

COVID-19 Vaccinations in Bromley

The COVID-19 vaccination programme is well underway in Bromley.

Your NHS in Bromley is working very hard to vaccinate people in the high-risk groups as quickly as possible. We are currently prioritising everyone over 80, residents and staff in care homes, health and care staff and then the over 70s and those who are clinically extremely vulnerable. This includes housebound residents in these groups.

It is important that you wait to be contacted for your vaccine. You will not be missed. We are running the largest vaccination programme in the history of the NHS and our services are extremely busy. Please help your NHS and do not call asking for the vaccine.

The vaccination programme is very fast paced and there will be new vaccination sites opening as more vaccine is made available. To keep up to date with how we are delivering the vaccination programme in Bromley, please go to www.selondonccg.nhs.uk

Please beware of fraud.

The vaccine is free, and the NHS will never ask for your bank details.

COVID-19 vaccination
First phase priority groups

Priority	Risk group
1	Residents in a care home for older adults and Staff working in care homes for older adults
2	All those 80 years of age and over and Frontline health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 16 years of age)
5	All those 65 years of age and over
6	Adults aged 16 to 65 years in an at-risk group*
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

* Blood cancer (such as leukaemia, lymphoma or myeloma); diabetes; dementia; a heart problem; a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma; a kidney disease; a liver disease; lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy); rheumatoid arthritis, lupus or psoriasis; have had an organ transplant; had a stroke or a transient ischaemic attack (TIA); a neurological or muscle wasting condition; a severe or profound learning disability; a problem with your spleen, eg sickle cell disease, or you have had your spleen removed; are seriously overweight (BMI of 40 and above); are severely mentally ill.

NHS CARE
Public Health England

COVID-19 immunisation
Enjoy life. Protect yourself.

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Where will I get my vaccine in Bromley?

You will be invited for your vaccine either by a phone call, text or letter. Appointments will be offered at one of the following:



In general practice, delivered by Primary Care Networks (PCNs). There are five of these sites in Bromley and small Clinical Satellite Clinics will run in some practices as more vaccine is made available.



At mass vaccination sites, such as the Excel Centre or Epsom. The Bromley Civic Centre will open around March as a mass vaccination site for Bromley residents.



All hospital sites, delivered by NHS Trusts.



Through 'roving' services to vaccinate housebound people and those who cannot travel to one of the other vaccination sites.

If you are invited to have your vaccine at one of the GP-led vaccination sites, this is where you will go:

Primary Care Network Penge

Practices

Anerley Surgery
Highland Medical Practice, Bromley
Oakfield Surgery
Park Practice
Robin Hood Surgery
Sundridge Park Medical Practice

Vaccination Site

Oaks Park Medical Centre SE20 8QA

Primary Care Network Orpington

Practices

Ballater Surgery
Bank House Surgery
Bromleag Care Practice
Bromley Park Surgery
Chelsfield Surgery
Green St Green Medical Centre
Highland Medical Practice, Orpington
Knoll Medical Practice
The Family Surgery
Tudor Way Practice
Whitehouse Surgery

Vaccination Site

Orpington Health & Wellbeing Centre
BR6 0FE

Primary Care Network The Crays Collaborative

Practices

Broomwood Health Centre
Crescent Surgery
Derry Downs Surgery
Gillmans Road Surgery
Poverest Medical Centre
St Mary Cray Surgery

Vaccination Site

Orpington Health & Wellbeing Centre
BR6 0FE

Primary Care Network Bromley Connect

Practices

Dysart Surgery
London Lane Clinic
Southview Partnership

Vaccination Site

Community House BR1 1RH

Primary Care Network Beckenham

Practices

Cator Medical Centre
Cornerways Surgery
Eden Park Surgery
Elm House Surgery
Manor Road Surgery
St James Practice

Vaccination Site

Beckenham Beacon BR3 3QL

Primary Care Network Hayes Wick

Practices

Addington Road Surgery
Forge Close Surgery
Pickhurst Surgery
Station Road Surgery
Wickham Park Surgery

