

The latest local health news from Cambridgeshire and Peterborough delivered to your inbox.

## **New England-wide lockdown**

On Tuesday 5 January England started another period of national lockdown.

### **Summary: what you can and cannot do during the national lockdown**

You must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives. You should follow this guidance immediately. The law will be updated to reflect these new rules.

### **Leaving home**

You must not leave or be outside of your home except where necessary.

You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your [support bubble](#) or [childcare bubble](#) where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

Colleges, primary and secondary schools will remain open only for [vulnerable children and the children of critical workers](#). All other children will learn remotely until February half term. Early years settings remain open.

Higher Education provision will remain online until mid-February for all except future critical worker courses.

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

For more information about the national lockdown, visit <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

## Covid-19 Vaccination Programme Briefing

The Covid-19 Vaccination Programme is now well underway in Cambridgeshire and Peterborough and will continue throughout the current national lockdown. We are writing to provide you with an update of the programme as it stands on 14 January 2021.

### Vaccination sites

We are working incredibly hard to open up additional vaccination sites over the coming days and weeks to expand the number of vaccination sites and vaccination appointments we have available across Cambridgeshire and Peterborough.

The current sites are live, as of 13 January:

Primary Care Network	Vaccination location	Vaccinating patients registered at
Hospital Hub	Addenbrooke's Hospital	
Hospital Hub	Peterborough City Hospital	
Ely South PCN	Staploe Medical Centre, Soham	Burwell Surgery, Haddenham Surgery, Stretham Surgery and Staploe Medical Centre
Ely North PCN	Cathedral Medical Centre. Ely	Cathedral Medical Centre, St Georges Medical Centre and St Marys Surgery
Wisbech PCN	North Brink Practice, Wisbech	Clarkson Surgery, North Brink Practice, Parsons Drive Surgery and Trinity Surgery
South Peterborough	Stanground Surgery, Peterborough	Oundle Medical Practice, New Queen Street & Stanground Surgeries, and Yaxley

St Neots PCN	Dumbelton Medical Practice, Eynesbury, St Neots	Cedar House Practice, Dumbelton Medical Practice, St Neots Health Centre and Eaton Socon Health Centre
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The following sites will go live by **20 January**:

<b>Primary Care Network</b>	<b>Vaccination location</b>	<b>Vaccinating patients registered at</b>
CANTAB PCN	Huntingdon Road Surgery	Bridge Street Medical Centre, Huntingdon Road Surgery, Girton Branch Surgery, Girton, and The Red House Surgery
Octagon North PCN	Jenner Practice, Whittlesey, and Thomas Walker Surgery, Peterborough	Bretton Medical Practice, Hodgson Medical Centre, Huntly Grove Practice, Jenner Practice, Minster Medical Practice, Nene Valley Medical Practice, Thomas Walker Surgery, Westgate Surgery, Park Medical Centre, Eye Medical Practice and Thorney Surgery
Central and Thistlemoor PCN	Thistlemoor Medical Centre, Peterborough	Central Medical Centre and Thistlemoor Medical Centre
Huntingdon PCN	Hicks Group Practice, Huntingdon	Acorn Surgery, Hicks Group Practice, Roman Gate Surgery Branch, Papworth Surgery and Priory Fields Surgery
St Ives PCN	Grove Medical Practice at the Old Exchange Surgery site, St Ives	Grove Medical Practice, Moat House Surgery, Riverport Medical Practice and The Spinney Partnership
BCM and Paston PCN	Werrington Surgery	Boroughbury Medical Centre, Werrington Surgery – Church Street, Paston Health Centre and Werrington Branch Surgery – Skaters Way
Granta PCN	Sawston Medical Centre	Granta Medical Practices: Shelford Medical Practice, Barley Surgery, Linton Health Centre, Market Hill Surgery and Sawston Medical Centre
Cambridge City 4 PCN	Cornford House Surgery	Cornford House Surgery, Queen Edith Medical Practice, Cherry Hinton Medical Practice, Mill Road Surgery, Petersfield Medical Practice and Woodlands Medical Practice
Peterborough Partnership PCN	The Fleet Community Centre	Botolph Bridge CHC, The Grange Medical Centre, Thorpe Road Surgery, The Willow Tree Surgery, Nightingale

		Medical Centre, Westwood Clinic, Ailsworth and Parnwell Medical Centres and Hampton Health
Fenland and Fenland South PCNs	Doddington Hospital (from w/c 18 Jan)	George Clare Surgery, Priors Field Surgery, Fenland Group Practice, Cornerstone Practice, Ramsey Health Centre, Merchford House Practice and Riverside Practice
Hospital Hub	Royal Papworth Hospital	
Hospital Hub	Hinchingbrooke Hospital	

Our vaccination sites will be delivering vaccinations to those aged over 80, care home workers and residents and frontline NHS staff, as per the JCVI guidance.

