

Welcome to the January 2021 edition of Involve - a stakeholder update from NHS Vale of York CCG.

In this edition we have a number of key updates about COVID-19 and the vaccination roll out. Please share messages with your networks, friends, families and colleagues.



Join the conversation - how you can help us

Throughout the roll out of the vaccination we have a number of key messages that we need your helping in spreading through social media, networks, websites, newsletters and more.

We have attached to this email a number of messages that you can use through your channels of communication - any help would be very much appreciated.

Update on the roll out of the COVID vaccination

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. There is no need for patients to get in touch with their GP surgery – their surgery will contact individuals when it's their turn.

The vaccine is being offered in some hospitals and increasing numbers of local vaccination centres in North Yorkshire and York run by GP surgeries. The job is currently being rolled out to all those aged 80 and over, along with frontline health and care workers and care home residents. People aged 75 and over and then all those who are 70 and over, together with clinically extremely vulnerable patients will follow. [Read more.](#)

NHS Vale of York's Clinical Chair and GP in Selby, Dr Nigel Wells, talks about why it's important to wait to be contacted about your COVID vaccine in the short video below



More people to get vaccinated in York as City site extended to become large-scale NHS Vaccination Centre

The NHS COVID-19 vaccination programme is stepping up in York with Askham Bar Park and Ride now one of the first NHS Vaccination Centres, offering additional vaccinations to people from across the region.

Since December 2020 residents within the City of York have been invited by their GP practice to have their vaccination at the Askham Bar site. The new extension to the vaccination centre, which will give vaccinations to people within a 45 minute drive, will operate in addition to the GP-led vaccination service. York residents will continue to receive their vaccinations in line with the Government's priority groups. [Read more.](#)

COVID-19 vaccine scam alert

We are aware that some people are receiving fraudulent calls and text messages offering the COVID-19 vaccination.

People are warned to be alert to these scams. The vaccine is only available from the NHS and the NHS will contact you when it is your turn. The NHS will:

- NEVER ask you to press a button on your keypad or send a text asking you to confirm you want the vaccine.
- NEVER ask for payment for the vaccine or for your bank details.

If you receive a suspicious message, forward it to 7726 to report it.

Diabetes care during the covid pandemic

We know that this is a worrying time and that lots of people are asking questions about the coronavirus vaccines and what it means for them.

If you have diabetes you can find out what Diabetes UK knows about the coronavirus vaccines, including how they work and when they will be available for people with diabetes on the [Diabetes UK website](#).

[Read more](#)



Public urged to follow Government guidelines to keep families and friends safe

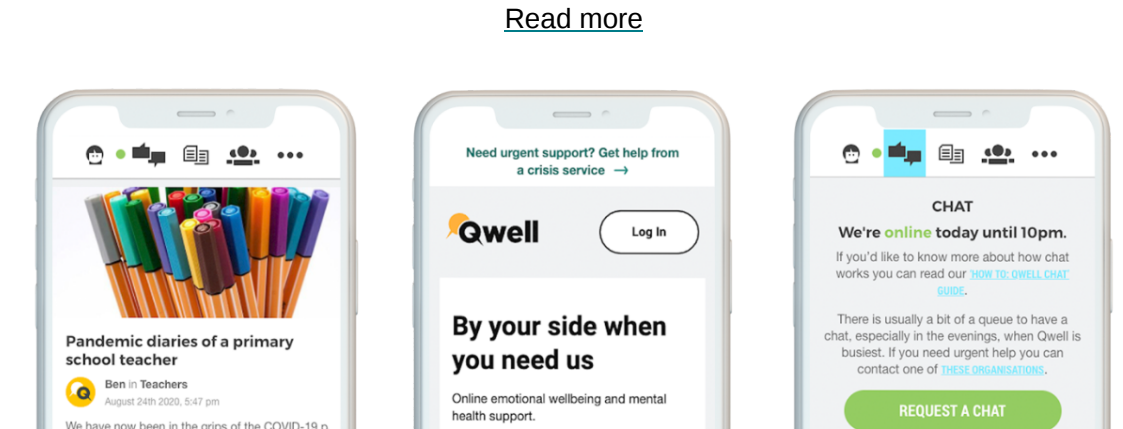
The best thing we can all do to protect ourselves, our families and our communities at this time is to keep following the guidance and sticking to the lockdown rules.

