

Quote of the Month: "Knowledge comes but wisdom lingers" – Calvin Coolidge



**It's that time again!**

Christmas may be a little different this year, but it's time to get those decorations and lights out and enjoy the festive spirit. The Maltings PPG and all staff wish you a safe and happy Christmas; it may be a little early but very best wishes for 2021.

	<p><b>Flu Vaccine for Over 50s</b> The final stage of the flu vaccine is well under way and all of the vaccinations should have been completed by the New Year. Do take up your appointment if you possibly can. <a href="https://www.maltingsurgery.co.uk/flu-vaccinations/">https://www.maltingsurgery.co.uk/flu-vaccinations/</a></p>	<p><b>Features of the Month</b></p>  <p><b>Will that door ever re-open?</b></p> <p><b>Yes, of course it will – once the COVID threat recedes! But there's a lot of work to do before it does!</b></p> <p>Covid-19 has brought a lot of changes to the way in which the Surgery operates – of necessity because the premises <b>had to be COVID-safe!</b></p> <p>Those changes include triage, telephone appointments, video, and more "on the day" appointments that ensure urgent treatment can be provided. But that clearly has an impact on non-urgent requirements; and that requires us to be patient patients!</p> <p>Given the way in which the Coronavirus behaves in Winter (just look at what happened in Melbourne, Australia!), the new normal may well be several months away!</p>
	<p><b>January Health Webinar – Arthritis</b> Our first webinar on Ear Nose &amp; Throat was extremely successful. The second one in the series is on <b>Living with Arthritis</b>. It promises to be an interesting session that will provide help and support to anyone suffering from arthritis (from the Greek "disease of the joints". The session is free, it's online and it's on January 12<sup>th</sup> from 7:00-8:00 pm. Do you know anyone who would be interested? Just give them this link <a href="https://www.eventbrite.co.uk/e/living-with-arthritis-dr-malcolm-persey-tickets-127614094191">https://www.eventbrite.co.uk/e/living-with-arthritis-dr-malcolm-persey-tickets-127614094191</a></p>	
	<p><b>Covid-19 Vaccine</b> Vaccination starts the week commencing Dec 7; although supplies are limited at first, they will ramp up once the AstraZeneca vaccine is approved.</p> <p>For all about Vaccinations in St Albans go to <a href="https://www.maltingsurgery.co.uk/a-coronavirus-vaccine-is-just-around-the-corner-more-info/">https://www.maltingsurgery.co.uk/a-coronavirus-vaccine-is-just-around-the-corner-more-info/</a>. And if you'd care to volunteer to support the programme go <a href="https://www.maltingsurgery.co.uk/new-coronavirus-vaccine-volunteers-needed/">https://www.maltingsurgery.co.uk/new-coronavirus-vaccine-volunteers-needed/</a></p>	
	<p><b>Do you have a Child at School?</b> We're all concerned about just how safe our child is at school. This report is a critical review of the current situation and has strong recommendations about the steps necessary to make our schools safe. <a href="https://www.independentsage.org/wp-content/uploads/2020/11/Safe-schools-v4b1.pdf">https://www.independentsage.org/wp-content/uploads/2020/11/Safe-schools-v4b1.pdf</a></p>	 <p><b>Do you know the numbers, and trends for St Albans?</b></p> <p>There have been a total of 2.095 cases in St Albans. The peak was on Nov 13 when there were 168 cases per 100,000. At the time of writing the rate is 91 so it's clear the second lockdown had the desired effect.</p> <p>Herts County Council publish weekly updates on the data with very clear trend lines. You can find all the latest information here: <a href="https://hcc-phei.shinyapps.io/covid19_public_dashboard/">https://hcc-phei.shinyapps.io/covid19_public_dashboard/</a></p>
	<p><b>Next PPG Meeting – FEB; Everyone is Welcome</b> We will hold future PPG meetings by Zoom – to get your invite just e-mail <a href="mailto:abellinger@gmail.com">abellinger@gmail.com</a></p>	