A number of other locations across the area are due to open next week.

We have also started to vaccinate care home residents and staff within their own care homes in the area. You can read more about our work in Ely [here](#) and Wisbech [here](#).

### **Vaccination appointments**

We have already booked in and vaccinated thousands of people aged over 80, care home workers and frontline NHS staff across our area, but we know that there are many more people still to contact and book in as more slots become available.

If people are registered with a local GP, they will be contacted via email, text, phone or letter when it is their turn to book an appointment.

This may vary slightly between different areas in our region due to how the vaccines are made available and distributed from the central distribution system, but please be assured that local residents who fall into the priority groups (as determined by the JCVI) will be contacted by their nearest vaccine centre as soon as the vaccine is available for them.

If they are not registered with a GP, we would recommend they register with a GP as soon as possible.

We would ask that local people do not contact the NHS to seek a vaccine, unless invited to do so. We will contact them when there are appointments available. This is to help us ensure that call handlers at vaccination sites across the area can utilise maximum capacity to book appointments for those currently eligible for the vaccination.

### **Delivery of second dose**

National guidance from the UK's Chief Medical Officers now recommends that the second dose for both PfizerBioNTech and OxfordAstraZeneca vaccines can be delivered up to 12 weeks after the first vaccination.

The new medical advice states that the second dose of the vaccine remains effective when given up to 12 weeks after the first dose and should be given towards the end of this 12-week period.

Two doses of the vaccine are still needed to get the best protection from the virus, but significant protection is provided at 22 days after the first dose. The new guidance will therefore help ensure that as many vulnerable people as possible benefit from the protection offered by the first dose of the vaccine as soon as possible.

Please be reassured that there are no safety concerns in the new guidance, and it will not impact on how effective the vaccination is in protecting people from Covid-19 once the course is complete.

Based on this new advice we are in the process of contacting people who originally had their second dose vaccination appointment booked in earlier than is now required. This means we will be working hard to change a large number of appointments. If an appointment is going to be changed, we will contact the patient directly. If a patient does not hear from us, then their appointment will continue as planned.

Given the numbers of people we need to contact and the time it will take, we would ask that local people do not contact the hospitals or GP practices as they are extremely busy as their call may prevent one that is more critical from getting through.

### **National Booking Service and National Vaccination Sites**

Now that more doses of Covid-19 vaccines are available, the NHS is able to open more vaccination services, including the first Vaccination Centres in seven locations across the country. Our nearest centre is currently located in Stevenage.

People who are eligible and who live near (within a 45-minute drive) these new vaccination services will receive letters from the NHS Covid-19 Vaccination Booking Service, telling them how they can book their appointment.

The NHS is rolling out additional services quickly, but it remains important that the public don't try to book or go to these services before they receive their booking letter. And when they do book an appointment, we are asking them to please make sure they attend.

Local people may receive a letter from the national NHS Covid-19 Vaccination Booking Service inviting them to book an appointment at a regional Vaccination Centre, the closest of which is at Stevenage.

However, if local people are unable or don't want to go to a Vaccination Centre, they can choose to wait and get their vaccination at a nearby local GP which is the local vaccination hub for patients in this area.

We have started vaccinating patients over the age of 80 years of age and are inviting people in according to the criteria and prioritisation set by the [Joint Committee on Vaccination and Immunisation \(JCVI\)](#), and will contact you when it's your turn.

Like the rest of the NHS we are working to offer vaccines to everyone in the top priority groups by the middle of February.

### **Maintain Hands, Face, Space**

It is important, even after people have received their first vaccination, to follow the current hands, face, space and ventilate guidance to reduce the spread of Covid-19.

