

## Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (28 April 2021)

### Health leaders urge people to be patient as COVID-19 vaccine drive continues at pace across Norfolk and Waveney

Almost 70% of people aged over 16 in Norfolk and Waveney have received their first dose of COVID-19 vaccine, newly released figures show.

According to data published today, 69% of adults have received their first dose, compared to 60% of adults in England. This puts us fifth out of the 42 health and care systems in England.

The figures also show that 31% of people aged over 16 in Norfolk and Waveney have received their second dose, compared to 19% of adults in England. This puts us second out of the 42 health and care systems. Some 83% of people aged over 70 have received their second dose.

A total of 845,669 doses of vaccine have been given locally since the start of the vaccination programme. In the week to last Sunday, 25 April, an additional 66,257 doses were given, of which 12,207 were first doses and 54,050 were second doses.

Melanie Craig, Chief Executive of NHS Norfolk and Waveney Clinical Commissioning Group (CCG) said: "The vaccination programme continues to make strong progress in Norfolk and Waveney and people aged 42 or over, or those who will turn 42 before 1 July 2021, are now eligible for a vaccination alongside other priority groups.

"With fewer vaccines available this month, as was expected and planned for, we are having to prioritise the current supply of vaccine in Norfolk and Waveney for people needing their second doses. This means there are fewer local vaccination sites appearing as options on the national booking system

"This has been compounded by an increased demand for first dose appointments as people in cohort 10 have become eligible for vaccination in line with national guidance.

"We are urging everyone to be patient. Everyone who is eligible will receive a vaccine if they want one.

"If you cannot find an appointment at a vaccination site close to where you live please do not contact your GP practice. Our GP practices are very busy and we need to keep telephones clear for patients needing an appointment with a GP or nurse for other health issues and urgent care.

"As vaccine supplies increase over the coming days and weeks, more options will open up and you should be able to book an appointment closer to home. Please keep checking the national booking system every few days for the latest local vaccination slots.

"We are committed to making sure no one gets left behind but we need your support to make sure people are vaccinated in the right order and those most vulnerable to COVID-19 get protected first."

Mrs Craig added: "Every single member of the public can help support our key workers and the national effort by following the rules where they live to try to contain the virus and remembering hands, face, space at all times.

"And if you have coronavirus symptoms – a high temperature, new continuous cough or loss or change to your sense of smell or taste, make sure you get tested and isolate for as long as is need to help protect those you care for and others in your community."

## COVID-19 vaccination information for pregnant women, anyone planning a pregnancy or breastfeeding

New guidance from the Joint Committee on Vaccination and Immunisation (JCVI) says that pregnant women should be offered the COVID-19 vaccine at the same time as the rest of the population, based on their age and clinical risk group.

Real-world data from the US shows that around 90,000 pregnant women have been vaccinated, mainly with mRNA vaccines including Pfizer-BioNTech and Moderna, without any safety concerns being raised.

Based on this data, the JCVI advises that it's preferable for pregnant women in the UK to be offered the Pfizer-BioNTech or Moderna vaccines where available. There is no evidence to suggest that other vaccines are unsafe for pregnant women, but more research is needed.

Pregnant women should discuss the risks and benefits of vaccination with their GP or clinician. Remember, it is your choice whether you get the vaccine or not, but talking to a health professional can help you make the right decision for you.

Women who are planning pregnancy, are in the immediate postpartum, or are breastfeeding can be vaccinated with any vaccine, depending on their age and clinical risk group.

Find out more on [Just One Norfolk](#).

## What's your experience of NHS 111 or urgent care services been like?

If you have recently used NHS 111 or urgent care services in Norfolk and Waveney please let us about your experience by visiting: [www.smartsurvey.co.uk/s/Think111firstpatients](http://www.smartsurvey.co.uk/s/Think111firstpatients).

If you're able to share a link to this survey with people you know, we'd be really grateful.

**#Think111first**

If you have used NHS 111 or urgent care services in Norfolk and Waveney recently please tell us about your experience.

Scan the QR code with your smart phone camera to open the survey or go to



**NHS**



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## Get ready to celebrate Norfolk and Waveney's amazing and inspirational frontline healthcare workers

Norfolk and Waveney's frontline healthcare workers are being celebrated as we recognise their extraordinary work and dedication during the unprecedented COVID-19 pandemic.

