

# SURGERY NEWSLETTER

JULY 2021



## HAVE YOU HAD YOUR VACCINE?

Public Health England

**Vaccines highly effective against hospitalisation from Delta variant**

**The analysis suggests:**

- The Pfizer-BioNTech vaccine is 96% effective against hospitalisation after 2 doses.
- The Oxford-AstraZeneca vaccine is 92% effective against hospitalisation after 2 doses.

These are comparable with vaccine effectiveness against hospitalisation from the Alpha variant.

#GetTestedWarwickshire



## COVID TESTING

As the lockdown restrictions are eased, it is more important now than ever to continue to do regular lateral flow tests if you have no symptoms, or arrange a PCR test if you develop any symptoms of COVID.

Rates of COVID have increased across Coventry and Warwickshire and we can all do our part to reduce the chance of spreading the virus to others.

Lateral flow tests are free and can be ordered online via the NHS website. PCR testing can also be booked online or by calling 119.

Visit: [www.nhs.uk/conditions/coronavirus-covid-19/testing/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing/)

HM Government

**Covid-19 Testing**

**With symptoms**

PCR tests

**When to take the test**

- If you have Covid-19 symptoms
- To confirm your positive lateral flow test result

**How long it takes**

- These tests are processed in labs
- Up to 72 hours, most results the next day

**Get a test**

- Order online
- At a test site
- Call 119

**Without symptoms**

rapid lateral flow tests, rapid Covid-19 tests

**When to take the test**

- If you do not have symptoms of Covid-19
- As part of routine testing twice a week

**How long it takes**

- Result processed by test device
- Around 30 minutes

**Get a test**

- Order online
- At a test site
- Call 119

Participating workplaces and pharmacies

Find out more at [NHS.UK](http://NHS.UK) or call 119

## WALK IN COVID VACCINE CLINICS



Local health and care leaders are asking people across Coventry and Warwickshire to roll up at a pop-up vaccination clinic and roll up their sleeves to get their vital vaccine this weekend.

Dr Sarah Raistrick, local GP and Chair of Coventry and Warwickshire Clinical Commissioning Groups said: "Last weekend our clinics proved a huge success, with us vaccinating over 8,500 local people. We're hoping to repeat that again by offering more pop-up clinics in more locations to make it easy for everyone to have their vaccinations at a place convenient for them.

No appointments are needed for this weekend's pop-up clinics, anyone wanting their vaccination can drop by at a time to suit them. The clinics are open to anyone aged 18 and over who is eligible for their first vaccination and to those who need their second dose and had their first jab more than eight weeks ago.

The following clinics will be up and running:

- The Methodist Church, Coventry CV1 2HA, will be offering vaccinations on Friday, 2nd July from 3pm to 7pm to people aged 18 to 39.
- The United Reform Church, Nuneaton CV11 5QH, will open on Friday, 2nd July to vaccinate anyone aged 18 and over between the hours of 9am to 1pm and 2pm to 5pm
- Coventry Transport Museum, CV1 1JD will be open on Saturday, 3rd and Sunday 4th July from 10am to 3pm. Vaccinations are available to everyone aged 18 and over.
- In Abbeygate, at Unit 17, Abbey Street, Nuneaton, CV11 4HL, Pharmacy2U will be offering 18 to 39 year olds their vaccinations from 8.30am to 7pm on Saturday, 3rd July.
- Bedworth Civic Hall will be open for anyone aged 18 and over to drop-in from 8.30am to 7.30pm on Saturday, 3rd July. You can either turn up without an appointment and wait to be seen or book on 0300 303 1919.
- The large vaccination centre at Stoneleigh National Agricultural and Exhibition Centre will be open for walk-ins on Saturday, 3rd and Sunday 4th July from 10am to 6pm.

## MANAGING HAYFEVER SYMPTOMS

We are receiving a large number of queries about how to manage Hay Fever symptoms. Warm weather during the Spring and Summer months increases the pollen count which can cause your Hay Fever symptoms to flare up.

Most of the symptoms of Hay Fever can be effectively managed by speaking to a pharmacist. Pharmacists are best placed to suggest suitable medications for manage your Hay Fever on a daily basis, there are many types of medications available, from tablets to eye sprays along with nasal products. It is important to keep on top of using over the counter medication to manage symptoms.

The NHS Choices website also contains a useful page of information about Hay Fever and how to treat the symptoms: <https://www.nhs.uk/Conditions/Hay-fever/>



## STAY WELL THIS SUMMER

**NHS**  
South Warwickshire  
NHS Foundation Trust

### Helping you feel well this summer

	<b>STAY SHADED</b>	Stay shaded and out of the sun from 11am and 3pm, wear a hat and light clothing to cover up.
	<b>STAY SENSIBLE</b>	If you are having a summer BBQ, ensure that food is stored and cooked safely.
	<b>STAY AWARE</b>	Be a good neighbour and look after those who may need a helping hand during the hot weather.
	<b>STAY SAFE</b>	Pharmacies can be found locally. Your local pharmacist can give you medicine to help with hayfever.
	<b>STAY PROTECTED</b>	Always make sure you are protected from the sun, choose a sun protection factor (SPF) of 30 or higher.
	<b>STAY HYDRATED</b>	Keep yourself hydrated, by drinking plenty of water and avoid excess alcohol and caffeine.

## REMEMBER HANDS, FACE, SPACE

If you need to visit the surgery for an appointment or a prescription, please remember to use the hand sanitiser, wear your face covering and remember to keep your distance from other patients in the waiting area.

## STAFF TRAINING DATES

Please be aware that practices across South Warwickshire will be closed from 12:30pm on the following dates for staff training:

- Wednesday 15th September
- Thursday 14th October



Out of hours info will be available on our phone system.

**Coventry and Warwickshire**  
Health and Care Partnership

**NHS**

## We're still here for Coventry & Warwickshire

Mental health services are here for you and your wellbeing 24/7.  
Call the Mental Health Crisis line  
**08081 966798**

## USEFUL CONTACT NUMBERS

Out of Hours Service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 161 171
Warwick Hospital	01926 495321
UHCW Hospital	02476 964000
Ambulance Transport	01926 310312
District Nurses	0845 608 0275

## CONTACT US ONLINE

There are many ways of contacting the surgery without having to call or visit in person saving travel and time.

Repeat medication can be ordered via the Patient Access or NHS App direct to your choice of pharmacy.

You can also sign up to view your medical records including all consultations, results, immunisations and allergies.

For admin queries or for support with referrals, please email [swg-tr.admin.hastings@nhs.net](mailto:swg-tr.admin.hastings@nhs.net)