Vaccination Site

West Wickham & Shirley Baptist Church
CR0 8EH

Primary Care Network MDC Network

Practices

Chislehurst Medical Practice
The Links Medical Practice (Downham)
The Links Medical Practice (Mottingham)
Woodlands Practice

Vaccination Site

Community House BR1 1RH

Primary Care Network Five Elms

Practices

Bromley Common Practice
Norheads Lane Surgery
Southborough Lane Surgery
Stock Hill Medical Centre
Summerville Surgery – (vaccines offered at Orpington)

Vaccination Site

Community House BR1 1RH

The Bromleag Care Practice, run by the Bromley GP Alliance is vaccinating care home residents and staff.

If you have received a letter from the NHS national booking service inviting you to make an appointment for a vaccination at a mass vaccination site, you can ignore this if you would rather wait to be contacted by your local primary care services for a vaccine closer to home.

What do our doctors say?



Dr Ruchira Paranjape, is a GP at the Knoll Medical Practice in Orpington and is part of the clinician team providing vaccinations at the Orpington Health and Wellbeing Centre. As a front-line health and care worker, Ruchira has had her vaccine.

Ruchira – why did you take the COVID-19 vaccine?

As a GP I want to keep seeing patients. Having the vaccine means I can keep working. By protecting myself I protect my family, my colleagues and my patients.

Are you confident the vaccine is safe?

Yes, I have full confidence that the vaccines have been properly tested and confirmed as safe and highly effective by the expert Medicines and Healthcare products Regulatory Agency (MHRA). The UK has some of the highest safety standards in the world and I have full confidence in their expert judgement and processes.

What would you say to anyone who does not want to have the vaccine?

I would urge them to think again. The vaccination reduces their chances of developing serious illness from COVID-19 infection. By not having the vaccine not only are they increasing their individual risk of serious illness but those of their loved ones. The more people that have the vaccine the greater the impact of driving down the virus. I would urge people not to believe the misinformation out there but to look at scientific facts.

What has been the impact of COVID-19 on your patients and staff?

It's been tough. Both personally and professionally COVID-19 has touched everyone's life. I know of families going through tragedies through losing loved ones. We are seeing a real strain on everyone's mental health both from the effects of illness but also the isolation of lockdown. We have changed the way we work so that we can keep having contact with as many patients as possible whilst still keeping patients safe. All staff are working longer hours to cover clinics and carry out the vaccination programme. I've been amazed at the commitment of my colleagues to cover isolation and illness and keep services running.

Now with vaccinations in full swing there's a sense of hope for a return to a more normal life. To quote one of our patients after their vaccine, 'you are a bright spot in the darkness of this virus'.

What advice do you have for those who are waiting for their vaccine?

I appreciate people are worried when they have not heard anything, but please be patient and wait for us to contact you. You absolutely have not been forgotten. It has taken us some time to go through all the top priority groups as we have a much older population in Bromley, but we have made good progress in recent weeks.

We are contacting patients to invite them in for a vaccine at one of our GP led vaccination sites. You may receive a text message, letter or a phone call. We have five of these sites covering all parts of the borough. You may also get a letter from the NHS booking service inviting you to make an appointment at a mass vaccination site. This could be at Epsom or at the Excel Centre.

Calls to GP practices asking for a vaccination appointment are blocking phone lines for those who need to get through for other medical reasons. The best thing you can do is stay home and wait to be contacted. We will be in touch with you when it is your turn for the vaccine.

What can people expect when they are invited for a vaccine?

Please attend for your appointment. Get there on time but not early. Getting there early causes congestion and makes social distancing much harder. You will be greeted by volunteers and advised where to sit, whilst you are booked in. A healthcare professional will ask you some questions to make sure it is safe for you to have the vaccination. We will tell you which vaccine we are giving you and when you will have your second dose. We also have patient information leaflets for those who would like them. Don't forget the practical things; wear a mask, bring your spectacles or hearing aid if you need them. It helps to wear a short sleeve under your coat. Depending on which vaccine you have you may have to wait for 15 mins observation after your vaccination.

