

EnGage

Esher Green



"Caring for your care"

SPECIAL POINTS OF INTEREST:

Vaccination updates

Charities that really make a difference

Talk on respiratory symptoms and management

INSIDE THIS ISSUE:

Vaccination updates 2

Cheer 3

Mary 3

Frances Trust

Help and information 4

Dr Farid Bazari respiratory talk information 4

The newsletter of the Esher Green PPG

Springing forward



Welcome to the second issue of the PPG Newsletter.

We have had an excellent response from Issue 1 and we are pleased to announce that we have organised the first of this year's patient educational events. Dr Farid Bazari will be presenting a very informative talk on Respiratory Symptoms and Management Post Covid on 20th May.

More information can be found on the back page of this Newsletter. We aim to

provide more patient information sessions throughout the year.

As the PPG develops and grows, it would be great if we could enlist the help of a social media / IT volunteer who could help us in some small way to reach out to a wider audience. It would be wonderful if any younger people could join us so we can really be an all inclusive PPG. Please contact the surgery to register your interest.

Half a million vaccinations completed in Surrey

The half a million milestone was reached on March 31 as the latest figures show exactly 510,700 doses had been administered to residents by the Surrey Heartlands Health and Care Partnership since the program began on December 8. The take-up of the vaccination has been strong, with nine out of 10 people aged 60

and over having already taken their first dose.

This is a brilliant achievement and the collaborative working of the many staff and volunteers across our region has been fantastic.

Not even the fire at Emberbook Community Health Centre could derail the programme!



Vaccination Programme

The roll out of the vaccination programme has been a huge success thanks to the brilliant efforts of all the surgery staff and a whole host of volunteers. The feedback we

have had from patients has been amazing and below is a table outlining the progress to date.

A huge thank you to all the volunteers who have helped with the vaccination programme

COVID- 19 Vaccination: The Numbers as at 4th May

4th May 202

NHS
Surrey Heartlands
Clinical Commissioning Group



ESHER GREEN SURGERY

60%

Of Adults >16yo have had first vaccine

5543/9313

19%

Of Adults >16yo have completed their vaccine course

1761/9313

7294

Vaccines Delivered to our Patients



www.eshergreensurgery.co.uk

100% of EGS staff vaccinated

Thank you to our wonderful community for your continued support and to those who have volunteered at The Vaccination Hub!



We will be in contact with you with information about where and when you will need to receive the vaccine.

Please act on your invite when it comes, and make sure you attend your appointments.

HM Government



Stay home



Protect the NHS



Save lives

Every vaccine gives us hope

Working with the NHS nationally, photojournalists have captured the monumental collective effort of the largest vaccination programme across the UK in this new film. Please click below to view this inspiring film:

<https://www.youtube.com/watch?v=tdxKCC6AyPY&t=3s>



People aged 40+ now eligible for vaccine

Invites are currently being sent to people aged 40 and over and Surrey Heartlands is on track to offer a first dose to all adults by the end of July subject to vaccine supply. If you are in the **eligible groups** please join the millions of others who are helping to protect themselves and others. You can book your vaccination now by using the **online service**, by calling 119 or wait to receive an invitation from the surgery.

Cheer provides brilliant support for the over 60s

Cheer would love to hear from you if you would like to befriend an elderly lonely person

CHEER is a charity which has been helping people in the Elmbridge community for over 60 years and they are there to provide support for the over 60s who may be suffering from financial hardship or loneliness.

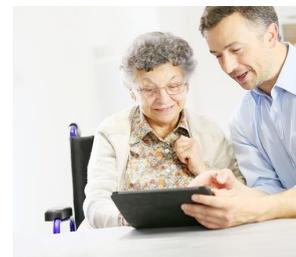
If you or someone you know are suffering financial hardship and are struggling with health issues you may be eligible for some Government benefits. Cheer can offer some assistance and advise with that.



Cheer can also help if you are feeling isolated and lonely and would like someone friendly to talk to regularly. They can try and match you with a volunteer who will phone you every week for a chat. Once social restrictions are lifted there will be many organised free social events and your friendly volunteer can also visit you in person.

Cheer would also love to hear from anyone who would love to volunteer to be a befriender and help a lonely person.

www.cheer-elmbridge.org.uk



To find out more please **contact:**

Charlotte Chatwin:

Phone :
07395 935393

Email :
manager@cheer-elmbridge.org.uk



Supporting older people in Elmbridge

The Mary Frances Trust: caring for your mental wellbeing

All MFT activities and courses are designed to help you to be an expert in self care

Are you feeling low, worried or anxious? Has the pandemic affected your mental wellbeing? Would you like to learn how to restore and maintain your emotional wellbeing through fun activities, groups and courses where you can socialise and get supported by professionals?

Mary Frances Trust is a charity offering Surrey residents (aged 16+) **one-to-one support** as well as **physical activities** (yoga, fitness, qigong, salsacize, rock pilates and walks), **creative groups** (arts

and crafts, creating writing, radio, choir, **interest groups** (football talking, reading group, quiz group), **peer support groups** (coffee morning, women's group, bipolar group, LGBTQ+ group, young people group) **and wellbeing courses** (building resilience, coming out of lockdown, stress management, mindfulness meditation etc).



Inspiring Mental Wellbeing

All the classes are FREE, delivered via Zoom (until they are able to restart face-to-face activities). You just need to register on their website:

www.maryfrancestrust.org.uk,

They will then follow up with a call to discuss your needs and how they can support you, then you can book yourself onto any activity that you like.

Alternatively call them directly on: **01372 375400**



Where to go for more information and help

The following websites contain all the latest information and advice:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.eshergreensurgery.co.uk/>

www.surreyheartlandscg.nhs.uk/news/latest-news

These other organisations also offer support and advice:

Cruse Berevement Care: www.cruse.org.uk

Support for carers: www.crossroadscarersurry.org.uk

Drinkaware

Drugs advise www.talkto

Freephone 24-7 National Gambling

Domestic Abuse [Domestic abuse:](http://www.gov.uk)

[Domestic abuse:](http://www.gov.uk)
(COVID-19) outbreak - GOV.UK

www.drinkaware.co.uk

[frank.com](http://www.frank.com)

Helpline : **0808 8020 133**

[get help during the coronavirus](http://www.gov.uk)

www.gov.uk



PATIENT EDUCATIONAL EVENT

Post COVID – Respiratory Symptoms & Management

THURSDAY 20TH MAY

18.30 – 19.30 ON ZOOM



Dr Farid Bazari, BSc, MBBS, MRCP, will give a presentation on Post COVID - Respiratory Symptoms & Management

Please do join us by attending the Zoom at tinyurl.com/EGPPG-talk or scan the QR code.

If the event shows as full, please let us know and we will arrange another session. Surgery email: sdccg.practiceeshergreensurgery@nhs.net

This event is hosted by the Esher Green Surgery Patient Participation Group



Esher Green Surgery

Thursday 20th May

DR FARID BAZARI

Consultant Physician

You are invited to our educational event where Dr Bazari will give a talk on

Post COVID - Respiratory Symptoms & Management

Learn more about Symptoms

Questions & answers

Invites via Zoom – use QR code

Thank you

www.eshergreensurgery.co.uk