

Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (7 January 2021)

NHS vaccinates nearly 40% of Norfolk and Waveney's most vulnerable patients against COVID-19

Almost 40% of all people over the age of 80 living in Norfolk and Waveney have received their first vaccination against COVID-19.

It comes as the number of people vaccinated in the area approaches 30,000.

In Norfolk and Waveney, out of a population of 65,000 over 80s - the most vulnerable age group – some 25,500 people have had the life-saving jab.

The NHS is driving forward the vaccination of the rest of the over 80s and other most at risk groups still to be vaccinated. Two further GP-led vaccination sites, Bowthorpe Medical Practice, Norwich and The Park Surgery, Great Yarmouth begin vaccinating this week.

They will be joined next week by 10 more sites in community buildings and GP premises, which will begin delivering the new AstraZeneca/Oxford vaccine alongside the Pfizer jab.

This will mean there will be 21 local vaccination sites in Norfolk and Waveney, in addition to the James Paget University Hospital, Norfolk and Norwich University Hospital and Queen Elizabeth Hospital King's Lynn.

These sites will be:

- Drayton Medical Practice
- Sheringham Medical Practice
- The Market Surgery, Aylsham
- Sole Bay Health Centre, Southwold
- Manor Farm Medical Centre, Swaffham
- Poringland Community Centre, South Norfolk
- Gurney Surgery, Norwich
- Hoveton Village Hall, North Norfolk
- Rossis Leisure, North Walsham
- Snettisham Surgery

Dr Anoop Dhesi, Chair of NHS Norfolk and Waveney Clinical Commissioning Group, which is co-ordinating the roll-out of the vaccination programme, said:

“We’ve made a great start beginning to protect the most vulnerable people. That’s testament to the immense effort made by doctors, nurses and administrators in General Practice, staff in our hospitals and in the clinical commissioning group. But truly this is going to be a marathon not a sprint.

“More GP-led sites are about to open, and these will be followed by more large vaccination centres to drive up the numbers we can vaccinate every day into the many thousands, with a spread of sites reaching into every corner of Norfolk and Waveney.”

The NHS has worked with district and county councils across Norfolk and Waveney, along with voluntary groups, private businesses and the police, to set-up and run the vaccination sites in what has been a real shared endeavour. The NHS would like to thank everyone who has offered sites for the vaccination programme; no further sites are currently needed.

Bruce Rossi, owner of Rossis Leisure in North Walsham, said: “We are really pleased to be involved in the local vaccination effort, providing a venue for local people to get these vital vaccinations.”

The licencing of the “fridge-friendly” AstraZeneca/Oxford vaccine which can be stored at normal fridge temperatures will make delivering the vaccine easier. The Pfizer jab which has been licenced since early December must be stored at -70 degree centigrade.

This has hampered efforts to vaccinate residents of care homes – although the residents of a handful of care in Norfolk and Waveney have already been vaccinated as part of a pilot scheme.

The AstraZeneca/Oxford vaccine will allow a step-change in the NHS' ability to take vaccine into care homes.

Our hospitals in Norfolk and Waveney are under immense pressure with more COVID-19 positive patients in beds that at any point since the outbreak of the diseases last year.

Until the vaccine has reached most of the vulnerable groups our best protection for ourselves, family, community and the NHS, is to wear a face covering, keep our distance and regularly wash our hands.

More information about the COVID-19 vaccination programme can be found in this [briefing](#).

Vaccinating care home staff and residents

We have had a strong start to our local vaccination programme and have already begun to roll out COVID-19 vaccinations to care homes and housebound patients in Norfolk and Waveney.

Lowestoft, Thetford and Swanton Morley Primary Care Networks (PCNs) participated in a care home pilot scheme and vaccinated a number of care home residents between Christmas and New Year. The learning from this pilot has helped us to plan the further vaccine delivery to care homes across Norfolk and Waveney.

The rollout of the vaccination programme – particularly to care homes and the housebound – is a challenging and complex process. National guidance recommends that staff and residents from the care homes with the largest number of beds are vaccinated first, and this is the approach we have followed locally.

All care homes have been asked to complete a return for NHSE/I identifying their staff numbers and locations. Staff lists from our largest care homes have been provided to the hospital hubs who have contacted these staff direct to arrange appointments for vaccination. Primary care hubs are also inviting staff from their aligned care homes and others to attend appointments for their vaccine.

