

Weekly update from the Surgery

My daughter, Libby, celebrated her 10th birthday on Friday so we have had a weekend of celebration at home so this update is going to be brief! Terry and Trevor, the sunflowers, have been repotted and are growing well - I promise I haven't been injecting them with growth hormone.

On our behalf Dr Jack Jacobs from Hamstreet has been negotiating the set-up of an Ashford-wide vaccination centre to back up the work that is being done in the surgery. This is likely to focus on the under 50's and will help us if Covid becomes an annual vaccine program. Because of the shortage of vaccines in April the current invite cohort of those between 45 and 50 will focus on ages 49 and 48 first.

The risk of serious complication is similar to the chance of winning the lottery and while we buy a ticket with a faint hope of winning we also know in reality it won't happen to us. To my knowledge we haven't had any serious complications following the Covid jabs and even with the number of cases around the community being very low I would still encourage everyone to get a vaccine. There is also published support that Muslims can receive a vaccination while respecting Ramadan and leaders are promoting the vaccine.

Mental health is fast becoming a topic to focus on which is to be encouraged especially in the younger male population. "Kooth" is a national project aimed at young people and has just expanded it's reach to those aged between 10 and up to/including age 25. It has a brilliant website with lots of online counselling/help groups and is accessed directly without a referral from a doctor. Parents can look at it to see the resources and look at issues effecting young people which may help direct their own children. For adults there is a self-referral to "We are with you" for counseling in Ashford but if there is an urgent crisis for all ages please look up the "Single point of Access" open 24/7.

A project I have been looking into has been the "PCR" tests that are required before and after travel abroad. It is likely that these will only be available privately and at quite a cost. I am trying to find a solution for same-day results that don't cost a fortune and can be done locally. At the moment the tests may cost more than your holiday so while it would be great to get away safely we need to help by making the process as painless as possible. Hopefully I will have more information in the next couple of weeks.

Best wishes on behalf of the team at Woodchurch

Jack Hickey - GP