

News & updates from ERY CCG - 09 April 2021

Dear Friends,

Welcome to the first update from East Riding of Yorkshire CCG to parish councils. We hope you will find these updates useful and they will help you or someone you know to access help and support during these unprecedented times. The update below is full of the latest news and events.

It's not too late to get a Covid-19 vaccine!



A LEOPARD CAN'T CHANGE ITS SPOTS

**BUT YOU CAN
CHANGE YOUR MIND
ABOUT THE VACCINE**

...

If you have previously declined the COVID vaccine, you can change your mind and book an appointment.



It is not too late to change your mind about the Covid-19 Vaccine. Even if you have previously declined to have it, you can still book your appointment. Local GP practices, pharmacies and vaccination centres still offer the vaccine. Book yours now. It's quick and simple to book at nhs.uk/covid-vaccination

or by phoning **119** and if you can't find any suitable appointments through the national service, you can speak to your GP.

If you have any concerns about the vaccine or just want more information about coronavirus, visit the dedicated Covid-19 pages on our website:

<https://www.eastridingofyorkshireccg.nhs.uk/your-health/covid-19/>

The MHRA, the European Medicines Agency and the World Health Organisation have all been absolutely clear that the vaccines are safe and effective, and people should go and get their COVID-19 vaccine when asked to do so. A further trial from the USA has also reinforced that.

Vaccination programme update

The vaccination programme continues to make strong progress with over 31 million people in England having received their vital first vaccine dose – more than half the adult population.

The one millionth vaccination has been delivered in the Humber Coast and vale region!

In three months, the Humber Coast and vale programme has opened six hospital hubs, 34 GP-led sites, three vaccination centres and 12 community pharmacies.

If you already have an appointment over the coming weeks, whether for your first or second dose, this remains in place and it's important that you attend it as planned. The first dose of both the Pfizer/BioNTech and Oxford/AstraZeneca vaccine offer good levels of protection, but to get maximum protection everyone will need to get a second dose.

Over 2.5 million people in England have already had both doses, and we are urging people to come back when they are contacted or if they have an appointment booked.

Millions of people are already benefiting from protection from the virus and we are seeing this result in the welcome fall in infections and hospital cases. But NHS staff are still having to work hard to deliver the largest vaccination drive in our history, at the same time as providing care for everyone who needs it. So, we need the public to continue to play their part too:

- unless you are in the groups being invited now, please don't contact the NHS to seek a vaccine, we will contact you when it is the right time.
- please attend your booked appointments at exactly the time you're asked to, and make sure you come back for your second dose.
- and whether you have had your vaccine or not, please continue to follow all the guidance in place to control the virus and save lives.

Is your child vaccinated? No, we're not talking about COVID!

Vaccines are the hottest topic on everyone's lips at the moment, but the COVID-19 vaccine isn't the only one parents need to remember. Vaccination is the most important thing we can do to protect our children against ill health. In fact, they prevent up to three million deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again and so it is very important to ensure your child is vaccinated.

You'll usually be contacted by your GP surgery when your child is due for a routine vaccination, however, if you know your child is due for a vaccination, it's best to speak to your GP surgery to book an appointment, you do not need to wait for them to contact you.

Vaccines teach your child's immune system how to create antibodies that protect them from diseases. It's much safer for their immune system to learn this through vaccination than by catching the diseases and treating them.

All vaccines are thoroughly tested to make sure they will not harm you or your child and it often takes many years for a vaccine to make it through the trials and tests it needs to pass for approval.

You can still change your mind

Sometimes parents choose not to vaccinate, but then later decide to make sure their child is protected. It's best for your child to have their vaccinations according to the NHS vaccination schedule, but it's never too late to check if they can still have them.

Call or visit your GP practice to make sure your child has any vaccinations they have missed, whatever your reason. If you're worried about the risk of COVID-19, contact your GP

or local health clinic to find out about the measures they have put in place to keep staff and patients safe.

You can find out when your child is due their vaccinations online here:

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Dr Faisal Baig on Radio Humberside



Dr Faisal Baig, GP and Chair of the North Lincolnshire CCG, was on Radio Humberside on 01 April talking about the importance of continuing to follow the rules and encouraging vaccine uptake.

To listen, fast forward to 2 hours 08 minutes using the link below.

<https://www.bbc.co.uk/sounds/play/p099qycn>

Humber Mid-life MOT



A new Mid-Life MOT service, a 'one stop shop' online platform containing free services and tools for both individuals and employers, has been developed and published by The Humber LEP, in conjunction with local partners at the National Careers Service, Money & Pension Service, Public Health England and Active Humber.

The MOT tool invites individuals to look at not just their finances, but also their health, wellbeing, and skillset, while it encourages

employers to support those aged 45-plus in areas such as flexible working, pension evaluation and ensuring they are an 'age-inclusive' employer.

The platform highlights and redirects both individuals and employers to existing tools and services which not only offer key advice but lead the way to activities and simple steps towards meaningful action and change.

Local users will be able to access tools such as HR advice and ways of supporting an older workforce. Likewise, employees and individuals will be able to access tools to assess their finances, any upskilling opportunities, career progression possibilities or any lateral moves into growing industries in the Humber.

The Mid-Life MOT can be accessed through the following link:

<https://www.humberopportunities.co.uk/mid-life-mot/>