



# The LIMES Surgery



## Newsletter

Volume 3 issue 3  
January 21

### Summary:

- **Local COVID-19 Vaccination Hub has delivered approx. 4,500 injections to date.**
- Covid-19 Vaccine Booking Advice.
- Answers to Covid-19 Vaccine FAQ's
- List of common vaccine side effects.
- Flu Vaccinations still available
- Free flu vaccinations available for the 50-64 year old age group this year.
- SMS text messaging. You must "Opt Out" & let us know in writing if you do not want to be included in this service.
- Signpost for some practical advice on mental health and wellbeing during the pandemic.

### COVID Vaccination Update

The vaccination centre at Barclay Hall has been delivering Covid-19 vaccinations to patients of the Hoddesdon & Broxbourne Primary Care Network. This network includes The Limes, Amwell Street Surgery, Haileyview Surgery and Park Lane Surgery. Since mid-December the centre has administered nearly **4,500** vaccines to patients of these surgeries, including Care Home residents and staff.

Week commencing 25/1/21 will see the start of vaccinations for the clinically extremely vulnerable cohort and the 70-75 year old age group.

### Booking Your COVID-19 Vaccination Appointment

We are having lots of phone calls on this subject! Please be advised you will NOT be forgotten. When it is your turn to be vaccinated we will be in contact with you either by text, telephone call or by letter to arrange your appointment at Barclay Hall.

You may also receive a letter from the Government inviting you to one of the alternative vaccination centres. It is entirely your decision whether you decide to book an appointment at one of these sites or wait for Barclay Hall, which is likely to be closer to home.

All staff involved in the vaccine roll-out have been very grateful for all the messages of thanks and support received from the patient community in what has been a positive and rewarding experience.

### Answers to FAQ's

Yes, the vaccines are safe and have gone through vigorous tests.

No, the vaccine cannot give you the COVID-19 infection.

Yes, the vaccine will substantially reduce your chance of suffering from

COVID-19 disease, but like all medicines, no vaccine is completely effective and it takes a few weeks for your body to build up protection against the virus.

Yes, you will still need to follow Government guidance in public places and work, if applicable.

Yes, like all medicines, the vaccines can cause side effects. Most of these are mild and short-term and not everyone gets them.

### Common Vaccine Side Effects

Mild fever

Chills

Fatigue

Headache

Pain at injection site

Muscle & joint aches

More people have reported experiencing side effects after the second dose than after the first.

### Surgery Lockdown Update

During this third lockdown please be aware the surgery continues to offer the same GP services and will be following the same Covid protocols that have been in place since March 2020. WE HAVE NOT CLOSED OUR DOORS

Should you need to speak to a GP, please telephone and ask the reception team to go on the telephone list to speak to a GP, Clinical Pharmacist or Nurse Practitioner.

### Flu Vaccinations

It's not too late to get your flu vaccination.

The criteria for free flu vaccination is as follows:

All pregnant women

Patients over the age of 65

Patients under the age of 65 who have a long term condition like diabetes, Heart Disease, COPD

Carers

### Age 50-64 Flu Clinics

NEW this year: 50-64 age group with no underlying or long term conditions.

We have run two very successful Saturday flu clinics for this age group in the last few weeks. If you are in this age group and would like to book an appointment please call our reception team who will be happy to organise this for you.

### SMS Text Messages

With effect from 1st January 2021, the surgery will be introducing the use of SMS text messaging as an alternative to letters and telephone calls to inform you of next steps relating to your health, ie blood results, letters for collection etc etc.

This will be an "opt out" service and therefore you must let us know in writing if you want to OPT OUT of this service. Please make sure that the surgery has your CORRECT MOBILE telephone number.

### Every Mind Matters

The impact and experience of the coronavirus outbreak has been different for everyone, as has how we've reacted, but there's no doubt it's been a really difficult time for us all. That's why it is so important to do what we can to look after our mental health and wellbeing.

For advice and some practical tips see the NHS website below.

<https://www.nhs.uk/oneyou/every-mind-matters>

