

## Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (8 April 2021)

### Vaccinations continue at pace across Norfolk and Waveney as regulators reassure people on vaccine safety

66% of people aged over 16 in Norfolk and Waveney have now received their first dose of COVID-19 vaccine, newly released figures show.

The news comes as health leaders reassure patients that the risk of any serious side effects is incredibly rare and urge anyone eligible who has not yet received their first dose of vaccine to come forward to be vaccinated.

Dr Anoop Dhesi, Chair of NHS Norfolk and Waveney Clinical Commissioning Group (CCG) said: "We know some people may be concerned by things they have seen in the news over the last few days related to very rare side effects. I would like to emphasise that the UK medicines regulator has said benefits of the AZ vaccine continue to outweigh any risks - the risk of mortality from Covid is much greater than the risk of mortality from these side effects."

The Medicines and Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI) advises that people over 50 years of age or with underlying medical conditions should still receive any of the available COVID-19 vaccines and have their second dose with the same vaccine as the first. Having the second dose is known to give higher and longer lasting protection against serious coronavirus-related illness.

Added Dr Dhesi: "It is vital we keep the vaccination programme going at pace as society opens up, in order to help stave off rising infection rates. As a country and a county, we need a critical mass of people to have both doses of the vaccine in order to have the level of protection across society that will help us get offices, shops, pubs, restaurants and hairdressers open as planned."

The NHS vaccination programme continues to make strong progress in Norfolk and Waveney. According to data [published today by NHS England and NHS Improvement](#) 653,273 doses of vaccine have been given in Norfolk and Waveney. Some 564,212 people have received their first dose and 89,061 their second dose.

In the week to last Sunday, 44,268 doses of vaccine were given in Norfolk and Waveney, 8,995 were first doses and 35,273 were second doses. 50% of over 80s have had their second dose.

The figures show that 66% of people aged over 16 in Norfolk and Waveney have received their first dose, compared to 59% of adults in England. This puts us fourth out of the 42 health and care systems in England.

96% of over 50s in Norfolk and Waveney have now received their first dose of vaccine, and more opportunities are available to those that haven't yet had theirs.

A number of walk-in vaccination clinics are open across Norfolk and Waveney over the coming days and no appointment is necessary. **The walk-in clinics are for first doses only and for people in priority groups 1-9**, which includes:

- Anyone aged 50+
- Individuals who are Clinically Extremely Vulnerable
- Health and social care staff
- Care home workers and residents
- Carers (paid and unpaid)

**Please note that even if you are in priority groups 1-9, but under the age of 30, you cannot attend the walk-in clinics. This is due to the current type of vaccine available and changes to national guidance.**

The walk-in clinics are at:

- **Attleborough**, Connaught Hall, Station Road, NR17 2AS, Friday 9 April, 8:30am to 3pm, **no appointment necessary**
- **Norwich** – Bowthorpe Health Centre, Wendene, Norwich NR5 9HA, Saturday 10 April, 9am to 6.30pm, **no appointment necessary**
- **King's Lynn** Corn Exchange, Market Place, Kings Lynn PE30 1JW, Friday 9 April, 8:30am to 3pm, **no appointment necessary**
- **King's Lynn** – The Inspire Centre at The Queen Elizabeth Hospital, PE30 4ES, Tuesday 13 April 9am to 2pm, **no appointment necessary**
- **Downham Market** Town Hall, Bridge Street, Downham Market, PE38 9DW, Sunday 11 April, Monday 12 April, Thursday 15 April and Sunday 18 April 9 am to 2 pm - **no appointment necessary**

Alternatively, people in cohorts 1-9 can continue to book their first vaccine appointments at large vaccination centres across the county via [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by ringing 119 for free.

Paid and unpaid carers should book via the NCC website at <https://apps.norfolk.gov.uk/carervax> – a 24/7 telephone voicemail service 01603 257 256 is also available but is only intended for people who are unable to register online.

Whilst 66% of people aged over 16 in Norfolk and Waveney have already received the vaccine, it is vital that those who are eligible for a vaccine and have not already booked an appointment are reminded and encouraged to do so.

If patients have an appointment already booked over the coming weeks, it is important those appointments are kept and attended rather than a drop-in appointment being selected as a substitute.

### **Second doses**

If you had your first vaccination at a GP led site or Hospital Hub, they will contact you when it is time for your second dose and we strongly encourage everyone who is due to have their second dose to attend their appointment.

If you have booked your vaccinations via the national booking system, you should already have your second dose appointment booked.

### **NNUH Virtual Ward helps patients recover at home**

The NNUH Virtual Ward has launched to enable patients to continue their recovery from COVID-19 at home while being carefully monitored remotely.

The Virtual Ward builds on remote monitoring that is already in place and, in a phased roll out, will provide a safe and effective monitoring and follow-up service for up to 40 patients and the potential to help other patient groups.

Eligible patients must meet certain clinical criteria and can be admitted to the Virtual Ward directly from the Emergency Department or Acute Medical Unit (AMU) as well as from wards. They are contacted via daily phone or video calls – virtual ward rounds – and given advice and support including remote temperature, pulse, blood pressure and oxygen saturation levels.

If necessary, they will visit hospital for treatments such as Dexamethasone and anticoagulants, and they are given contact numbers so they can seek advice should they need it.

Find out more [here](#).

## Mobile Cancer Care Unit launched

A new Mobile Cancer Care Unit (MCCU) to support patients in Norfolk and Waveney was launched this week and is providing treatments at several locations in Norfolk and north-east Suffolk.

Over the next few months the Unit, a collaboration between the charity Hope for Tomorrow, the James Paget University Hospital, the Norfolk and Norwich University Hospital and NHS Norfolk and Waveney CCG (Clinical Commissioning Group), will be travelling to towns and villages to take treatment out into our local communities, closer to where patients live.

The Unit will be treating chemotherapy patients in Beccles, in the Morrisons store car park, on Tuesdays and at Martham, in the fire station car park, on Thursdays. It will soon be at Cromer Hospital the rest of the week to provide Acute Oncology Services for those receiving cancer treatments.

The mobile unit is owned and maintained by Hope for Tomorrow (HfT), a charity which aims to bring cancer treatment closer to home, and will be staffed by specialist nurses from Haematology and Oncology Units at the James Paget and the Norfolk and Norwich.

The vehicle includes a mobile chemotherapy unit and infusion pumps as well as a kitchen area and patient toilet. During the current pandemic, treatments will be limited to three patients at a time in order to maintain social distancing but the unit would normally be able to accommodate four.

Find out more [here](#).



## 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).