

# PATIENT PARTICIPATION GROUP

**PPG** Little Waltham &  
Great Notley Surgeries  
NEWSLETTER

SUMMER 2021

## Latest Vaccination Figures

The COVID-19 vaccination programme across Essex is well underway with thousands of people vaccinated already. This is part of the biggest immunisation programme in NHS history.

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Information about the COVID-19 vaccine rollout in Essex is available if you click [here](#)

## COVID-19 Self-Test Kits

COVID-19 self-test kits to use at home (lateral flow tests) are now available from many pharmacies and local libraries. Click [here](#) for more information about which libraries offer collection of these self-test kits.

Residents, who do NOT have Covid-19 symptoms, will be able to collect and take away two boxes of seven tests, to undertake regular twice weekly testing at home to help prevent the spread of the virus.

The self-test kits are simple to use and offer quick results.

## Telephone Appointments

Your Patient Participation Group Committee understand that at busy times there can be delays in you being able to access the receptionists at the surgeries by telephone; we are, after all, patients of the practice and suffer the same delays ourselves. We are in regular contact with the practice management and this matter is discussed frequently. Please be assured that the practice is doing all it can within its resources to minimise delays which, we are led to believe, are not just confined to our practice but are fairly common in surrounding practices. We just ask you to be patient at these trying times and as we get back to a normal way of life we are certain that these problems will become a distant memory.



## Social prescriber available at the surgeries

Hazel Throssell has been a Social Prescriber since March 2020. She works for 2.5 days at Little Waltham and Great Notley surgeries and she is usually in the office on Thursdays and Fridays. The rest of the time she supports other surgeries in the same Primary Care Network.

Social prescribers take a holistic non-medical approach to people's health and well-being dealing with issues like loneliness. The patients most likely to benefit from seeing Hazel are those with multiple and complex needs but all patients can request to speak to her. Hazel is employed by the Primary Care Network, she has links to voluntary sector organisations and groups in the local area and can signpost patients for emotional and practical support.

Hazel covers Great Notley, Little Waltham, Douglas Grove, Sidney House and The Laurels Surgery. Please call Reception and leave a message for Hazel who will then call you back for an informal chat to see if there is any support she can offer.

## The option to opt out of national data extraction

At the moment the surgery can share your records to organisations involved in your direct care unless you have chosen to opt out. If you were to do this then it would mean you may not always get the best care available as they would have no access to your medical history.

The national data opt out is different in the fact the information would be used for research and planning purposes. Patients can view or change their national data opt-out choice at any time by using the online service at [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters) or by clicking on "Your Health" in the NHS App, and selecting "Choose if data from your health records is shared for research and planning"

The link below gives you more information about opting out.

<https://digital.nhs.uk/data-and-information/data-tools-and-services/data-services/general-practice-data-hub/care-information-choices>

## Mental Health Awareness

Think you have a mental health problem? If you want to know how to get help and support, this link is useful.

<https://www.essex.gov.uk/mental-health/get-help-and-support>

**Do you, a family member, friend or colleague need help with drug and/or alcohol addiction?**

**There are many services available in Essex and nationally. Here are some services that could help [click here](#)**