programme in NHS history.

"The Madejski vaccination centre has been a huge success. Countless lives have been saved and I am very proud of everyone in the Oxford Health family and our partners in the health, local authority and third sector who have played a part in the roll out of vaccinations.

"Their commitment and dedication have been unwavering. We will continue to offer our vaccination service until we can help everyone who wants to give themselves and their loved ones the best protection possible against Covid."

Covid-19 vaccine in pregnancy

And if you're pregnant, or thinking about becoming pregnant – then [this video](#) from Dr Brenda Kelly, Consultant Obstetrician at Oxford University Hospitals NHS Foundation Trust may help answer your questions or reassure you.

Moving to step 4 of the Covid-19 road map

Following the Government's announcement, on 19th July England moved to Step 4 of the COVID-19 roadmap.

Adhering to government advice in healthcare settings - staff, patients, and visitors will be expected to continue wearing masks. This is to help keep everyone safe and prevent further spread of the virus. The Royal Berkshire Hospital has produced this [short video](#) from their Chief Nurse, Eamonn Sullivan

Visitor number limitations will remain in place at the RBH but are being reviewed, and they hope they can allow more visitors as soon as it is safe and appropriate to do so. Keep an eye out for further announcements about this on their website and social media.

GP appointments

Our GP practices are currently experiencing a huge surge in demand for appointments - around 25% higher than before the pandemic.

This [short video](#) with Dr Amit Sharma - GP Partner at Brookside Group Practice, talks about what we can all do to ease the pressure for those who most urgently need medical help.

YOUR NHS HERE FOR YOU	 Know where to go should you need medical advice
 SELF CARE	For basic ailments such as cuts, grazes and an upset tummy
 PHARMACY	Advice on ailments, medicines and healthier living
 NHS 111	Call 111 FREE, 24 hours a day, 365 days a year, or access the service online 111.nhs.uk
 GP	Call your practice or visit their website to make an appointment for an illness or injury that won't go away
 999	Life-threatening emergencies only

NHS 111 First

Think you need the Emergency Department? Contact NHS 111 first. The NHS will help you right away and if you need urgent care, they can book you in to be seen quickly and safely. You can use NHS 111 either by visiting [the website](#) or by calling 111.



JUST THINK 111 FIRST

When you think they need A&E, contact NHS 111 by phone or online.



Public consultation on the draft Health and Wellbeing Strategy

A consultation took place between December 2020 and February 2021 seeking the views of local residents, on eleven potential priorities identified through prior engagement with health and social care professionals. Residents were invited to select their top priorities, to form the foundation of a Health and Wellbeing Strategy (HWBS).

The top five priorities identified have been used as the backbone for the draft strategy, which sets out how health and social care professionals, together with other partners, will work to improve the health of people living in Berkshire West over the next ten years.

We'd like your views on the draft strategy, in particular the vision outlined under each of the five priorities, to help us understand if what we propose meets your expectations.

The public consultation on the draft Health and Wellbeing Strategy is open until 4 August Further details can be [found here](#) and a direct link to the survey [is here](#).

Royal Berkshire Hospital Navigators

The Royal Berkshire Hospital's now has some volunteers, based in their Emergency Department.

They are there to help young people aged 13-24 who may have been admitted due to risky behaviour or risk of harm. They will provide a listening ear and signpost people to services and support that can help prevent young people from ending up in the same circumstances that brought them to A&E in the first place. Find out more about the programme from Tim and Sam in [this video](#).



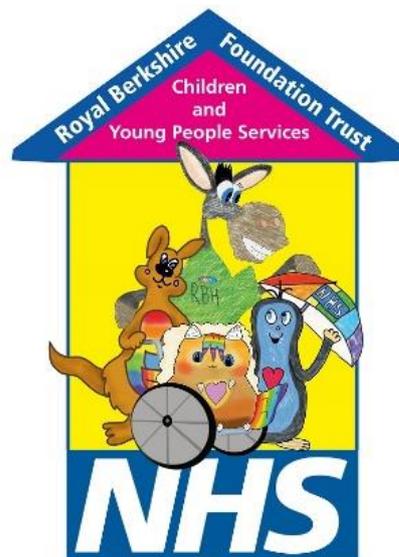
RBH mascot competition!

A hospital visit can be a daunting experience for children, so the Royal Berkshire NHS Foundation Trust has brought in a new family to help them feel less anxious.

Last summer, the Royal Berkshire NHS Foundation Trust launched a competition for children and young people to design four mascots to represent children and young people's services. The Trust received an amazing response from the local community, and after a tough judging process, the four [winners from each age group category were announced](#).

The mascot quartet will be used around the hospital and on the Trust's new website to encourage children to get involved with their care, and to help them feel comfortable when they visit the hospital.

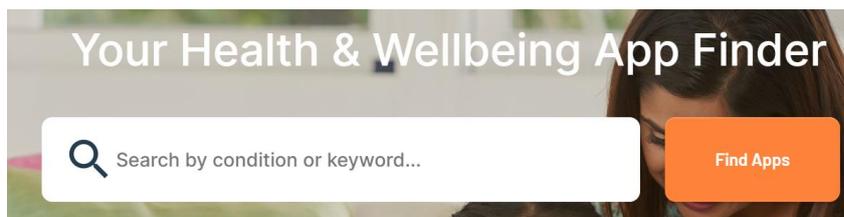
Now that lockdown restrictions are being lifted, the Trust has invited the winners to receive their winners' certificates, and see their winning mascots unveiled in their new home at the Royal Berkshire Hospital.



Health apps

Have you considered using an App to support you in managing health conditions or your general wellbeing?

Berkshire West ICP has created a Health and Wellbeing App Library, which contains independently reviewed Apps to meet your needs. You can visit the library at: www.berkshirewesticp.org/orcha



With the widespread ownership of smartphones and tablets, and the ever-increasing use of Apps, there is a real opportunity for them to effectively support you in managing health conditions or your general wellbeing.

But with over 360,000 health, many of which don't have any level of quality assurance, it can be incredibly difficult to find one that's appropriate, trustworthy and effective.

ORCHA has formed a team of people, including actively practicing clinicians, to independently review and accredit health Apps against a large number of stringent criteria in areas such as clinical/professional assurance, data and privacy, and usability and accessibility; giving each App an easy to understand percentage score which will help people decide whether to download it or not.

It's not expected that Apps or the library replace any services you may be using, but rather to compliment them.

Buckinghamshire, Oxfordshire & Berkshire West Integrated Care System

Following local engagement and consideration by the Secretary of State for Health and Social Care, a [written ministerial statement](#) from Ed Agar, Minister of State for Health has been published confirming Integrated Care System (ICS) boundaries.

As part of this, the decision has been made to support the Frimley Health and Care ICS to continue in its current scale from April 2022 with boundaries remaining as they are. This means that the Berkshire East area (Slough, Windsor, Maidenhead and Bracknell) will stay within the Frimley system as per current arrangements. Further information is available on the [CCG website](#).

Passionate about health research? Be a Research Champion!

Are you passionate about how NHS, public health and social care research can transform people's lives?

Do you want to encourage people to take part in studies to discover new tests and treatments?

The National Institute for Health Research, the nation's largest funder of health and care research, is looking for Research Champion volunteers.

Activities include talking to the public about research, taking part in media interviews and working with researchers to ensure they understand the public's perspective.

Anyone can volunteer and you can do as little or as much as you like, you just need to be passionate about research! Training and expenses are provided.

For more information visit tysmchampions.nihr.ac.uk or call 01865 223262.