If you do not have an appointment, then please do not turn up at a vaccination centre. The NHS will get in touch with you when it is your turn to be vaccinated.

How important has the role of volunteers been in helping deliver the vaccination programme?

We could not do without them. Bromley has had hundreds of people coming forward to volunteer their time. They are greeting patients at the door and checking temperatures. They are guiding patients to book in at reception and to clinic rooms. They are helping us keep patient flows running smoothly so we can get as many vaccinations done as possible but still keep socially distanced. I have always been amazed at how willing Bromley residents are to pitch in and help. We saw this at the start of the pandemic when volunteers were instrumental in getting information and supplies out to vulnerable residents and we are seeing it again now. Our thanks to Community Links Bromley and everyone who is giving up their time to help us.

Where can I find out more?

For more information about the COVID-19 vaccination in Bromley and the rest of south east London please visit www.selondonccg.nhs.uk Here you will find lots of resources including leaflets and answers to frequently asked questions such as these:

Q If you have had COVID-19, is it okay to be vaccinated?

A Yes, you must still get the vaccine. If you currently have COVID-19 please postpone your vaccination by four weeks from when the symptoms started or when you got a positive test.

Q I am not registered with a GP – will I still be able to get the vaccination?

A Yes, please visit www.selondonccg.nhs.uk for information on how to access vaccinations. We strongly encourage everyone to be registered with a GP so your health needs are taken care of.

Q It is very hard to get through to GP practices at the moment.

A Primary care is under significant pressure and we are being overwhelmed by so many calls coming in to ask about the vaccine. This means it is harder for patients who are unwell to get through. Please do not call to ask for the vaccine. The NHS will get in touch when it is your turn.

Q Are there any side effects to the vaccination?

A Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them.

Very common side effects include:

- Having a painful, heavy feeling and tenderness in the arm where you had your injection. This is most common around 1-2 days after the vaccination
- Feeling tired
- Headache
- General aches, or mild flu like symptoms.

What do our patients and volunteers say?

The Covid-19 vaccination programme is the largest ever undertaken by the NHS and there will be a few bumps in the road. Please do bear with us. Our thanks to all those sending in constructive and positive feedback as it is a huge morale booster for those working in the vaccination centres. Here are just a few:

"My wife and I went to the Oaks Park Medical Centre for our vaccine today, had a 12:00 appointment, we arrived at 11:45, no queue outside, our names were checked, our hands sanitized, and another volunteer called the lift for us and even pushed the button to take us to the 1st floor. We waited in a well organised queue of maybe 8 people for less than 5 minutes, given the jab together by a friendly young man and then shown the

exit route which had more sanitizer at the door. We were outside by 11:55. We can't think of a single negative comment to make about our experience but plenty of good ones. Well done NHS and those kind volunteers".

"Thank you for booking me into the vaccination volunteering today. It was so rewarding! I hugely enjoyed helping people with the vaccination process, making sure they had a positive experience, and I am so very proud to have been an important part of what will be a huge chapter in future history. Very many of the people who came in for their vaccine remarked on how well organised it was. The NHS is doing a wonderful job".

"The clinic was run extremely well and the whole thing went like clockwork – well done to the whole team at Orpington".

"My wife and I had our vaccine at the Beckenham Beacon. Just wanted to express my appreciation of the wonderful, well organised and very friendly and efficient staff there. Well done everyone at the Beckenham Beacon. You are all stars...!".

"Our thanks to Bromleag Care Practice who are vaccinating care home residents. We were the third home of the day, and the team worked hard and were professional throughout and they must have been tired. You have a great team who are dedicated to ensuring the care home residents medical needs are met at a time when things are so difficult for us all".

"Congratulations to the Vaccination Team at West Wickham and Shirley Baptist Church. My vaccination was on time, totally trouble free and very well organised! I am most grateful".