

Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (2 September 2020)

People in Norfolk and Waveney are being urged to have a flu vaccine and help ease pressure on the NHS this winter

NHS Norfolk and Waveney Clinical Commissioning Group (CCG) is urging the public to have the vaccine for flu if they are eligible as it will reduce the risk of catching and spreading the virus over the winter months.

Flu can cause severe illness and even death among vulnerable groups, as well as complications like bronchitis and pneumonia.

The vaccine is available free of charge on the NHS, if you:

- Are 65 years or over
- Are pregnant
- Have certain medical conditions
- Are living in a long-stay residential care home or other long-stay facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- Live with someone who's at risk of coronavirus (on the NHS shielded patient list) or you expect to be with them on most days over winter

Later in the year, the flu vaccine may be given to 50-64-year-olds. More information will be available later in the autumn. However, if you are aged 50-64 in an at-risk group, you should not delay having your flu vaccine

Frontline health and social care workers are also eligible to receive the flu vaccine. It's your employer's responsibility to arrange and pay for this vaccine.

You may also be able to have the flu vaccine at the GP surgery or a local pharmacy offering the service if you're a frontline health or social care worker employed by a:

- registered residential care or nursing home
- registered homecare organisation
- hospice

The flu vaccine is also available for children:

- Over the age of 6 months with a long-term health condition;
- Aged 2 and 3 years on 31 August 2020 (i.e. born between 1 September 2016 and 31 August 2018);
- In primary school;
- In year 7 (secondary school)

Due to the coronavirus (Covid-19) pandemic, flu vaccination clinics will be held in a slightly different way this year. Clinic logistics are still being finalised and updated information will be shared on the NHS Norfolk and Waveney Clinical Commissioning Group website:

www.norfolkandwaveneyccg.nhs.uk/.

Eligible adults can have their flu vaccination at their GP practice or a participating community pharmacy. People who are not eligible for a free flu vaccine can pay for one privately.

More information on who is eligible for the flu vaccine is available here:

www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/.

COVID-19 outbreak at Banham Poultry, Attleborough

There are now 104 confirmed COVID-19 cases linked to the outbreak at Banham Poultry's processing plant in Attleborough. Part of the site involved has now been closed and deep-cleaned, and all those workers have been asked to self-isolate in line with Public Health England guidelines.

All staff at the plant, plus their households, are being asked to self-isolate for 14 days if they have not tested positive and for 10 days if they have tested positive – households of those who have tested positive need to isolate for 14 days. Contact tracing is taking place to alert anyone who has been linked to Banham Poultry workers who have tested positive for Covid-19.

Anyone who is experiencing Covid-19 symptoms should book a test here:

www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/.

New era for robotic-assisted surgery at NNUH

More patients are set to benefit from cutting-edge surgery at NNUH following a £1m donation from the Norfolk and Norwich Hospital's Charity.

Two new robots will help double the number of robotic-assisted surgeries at the NNUH, which offer more precision for surgeons and help to reduce the time spent in hospital for patients, to up to 600 a year.

For the last four years the hospital has been using one robot for urological surgery and 18 months ago we began carrying out robotic colorectal procedures at weekends. This robot is now being replaced by two newer models.

The Urology team were the first to use one of the new robots and the second is due to be in use from September for complex urology and colorectal procedures and will in the future also be used for some gynaecology, thoracic and head and neck surgery.

Vivekanandan Kumar, Consultant Urological Surgeon, who carried out the first surgery using the new robot, said: "This new robot is sleeker and more versatile with added features compared to the one we have used and it makes a huge difference to our theatre capacity.

"Robotic surgery also offers far greater accuracy when removing a tumour, which means better outcomes for our patients. A number of surgical procedures require an amount of stitching and plumbing work inside the patient which is quite challenging. With a robot the patient is left with very, very small scars which is a marker of the very good services we are providing."

Find out more [here](#).

Isolate straight away if you have symptoms of coronavirus

It's really important that anyone who has coronavirus symptoms isolates straight away and doesn't wait for test results. If you develop symptoms you must stay at home and only leave to go for a test, or in an emergency.

If someone you live with has coronavirus symptoms, you need to isolate too. You could also have coronavirus and pass it on, even without symptoms.

COVID SYMPTOMS? ISOLATE STRAIGHT AWAY!

DON'T WAIT FOR YOUR TEST RESULTS



AND STAY AT HOME EXCEPT FOR GOING FOR A TEST.

Every household in Norfolk has been sent a leaflet about NHS Test and Trace by Norfolk County Council. This explains what people need to do if they have symptoms or if they have been in contact with someone who tests positive for coronavirus.

The leaflet can be found on [Norfolk County Council's website](#), along with translations in Arabic, Bengali, Gujarati, Hindi, Lithuanian, Polish, Portuguese and Russian. The leaflet can be translated to other languages on request. It's also available in braille, audio format, BSL and easy read.

ReSPECT: Still time to help us improve the care people receive in an emergency

ReSPECT

- ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates a personalised recommendation for your clinical care in emergency situations where you are not able to make decisions or express your wishes.
- Your ReSPECT form should be available immediately to health professionals called to help you in an emergency, whether you are at home or being cared for elsewhere. Professionals such as ambulance crews, out-of-hours doctors, care home staff and hospital staff will be better able to make quick decisions about how best to help you if they can see your ReSPECT form in an emergency.
- We want to do more to make sure that people know about ReSPECT. You can help us by completing our [survey](#), which will help us to understand how much people already know about it and what the most helpful messages are to spread understanding about the importance of planning for your emergency care and treatment.

Mental health support available

- 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)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

A colorful graphic for Kooth.com. It features a yellow background with a blue clock, a pink calendar, and a silhouette of a person's head. The text reads: "kooth Lost your routine? We'll be here when you need us". Below this is a list of services: "Discussion Boards", "Kooth Magazine & Help Articles", "Free Counselling", and "Journal & Self-Help Tools". At the bottom right, it says "Sign up for free at Kooth.com".

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