The World Health Organisation declared 2020 as the Year of the Nurse and Midwife in recognition of the 200th birthday of Florence Nightingale. However, the celebrations were largely put on hold as the COVID-19 pandemic led to increased pressure on our health and social care services like never before.

Our nurses and midwives have been at the fore of the response to the pandemic, leading innovation and quality of treatment and care. Leadership, professionalism and clinical expertise has seen them continue to work and live, doing what was needed to support patients and colleagues, and well as their own friends and family in these incredibly challenging times.

This year, International Day of the Midwife takes place on Wednesday, 5 May and Wednesday, 12 May is International Nurses' Day, marking the anniversary of Florence Nightingale's birth and celebrating the achievements of the nursing profession.

On 12 May nursing and midwifery colleagues from across Norfolk and Waveney will be taking part in day of virtual celebration, reflection and focus on wellbeing 14 months after the declaration of the pandemic. Guest speakers and international contributions will reflect back on the last year and recognise their vital role.

Anna Morgan MBE has been a nurse for over 30 years and is Director of Workforce for the Norfolk and Waveney Health and Care Partnership. She said: "International Day of the Midwife and International Nurses' Day are a fantastic opportunity to recognise the incredible efforts of our local workforce, many of whom have gone above and beyond to care for patients during the COVID-19 pandemic. Their bravery, compassion and commitment in the face of such an unprecedented global health challenge has been incredible. We thank each and every one of them."

Read more [here](#) – including links to find out more about careers in nursing and midwifery.

### Case study: Kate's time working in ITU

Over the next few updates we'll be bringing you case studies from colleagues who've been working on the frontline during the pandemic, starting with Kate Barlow, who started her nursing career nearly 40 years ago.

Kate was redeployed from her role as Senior Manager for Integrated Emergency Care at NHS Norfolk and Waveney CCG to the Norfolk and Norwich University Hospital (NNUH) to provide clinical support during the COVID-19 pandemic.

Following Critical Care refresher training last April, Kate spent two months working in the Intensive Therapy Unit (ITU) to support the clinical teams caring for patients during the second wave.

She said: "It has been an honour and a privilege to have been able to become part of the hospital's ITU team and to make a small difference to patients, their families, and staff, who have worked tirelessly throughout the pandemic. This would not have been possible without the refresher training which was managed so well last year, and the ongoing support provided to me throughout my redeployment".



"To have brought together staff from the hospital's ITU team, from other departments within the NNUH, from the ITU's at the James Paget and Queen Elizabeth hospitals and the military and

create a cohesive, efficient and effective workforce in such a short space of time was extraordinary. Everyone came together and worked as a team, providing support to each other, to teach, learn and help make a difference during such difficult times.

“Many made sacrifices in terms of living away from home, travelling long distances, working different shift patterns and putting themselves out of their comfort zones. It was also lovely to be welcomed by, and to work with, so many people who I had worked with previously - in Theatres and across the hospital. I was made to feel so welcome, and the gratitude from everyone has been quite overwhelming.

“The two months in ITU have been so many things: emotional, tiring, uplifting, thought provoking, sad and heart-warming, all mixed in with the most amazing moments. These include:

- the first time a patient actually managed to speak to their family on a video call after two months in ITU;
- the expressions on the faces of the patients when they had their first cup of tea or taste of food in two months;
- the gratitude expressed when you have had time to give someone a hair wash or a really good shave;
- and the family who notice (via video call) the hair wash/shave and say how much better their relative looks as a result;
- the joy and relief when a patient with a tracheostomy can finally voice their wishes with a speaking valve, after lip reading attempts sadly failed, and
- the gratitude voiced from relatives, even when the outlook for their loved one was bleak”.

“I would like to say a heartfelt thank you to everyone who helped me to “find my feet” as a frontline, hands-on nurse again, and enabled me to realise that I could be much more than “a pair of hands”. The team were amazing – providing support and guidance, with patience and compassion shown by everyone. The team spirit shone through, despite being in such difficult circumstances. I will look back over those two months with a sense of pride, achievement and deep contemplation.”

### **Mental health support available for the public**

- It's important that we look after our mental wellbeing during this time – for tips and advice visit [www.everymindmatters.co.uk](http://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](http://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](http://www.justonenorfolk.nhs.uk).