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They will be invited by the NHS to make a booking through the [national booking service](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=38315859be&e=ca295a0ed8) or to attend a [walk-in clinic](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=5c835d8f58&e=ca295a0ed8). | | |  |  |  | | --- | --- | | |  | | --- | | Across the UK, a second booster will be offered to:   * adults aged 75 and over * residents in a care home for older adults * people aged 12 and over with weakened immune systems.   The dose will be given six months after the previous booster.  The Pfizer vaccine will be offered to 12 to 18-year-olds, and either Pfizer or Moderna to other eligible people. The extra dose will help maintain protection from severe Covid-19 in those who are most vulnerable. | |  |  |  | | --- | --- | | |  | | --- | | **Covid-19 vaccinations for 5 to 11-year-olds**  All healthy five to 11-year-olds will be eligible for their Covid-19 vaccinations from Monday, 4 April.  We expect parents, guardians and carers to be able to book their child’s vaccination appointment via the [national booking service](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=4928d30b00&e=ca295a0ed8). Please do not contact your GP.  Find information about [Covid-19 vaccinations for five to 11-year-olds](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=160b7f1ef3&e=ca295a0ed8) on the Government's website. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Living with Covid-19** | | |  |  |  | | --- | --- | | |  | | --- | | The Government has laid out its plans on how we will be living with Covid-19 from tomorrow (Friday, 1 April). Look out for our special community bulletin 'Living with Covid-19' next week, which will provide more details about the plans and what they mean for you and NHS services in Kent and Medway. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **News** | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Think ahead and stay healthy this Easter**  Be prepared for Easter by checking you have the medicine you need and by visiting a pharmacy or urgent treatment centre at the first sign of illness. The long weekend, from 15 to 18 April, can be one of the busiest times of the year. But with a few simple steps people can save time and avoid an unnecessary trip to A&E.  GP practices will be closed on Good Friday and Easter Monday so we're urging people who take regular medication to check they have got enough to last until at least the week after Easter. Please make sure your medicine cabinet is well stocked too – no one wants to spend the holidays driving around in search of paracetamol, plasters or children’s medicine.   There are the local pharmacy opening times over Easter:  Mayday Pharmacy – 514 London Road CR7 7HQ – 0208 689 9345  Good Friday – 15.04.2022 – 09.00-22.00, Easter Sunday – 17.04.2022 – 09.00-22.00, Easter Monday 18.04.2022 – 09.00 – 22.00  Foxley Lane Pharmacy – 32 Foxley Lane, Purley CR8 3EE – 0208 668 6891  Good Friday – 15.04.2022 – 10.00-14.00, Easter Sunday – 17.04.2022 – 10.00-18.00, Easter Monday 18.04.2022 – 10.00 – 14.00  Dougans Chemist – 114 Headley Drive New Addington CR0 0QF – 01689 8412551  Good Friday – 15.04.2022 – 10.00-14.00, Easter Sunday – 17.04.2022 – 10.00-18.00, Easter Monday 18.04.2022 – 10.00 – 14.00  Larchwood Pharmacy – 215 Lower Addiscombe Road CR0 6RB – 0208 654 1149  Good Friday – 15.04.2022 – 10.00-14.00, Easter Sunday – 17.04.2022 – 10.00-18.00, Easter Monday 18.04.2022 – 10.00 – 14.00 | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | Prostate cancer... know the signs  More than 14,000 men in England are thought to be living with undiagnosed prostate cancer. | | |  |  |  | | --- | --- | | |  | | --- | | The sooner cancer is diagnosed, the better. It keeps the door wide open for treatment options. We would advise anyone who is concerned to get checked out. Don’t just think that it’s probably nothing and it will just go away. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | |  | | **General practice appointments: March 2022**  The latest general practice appointment figures show total number of appointments in March was 6115. 5,156 of these appointments were face to face, however 241 appointments were DNA.  We would urge anyone who can no longer attend any appointment (be it with their GP, a vaccination appointment or a hospital appointment) to please cancel them. This allows the NHS to use the time to see other patients in need.  [Find out more about general practice](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=a6aa6106e1&e=ca295a0ed8). | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Bowel cancer: Know the symptoms**  Bowel cancer is more common in the over 50s but it can affect anyone. It is treatable and curable, especially if diagnosed early.  Being aware of the key signs and symptoms of bowel cancer could save your life or the life of someone close to you.  Symptoms can include:   * rectal bleeding or blood in your poo * a change in your normal bowel habit * abdominal pain, discomfort or bloating brought on by eating.   Other health problems can cause similar symptoms, but if you are experiencing any of these problems or someone you know has, or if things just don’t feel right, speak to your GP. Visit the [NHS website](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=8778a24260&e=ca295a0ed8) for more information. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | |  |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **National day of reflection**  Marie Curie’s national day of reflection, in February, reflected on the lives lost during the Covid-19 pandemic and support the millions of people who are grieving.  While life is beginning to return to normal for some people, several million children and adults are still living with the trauma of loss and not being able to grieve properly.   If you or someone you care about is grieving, the Marie Curie Support Line can help. Phone 0800 090 2309 to speak to a trained support line officer or for continuing support from a bereavement volunteer. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **World Autism Acceptance Week**  [World Autism Acceptance Week](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=d1f717e908&e=ca295a0ed8) is under way with World Autism Awareness Day on Saturday, 2 April. The week aims to draw attention to autism, educate those who are unaware of the condition and to help make the world friendlier for those affected. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **In our community** |   **Selsdon Contact**  Contact is a neighbourhood care organisation that provides practical help, advice, support and information to the local community. It is made possible by a dedicated network of volunteers and are always looking for new people to help with the scheme or people to whom assistance can be offered.  For more information:-  Telephone 0208 651 4944 – email info@selsdoncontact.org.uk | |  |  |  | | --- | --- | | |  | | --- | | Croydon Stroke Support Group [Croydon Stroke Support Group](https://www.croydonstrokesupport.co.uk/)  The group organizes activities that aim to restore a members confidence which has usually been shattered by their illness, thereby assisting their social and speech rehabilitation.  It also provides a stimulating environment where members can receive physical and mental exercise, including interaction with others and specifically caters for people with disabilities arising from a stroke  People who suffer from Parkinson’s are also welcome to the sessions  Our group is self funded and this means to be able to keep the group going we do have to make a small charge to cover the costs.  We’re affiliated with the [Stroke Association](https://www.stroke.org.uk/)  For more information complete the online enquiry form  <https://www.croydonstrokesupport.co.uk/>  Stepping stones cafe. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Get involved** | | |  |  |  | | --- | --- | | |  | | --- | | Volunteer Centre Croydon logo  Volunteer at Croydon Voluntary Action  Volunteering with CVA is a great way to find out more about the community and voluntary sector in Croydon.  Expand your knowledge on what is going, supporting Croydon individuals and community projects to make a real difference in Croydon.  CVA provides training and support to all our volunteers as well as a reference after you have volunteered 100hrs. Expenses are reimbursed as agreed.  Roles include:  [Administration and Reception Volunteers](https://cvalive.org.uk/volunteering/volunteer-at-cva/admin-volunteers/)  [Befriending](https://cvalive.org.uk/volunteering/volunteer-at-cva/appropriate-adult-volunteering/)  [Christmas Wrapping](https://cvalive.org.uk/volunteering/volunteer-at-cva/christmas-wrapping/)  [Community Information Seeker](https://cvalive.org.uk/volunteering/volunteer-at-cva/community-information-seeker/)  [Croydon Voluntary Action Trustee](https://cvalive.org.uk/volunteering/volunteer-at-cva/cva-trustee/)  [Facilities Support Volunteers](https://cvalive.org.uk/volunteering/volunteer-at-cva/facilities-support/)  [Mentor and Buddy Roles](https://cvalive.org.uk/volunteering/volunteer-at-cva/aftercare-support/)  [We Stand Together Project](https://cvalive.org.uk/volunteering/volunteer-at-cva/copy-of-team-croydon/)  Get in touch with us either by phone, email or visit our Team Croydon open office in Centrale Shopping Centre Croydon. A member of staff or one of our volunteers will be there to help you. **0208 253 7070**[volunteer@cvalive.org.uk](mailto:volunteer@cvalive.org.uk)Office opening hours:Monday-Thursday 10:00-17:30 Friday-Saturday 10:00-17:00  Sunday-Bank Holidays: Closed | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Mental health capacity consultation needs your thoughts**  The Government wants to hear what you think about its plans to update the Mental Capacity Act 2005 code of practice and the introduction of liberty protection safeguards.  Some people need help to make decisions about their lives because they don’t have the capacity to do so. The Mental Capacity Act 2005 is a law that says what happens when a person doesn’t have capacity. The Mental Capacity Act 2005 code of practice explains how the rules in this law must be carried out.   When care or treatment needs to be given to a person who doesn’t have capacity, they sometimes lose some of their rights and freedoms. If this happens, there are also rules that must be followed to protect that person. These rules are being improved and will be called liberty protection safeguards.   [Respond to the consultation](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=7c03fa2e17&e=ca295a0ed8)[here](https://nhs.us19.list-manage.com/track/click?u=ae3825bedab437264acc6843f&id=cfd609d009&e=ca295a0ed8). The consultation closes at 11.45pm on Thursday, 7 July. | | | |