New online support service launched to help men with their mental health

A free online mental health and emotional wellbeing support service has been launched to help men living across the Humber, Coast and Vale area.

Men aged 18+ living in York, North Yorkshire, Hull, East Riding, North Lincolnshire and North East Lincolnshire can now register to use Qwell for Men - a free, anonymous online counselling and emotional wellbeing service which can be accessed anywhere using a computer, smartphone or tablet device.

[Read more](#)



Read all about - latest news from the CCG

Leading GP urges people to keep on top of their anxiety about COVID pandemic during lockdown

A leading GP is urging people to take care of themselves during the national lockdown, with doctors seeing lots of "anxiety, worry and stress" in people contacting their local surgeries.

Dr Nigel Wells, Clinical Chair of NHS Vale of York Clinical Commissioning Group and a GP at Beech Tree Surgery in Selby, says it is important to take steps to offset concerns caused by discussion of the COVID-19 pandemic in the news and on social media.

With England three weeks into a third national lockdown, which is due to continue for at least another three weeks, Dr Well says it is crucial to take control of the things we can do to ease feelings of anxiety and worry as the Government and its advisers work through the issues surrounding the pandemic.

Prestigious award win for Tollerton Surgery team member

The Extended Practice Team Member Award 2020, is a fantastic achievement and one of the most prestigious awards for a member of a GP practice team who has had a positive impact on improving patient care and practice efficiency.

Emma Wilkinson, an Advanced Clinical Practitioner at Tollerton Surgery, North Yorkshire has scooped this award at the national General Practice Awards 2020, announced this week.

NHS staff and volunteers pull together to vaccinate Selby district residents against COVID-19

Residents in the Selby district have been expressing their gratitude as local NHS staff and volunteers continue to roll out the COVID-19 vaccination programme.

Now everyone living in the area has been urged to do their bit to support one of the biggest projects the NHS has undertaken.

For the past month, Posterngate Surgery in Selby and Tadcaster Health Centre, next to Tadcaster District GP practices, have been providing vaccination hubs to serve patients registered with seven district GP practices.

Top tips for your mental wellbeing this winter

People in York, Selby, Tadcaster, Pocklington and Easingwold can find out more about the IAPT service, or self-refer by visiting <https://yorkandselbyiapt.co.uk/>. People registered with GP practices in Pickering, Helmsley, Terrington and Kirkbymoorside can visit <https://northyorkshireiapt.co.uk>

As part of the #FeelRealYork city-wide emotional wellbeing campaign, a local mental health trust is encouraging people to look after their mental wellbeing during the winter months and ongoing COVID-19 pandemic.

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The Vale of York CCG playlist - our latest videos

[What You Can Do to Support Your Wellbeing | Dr Nigel Wells](#)

It's an uncertain time for everyone at the moment, and this can have a negative impact on your mental health.

[COVID-19 Vaccine: Don't Contact Your GP](#)

Dr Abbie Brooks speaks about the importance of remaining patient while waiting for the COVID-19 vaccinations.

[COVID vaccination programme update | Tuesday 19 January 2021](#)

Dr Nigel Wells, Clinical Chair of NHS Vale of York Clinical Commissioning Group, provides an update of the COVID-19 vaccination programme in our area.

[Update on COVID vaccination programme in the Vale of York | Monday 18 January 2021](#)

Dr Nigel Wells, Clinical Chair of NHS Vale of York Clinical Commissioning Group, with an update of the COVID-19 vaccination programme.

[The COVID-19 vaccine in the Vale of York - and how you can support the NHS](#)

Dr Nigel Wells, Clinical Chair of NHS Vale of York Clinical Commissioning Group, with an update of the COVID-19 vaccination programme.

[Watch out for COVID-19 vaccine scams](#)

Dr Nigel Wells, Clinical Chair of NHS Vale of York Clinical Commissioning Group, with an update of the COVID-19 vaccination programme and how you can protect you and your family from scams.

[Governing Body, 7 January 2021 | NHS Vale of York CCG](#)

Watch our latest Governing Body meeting from January.

Involve is produced by the NHS Vale of York CCG Communications and Engagement Team.

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