

# VINE HOUSE SURGERY NEWSLETTER

## DECEMBER 2020

### OUR CLINICAL TEAM

Dr Baker (2 days a week)

Dr Mucherla (4 days a week)

Dr Jurgita (5 days a week)

Sasha McIntosh – Nurse Practitioner (4 days a week)

Claire Nicholls – Nurse Practitioner (4 days a week)

Elizabeth Reader – Care Co-Ordinator (5 days a week)

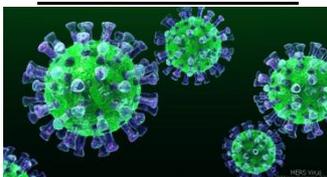
### XMAS CLOSURE



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CHRITMAS DAY – CLOSED  
MONDAY 28<sup>TH</sup> DECEMBER – CLOSED  
TUESDAY 29<sup>TH</sup> DECEMBER – OPEN  
FRIDAY 1<sup>ST</sup> JANUARY – CLOSED  
MONDAY 4<sup>TH</sup> JANUARY – OPEN

### THE CORONAVIRUS



**Up to three households will be able to meet up during a five-day Christmas period of 23 to 27 December, leaders of the four UK nations have agreed.**

People can mix in homes, places of worship and outdoor spaces, and travel restrictions will also be eased.

But a formed "Christmas bubble" must be "exclusive" and would not be able to visit pubs or restaurants together.

The leaders urged people to "think carefully about what they do" to keep the risk of increased transmission low.

They added 2020 "cannot be a normal Christmas" but family and friends will be able to see each other in a "limited and cautious" way.

However, some scientists have warned that the relaxation of Covid restrictions over the festive period could spark another wave of infections and further deaths.

The measures will see travel restrictions across the four nations, and between tiers and levels, lifted to allow people to visit families in other parts of the UK.

Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December, but otherwise travel to and from bubbles should be done between the 23 and 27.

People will not be able to get together with others from more than two other households, and once a bubble is formed, it must not be changed or be extended further.

The guidance says a bubble of three households would be able to stay overnight at each other's home but would not be able to visit hospitality, theatres or retail settings.

However, existing local restrictions will still be in place mean many pubs and restaurants - such as those in England's tier three or Scotland's level four - will remain closed during the festive period.

- Up to three households will be allowed to stay together and form a "Christmas bubble"
- You can form a different Christmas bubble from the people you live with normally - so you can choose to stay with different people for the five-day period
- You can meet people outside your Christmas bubble, but only outside the home and in line with the rules for the tier in which you are staying. Places you can meet those people include parks, beaches, open countryside, public gardens, allotments and playgrounds
- Children under the age of 18 whose parents do not live together may be part of both parents' Christmas bubbles
- Existing support bubbles count as one household towards the three household limit

- If a care home resident is able to leave their home, they can form a bubble with one other household - but should not form a three-household bubble. However, visits out of care homes should only be considered for residents of working age because of the risks
- Students are considered to be part of the household to which they have returned

Scientists say a typical Christmas gathering at home is the type of environment where infections can spread.

The guidance also advises people to take precautions when meeting their Christmas bubble such as washing hands frequently and opening windows to clear potential virus particles.

'Be responsible'

In a video message from Downing Street, the prime minister described the agreement as a "special, time-limited dispensation", saying: "This year means Christmas will be different."

Boris Johnson said people must make a "personal judgment" about the risk of who they form a bubble with or if they visit elderly relatives., adding: "Many of us are longing to spend time with family and friends... And yet we can't afford to throw caution to the wind."

### **FACIAL MASKS/ Coverings**



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We would firstly like to thank all patients who have visited the Practice for wearing a face covering.

We know that this can feel strange and uncomfortable, make glasses fog up and make communicating with others harder but by doing this you are protecting the most vulnerable members of our community, so thank you, it really is appreciated.

We have had an increase in requests from patients for letters of exemption to wearing face masks in various public settings over the last few days.

In England, you must by law wear a face covering on public transport now, and in shops and supermarkets as of 24th July 2020.

The Government guidance suggests there is no requirement for evidence for exemption. It should be sufficient for someone to declare that they are eligible for an exemption directly with the person questioning them (e.g. bus driver).

Whilst we would urge you to wear a face covering if you possibly can to protect those around you we do know that for some people this raises particular extreme challenges.

There is no exemption certificate and we as a practice are unable to provide letters of support for those who fall under the list of exemptions, or to those who do not fall under the list of exemptions however the attached card can be printed and used to help explain why you aren't wearing a face covering if you are unable to do so. [B19-Mask-Exemption-Cards](#)

### **NHS 111**



Think you need medical help right now? NHS 111 is available online, as well as over the phone! NHS 111 is much more than a helpline – if you're worried about an urgent medical concern, call 111 or visit 111.nhs.uk

### **PATIENT PARTICIPATION GROUP (PPG)**



The aim of a PPG is to represent patient's views, support diversity and to work in partnership with the Practice to improve common understanding; help patients to take more responsibility for their health; contribute to improvements of service and quality of

care and work towards better and improved communications. Our next meeting will be on the 12<sup>th</sup> January 2021 at 12.30pm via Microsoft teams due to the Covid19 pandemic.

Minutes from our previous PPG meetings can be viewed on our practice website [www.vinemedical.com](http://www.vinemedical.com)

### **CARE QUALITY COMMISSION (CQC)**



We are delighted to report that following our Care Quality Commission inspection in June 2016 the practice has been awarded a “**GOOD**” rating. The full report can be seen on the website below.

**WWW.CQC.ORG.UK**