### **Further information**

Further information about the vaccination programme can be found on our website at:

<https://www.cambridgeshireandpeterboroughccg.nhs.uk/news-and-events/latest-news/covid-19-national-vaccination-programme/>

### **Wisbech Minor Injury Unit (MIU)**

As of Monday, 18 January, Wisbech Minor Injury Unit (MIU) will temporarily close to the public, to enable the experienced staff to be redeployed to provide vital additional capacity elsewhere in the local community.

This is a temporary measure, which will be reviewed on a regular basis.

If you need urgent or emergency health care advice or support, please think NHS 111 first. You can call NHS 111 or visit NHS 111 online 24 hours a day, seven days a week. NHS 111 can connect you with the right service to help you.

The Ely MIU is still open at the Princess of Wales Hospital in Ely and for anyone requiring emergency medical care, the A&E departments at Queen Elizabeth Hospital, Peterborough City Hospital or Hinchingsbrooke Hospital are available.

The healthcare system across Cambridgeshire and Peterborough is working together to respond to the latest increase in COVID-19 patients requiring healthcare support across the local area.

Dr Gary Howsam, Chair of NHS Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) and local GP, explains:

“With increasing numbers of COVID-19 positive cases in our local area we are carefully reviewing all of our services and staffing requirements to ensure we can respond to the rising pressures we once again face.

“Temporarily closing Wisbech Minor Injury Unit, in addition to the continued temporary closure of Doddington Minor Injury Unit, is not a decision we have made lightly.

“We are incredibly thankful to the unit’s staff for their willingness to take on new local roles in response to the pandemic.

“We will review our decision on a regular basis to ensure that we can reopen these facilities as soon as possible.”

### **Don’t delay seeking medical treatment**

NHS organisations across Cambridgeshire and Peterborough are reminding local residents that they are still open 24 hours a day, seven days a week to provide urgent medical treatment and support healthcare concerns. This does not change as a result of lockdown restrictions, and attending medical appointments is on the list of reasons you can leave your home.

### **We want to remind the public that the NHS is still open for business and that the sooner we see you, the more we can help you.**

It is important that you don’t ignore the signs of a potentially life-threatening condition such as a stroke, heart attack or cancer.

Your local GP surgery is still open and there to offer support. You can speak to your GP from the comfort and safety of your own home via the telephone or an online service. If the GP decides you need to be seen in person, you will be offered a face-to-face appointment, in safe environment for you and your GP or Practice Nurse.

If you are not sure where to go for medical support, we would recommend you visit <https://111.nhs.uk/> in the first instance or call NHS 111.

### **If you have COVID-19 symptoms, get tested**

Testing or swabbing is an important part of the COVID-19 plans to ensure that people can return to work as quickly as it is safe to do so and take the appropriate actions if they test positive

Testing is also now available to any member of the public (over the age of 5) with symptoms by visiting [nhs.uk/coronavirus](https://nhs.uk/coronavirus)  
**Tests must be booked in advance** with only one walk-in testing centre in our area (Gladstone Park Community Centre, Peterborough).

### **119 Testing Call Centre**

By calling 119, members of the public, who don't have online access, can book a COVID-19 swab test and ask any questions relating to having a test and getting results. This includes about drive through test sites, mobile test units and home tests.

The call centre is open from 7am to 11pm and can be accessed by people with speech or language difficulties as well as by people whose first language isn't English.

### **Fraud alert – COVID-19 vaccine scam**

#### **Bogus vaccine text messages**

Reports are circulating of people being contacted by fraudsters offering the Covid-19 vaccine. The reports show text messages being sent providing a link to an online form where they are prompted to input personal and financial details. In some cases, the online form has looked very similar to the real NHS website.

In the UK, coronavirus vaccines will only be available via the NHS.

You can be contacted by the NHS, your employer, a GP surgery or pharmacy local to you, to receive your vaccine. The vaccine is **free of charge**. At no point will you be asked to pay.

- **The NHS will never ask you for your bank account or card details.**
- **The NHS will never ask you for your PIN or banking password.**
- **The NHS will never arrive unannounced at your home to administer the vaccine.**



- **The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or payslips.**

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**Action to take:**

Suspicious text messages should be forwarded to the number 7726, which is free of charge.

If you receive a call you believe to be fraudulent, hang up.

If you are suspicious about an email you have received, forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

If you believe you are the victim of this fraud, please also report it to Action Fraud as soon as possible by calling 0300 123 2040 or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk).