

*Your weekly NHS update for Leicester, Leicestershire and  
Rutland*

# 5 on Friday



**Covid-19 vaccine**

**The NHS will get in touch when  
it's your turn to be vaccinated**

Find out about the roll-out at [nhs.uk/CovidVaccine](https://nhs.uk/CovidVaccine)

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## Hello and welcome

Welcome to 5 on Friday. This is our new look stakeholder bulletin replacing Novel Coronavirus (COVID-19): Leicester, Leicestershire and Rutland Stakeholder Bulletin.

We will still be keeping you up to date with how the NHS in LLR is responding to COVID, but we will cover more topics to keep you informed about your local NHS.

Please give us feedback and tell us what you want to know more about. If you have any questions or would like to ask about a topic please email us at:  
[PressOfficeLLRCCGs@leicestershire.nhs.uk](mailto:PressOfficeLLRCCGs@leicestershire.nhs.uk).

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## 1. COVID-19 Vaccine update

Today a third COVID-19 vaccine developed by US company Moderna, has been approved for use in the UK. The UK has ordered 17 million doses of the Moderna vaccine, with supplies expected to arrive in the spring. This follows the approval of the Oxford-AstraZeneca

vaccine last week, which was made available on Monday 4th January 2021.

The vaccine programme is now well under way locally and is being administered first to people in the top priority groups: People aged 80 and over, health and care staff, and care home workers and residents.

Vaccinations are currently being offered to Leicester, Leicestershire and Rutland residents from 15 locations, two hospital hubs vaccinating a mixture of patients and staff and 13 sites offering vaccinations to patients registered with 88 GP practices. It is hoped that in the next week all local GP practices will be covered by a vaccination service. Even more locations are also hoped to be opening over the next few weeks, to make it even easier for people to get to a vaccination.

For more information about the COVID-19 vaccination progress in Leicester, Leicestershire and Rutland visit: <https://www.leicestercityccg.nhs.uk/news/ccg-news/covid-vaccination-progress-in-leicester-leicestershire-and-rutland/>

### **Changes in offering the second dose**

At the end of December 2020, new national medical advice was issued changing when the second dose of the vaccine could be given. The advice states that the vaccine remains effective if the second dose is given up to 12 weeks after the first dose, and should be given towards the end of this 12 week period.

So that more people benefit from the first dose as soon as possible and have some protection, some patients will have their appointment for the second dose rearranged for a later date. Two doses of the vaccine are still needed to get the best protection from the virus and it is important that patients do attend their second appointment at the same location as the first.

Patients will be contacted by their GP practice if their second appointment does need to be rearranged.

### **North Blaby primary care network to offer the COVID-12 vaccine**

More patients across Leicester, Leicestershire and Rutland (LLR) are beginning to receive their COVID-19 vaccinations as additional supplies become available across the city and counties.

This week eligible patients that are registered at GP practices in the North Blaby primary care network (PCN) area which comprises of Thorpe Astley Surgery, Enderby Medical Centre, Forest House Medical Centre, Kingsway Surgery, the Glenfield Surgery and the Limes Medical Centre will begin receiving their vaccine which will be administered from the Thorpe Astley Surgery on behalf of all the practices in the PCN area.

### **Leicester's Hospitals opens second COVID-19 vaccine 'hospital hub' at Glenfield Hospital**

The first doses of the Oxford AstraZeneca were administered to patients and staff from a new 'hospital hub' at Glenfield Hospital from yesterday. It is the second vaccine hub to be opened at the Trust following the opening of the Leicester General Hospital vaccine site on December 12.

Leicester's Hospitals acting chief executive Rebecca Brown said: "We've got through a large amount of high risk staff and patients over 80 at our Leicester General Hospital site and now

with our Glenfield Hub we will be focused on vaccinating as many frontline health and social care staff as possible.”

The news follows a renewed national emphasis on ensuring vital local NHS and social care staff are offered the vaccine as soon as possible, in line with the JCVI guidance on priority groups.

The Trust hopes to have a further site open at Leicester Royal Infirmary this month.

### **COVID-19 vaccine scam text**

Criminals are taking advantage of the COVID-19 vaccine rollout through a convincing scam text to steal people’s personal and financial details.

The text contains a link that leads to a convincing fake NHS website with an application form which asks for your bank/card details in order to check your identity. The NHS may contact you by text message but we will never ask you to give personal details in response.

Please warn friends and family of this scam text.



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## **2. National Lockdown: Stay at Home**

Coronavirus cases are rising rapidly across the country, leading to the Government announcing a new national lockdown this week. This means you must not leave, or be outside of your home except where necessary. This includes shopping for essentials and going to work, if you cannot do so from home. [Click here](#) to view what you can and cannot do during the national lockdown.

If you do leave home for a permitted reason, you should always stay local - unless it is necessary to go further, for example to go to work. Stay local means stay in the village, town, or part of the city where you live.

If you are [clinically extremely vulnerable](#) you should only go out for medical appointments, exercise or if it is essential. You should not attend work.

The NHS in Leicester, Leicestershire and Rutland is experiencing significant pressures in

response to the combined challenges of rising numbers of COVID-19 positive cases and annual winter pressures. To help maintain social distancing and to ensure care is provided in the most appropriate setting you must contact NHS 111 for all urgent medical needs. Contacting NHS 111 first either [online](#) or by calling 111 will help you to get the right treatment you need.

NHS 111 can, if necessary, book you a time slot in ED. If your need isn't an emergency and you go straight to the ED without contacting NHS 111 you could be asked to attend another service or asked to contact NHS 111. NHS 111 can also direct you to Urgent Treatment Centres, GP surgeries, pharmacies, emergency dental services and walk- in clinics.



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### 3. COVID-19 motivates most adults to get healthier

New data reveals that eight in 10 adults have made the active decision to make changes to their lifestyle in 2021, with seven in 10 saying that they are motivated to make lifestyle changes due to COVID-19.

This week the Better Health campaign launched encouraging the nation to work towards a healthier lifestyle, whether it's losing weight or getting active, looking after their mental wellbeing or quitting smoking, with the support of a variety of tools and apps, including the updated NHS Weight Loss Plan app.

Visit [www.nhs.uk/betterhealth](http://www.nhs.uk/betterhealth) for free tools and support with programmes to start leading a healthier lifestyle today.



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#### 4. Accessing your GP practice

Your GP practice is open to treat you but the way you can access GP services remains slightly different than what was in place before the Coronavirus pandemic.

The changes introduced last year are still in place to protect you, other patients and NHS staff, whilst ensuring you still receive the best possible care safely and quickly.

To access GP services, you need to contact your practice to book an appointment. Practice staff will consider how best to help you, this could mean you receive advice via an online message, over the phone, a video consultation, or if necessary, in person. If you are given an appointment to attend your practice, please follow social distancing measures and make sure you are wearing a face covering or mask.



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#### 5. Pulse Oximetry @Home

Leicester, Leicestershire and Rutland (LLR) is an early adopter of a new national initiative to support remote monitoring of patients' oxygen levels. Those with COVID-19 who don't need immediate hospital attention but are at high risk of developing serious symptoms are to be given pulse oximeters to use at home to reduce the risk of serious deterioration. Their GP practice will provide supporting information and maintain regular contact with the patient to

ensure that their observations remain stable. Anyone who becomes poorly will be treated in the most appropriate setting of care as per existing protocols.

We are pleased to be able to share our learning with colleagues in Northamptonshire to support an earlier roll out across their healthcare system too.