We have now started to receive supplies of the AstraZeneca vaccine which can be stored and transported more easily. This will allow us to reach more care home staff and residents, including those from smaller homes, from next week.

We would strongly encourage all care home workers to have their vaccination when they are invited to attend - to protect both themselves and the vulnerable residents they work with. Your support in promoting this message is much appreciated. Other health and social care workers will be notified of appointments in the coming weeks as the vaccination programme works through patients and staff in priority order and in line with the supply of vaccine.

Busting COVID-19 vaccine myths

It's really important we all understand what is fact and what is fiction when it comes to the new COVID-19 vaccines.

Over the last month we've been talking with local people and community groups to find out what questions people have. We have taken what they have told us and produced a myth buster, which along with other information about the vaccination programme can be found here:

www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme.

Protecting the NHS

COVID-19 cases continue to rise and are placing significant pressure on health and care services in Norfolk and Waveney.

Our hospitals are now treating more than twice as many patients with COVID-19 as they did at the peak of the first wave, and the numbers are continuing to increase.

The NHS is under pressure across the country. As a regional surge centre, the Norfolk and Norwich University Hospital started to take patients from other areas at the end of the year for the first time in the pandemic.

We know another national lockdown is tough for everyone, but we need to strictly follow the rules to try and limit these very worrying infection rates. Every bed taken by a patient with COVID-19 and every member of staff treating them, is a bed and a staff member not available to diagnose and treat patients for all the other illnesses and life-threatening conditions there are.

As ever, the NHS is here for you if you are feeling unwell and you should continue to seek help if you need it.

To support the NHS and ensure that everyone who needs our help this winter can get it, we are asking you to make sure you pick the right service for you:

- For genuine emergencies such as loss of consciousness, fits, chest pain, breathing difficulties, severe bleeding, allergic reactions, burns or scalds, stroke or major trauma you should attend our Emergency Department.
- If you need urgent care but you are not sure where to go, call NHS 111 they will be able to advise the best place for you to access the care you need.
- For non-urgent or ongoing concerns, your GP is the best port of call and your local pharmacists can also provide medication and support.

New service launched to help those with symptoms of 'long covid'

The Post-COVID Assessment Service is for people with symptoms consistent with COVID-19 that continue for more than 12 weeks and cannot be explained by an alternative diagnosis. Lasting symptoms of coronavirus can include fatigue, breathlessness, anxiety and depression, joint or muscle pain, chest pains, and not being able to focus or think straight.

NHS Norfolk and Waveney Clinical Commissioning Group received funding to establish the service to meet the varied needs of the local population. Patients must be referred to the NCH&C service by their GP or healthcare provider. Once referred, staff from NCH&C will make contact with patients who will be triaged using nationally recommended screening tools.

Support will be based on individual need and may include: discussion with relevant therapists to agree appropriate treatment; group therapy sessions; and/or use of the [Your Covid Recovery](#) website. NCH&C will be working in partnership with East Coast Community Health (ECCH) and Norfolk and Suffolk Foundation Trust (NSFT) to deliver some of the services offered.

Plans for 43 clinics were previously announced by NHS England in November. Norfolk Community Health and Care Trust has been named as one of the expanded network of 60 sites, seven of which will be in the East of England.

What you can and cannot do during the national lockdown

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives.

You should follow this guidance immediately. This is the law.

Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you do leave home for a permitted reason, you should always stay local - unless it is necessary to go further, for example to go to work. Stay local means stay in the village, town, or part of the city where you live.

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You should not attend work

Find out more [here](#) or see the poster at the end of this briefing.



Mental health support available for the public

- It's important that we look after our mental wellbeing during this time – for tips and advice visit www.everymindmatters.co.uk.
- If you are worried about your own mental health and wellbeing call First Response, a free 24/7 helpline offering immediate support, on 0808 196 3494.

- 11 to 25 year olds in Norfolk and Waveney can get support and online counselling via www.Kooth.com. The service provides support or advice on any topic, including managing your feelings during the pandemic.
- JustOneNorfolk has a wealth of information and links to support the health and wellbeing of your family: www.justonenorfolk.nhs.uk.

NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

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ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW VARIANT OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)