

Welcome: Session 47 (13/06/22)

- Thank you for joining us
- We are grateful for the support of the community sector working in partnership with us to share messages with the residents of Kingston
- We need every resident to know what they can personally do to keep themselves safe - and that way - also help Kingston to be safe as a whole
- Today we will share the latest data for Kingston - likely the last for the moment with this level of detail
- We will share the latest key messages - for you to share with your contacts
- We'll also be adding in some new messages - about opportunities for residents to stay healthy while we have COVID-19 in the borough
- We are going to have a new focus on supporting vaccination for those who may have been left behind

PLease help us with the Kingston Pharmaceutical Needs Assessment 2022 (PNA 2022) Consultation

As required by the Pharmaceutical Regulations 2013, Kingston Health and Wellbeing Board (HWB) are preparing to publish a revised Pharmaceutical Needs Assessment (PNA) by 1st October 2022. The Draft PNA is now ready for consultation which is taking place between **Tuesday 10th May and Friday 8th July 2022.**

As part the engagement exercise and on behalf of Kingston Council, we are inviting you to comment on the draft PNA by accessing the document and online survey through the council website - [Kingston 2022 PNA Consultation](#)

ACTION: Please could we request you to also circulate this PNA 2022 Consultation information and link to your networks and encourage them to comment on the draft PNA as part of the consultation.

Let us know what you have thought about the 'Keeping Up with the Data Sessions 2020-2022'

We want to hear about what has been useful (or not!) to you

We will use this to help us try and make our information sharing (and feedback) as helpful as possible

ACTION: Please fill in this survey link: (we will also email around)

<https://docs.google.com/forms/d/e/1FAIpQLSfcGtsIOFB57zroUDT8UdH-dfGYmlzMOKk3ltUsN3n5prx8Yg/viewform>

Please complete by Friday 17th June 2022

COVID-19 data: April 2022 ->

Major changes to testing -so our available data has changed

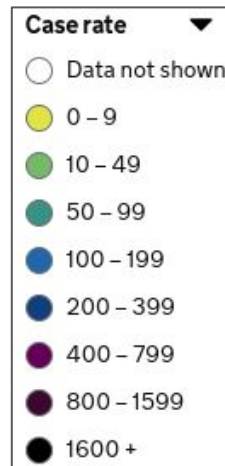
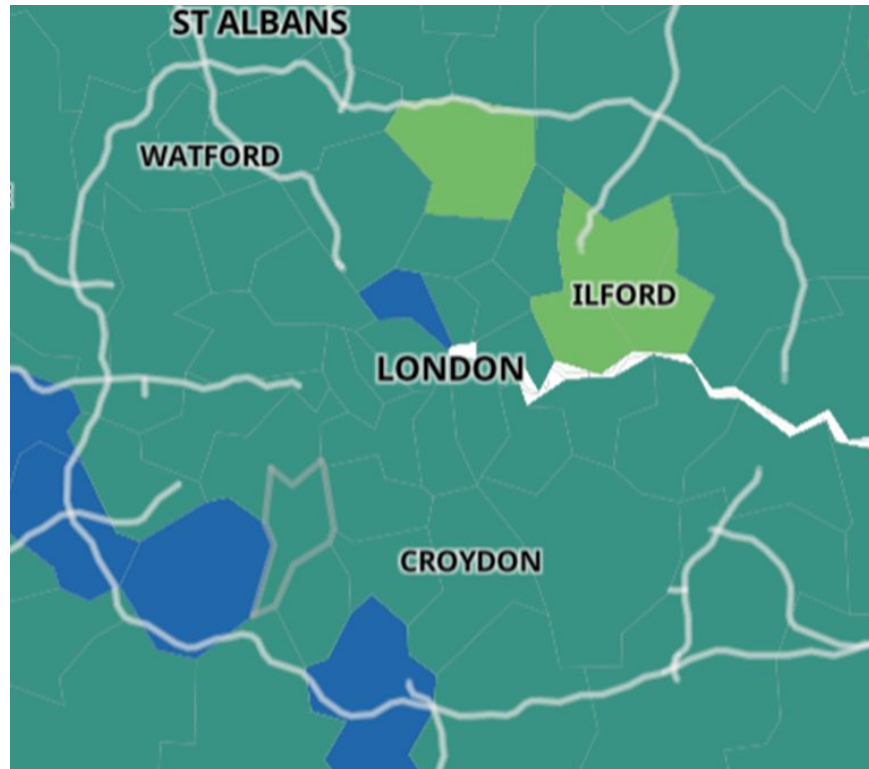
- *Mass free public LFT testing ended March 31st 2022*
- *PCR test sites in borough closed at end of March 2022*
- *Private LFT tests cannot be reported via national site by test kit users 'You cannot use this service to report results from a test kit you've paid for. If you paid for a test, check the test kit instructions to see if you should report your results to the private test provider.'* <https://www.gov.uk/report-covid19-result>

Therefore - **available data does not reflect community rates** (similar situation now as in April/ May 2020 in terms of community data)

Thus - ***we will review here hospital data trends and hospital inpatient data and national and regional ONS survey data*** only for April 2022->

What is the trend in Kingston for COVID-19?

Free testing ended 01/04/22



Date	Rate
08/05/2022	94.9
15/05/2022	84.3
22/05/2022	81.7
29/05/2022	72.0
05/06/2022	85.4



More recent (unconfirmed) data shows cases rising even more quickly

You can check the latest data here: <https://data.kingston.gov.uk/home/coronavirus-dashboard/>

Weekly case rates per 100,000 population

The heatmap displays the number of COVID-19 cases across 32 London boroughs from April 2021 to June 2022. The y-axis lists the boroughs, and the x-axis shows the months. A color scale on the right indicates the number of cases, ranging from 1000 (green) to 3000 (dark blue). An arrow points to Kingston upon Thames in January 2022, which shows a high number of cases (dark blue).

Borough	Apr 2021	May 2021	Jun 2021	Jul 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Apr 2022	May 2022	Jun 2022
Camden	102	102	102	102	102	102	102	102	102	102	102	102	102	102	102
Merton	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95
Islington	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94
Bromley	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94
Wandsworth	88	88	88	88	88	88	88	88	88	88	88	88	88	88	88
Westminster	88	88	88	88	88	88	88	88	88	88	88	88	88	88	88
Ealing	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86
Kingston upon Thames	85	85	85	85	85	85	85	85	85	85	85	85	85	85	85
Barnet	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82
Lewisham	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
Kensington and Chelsea	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
Hillingdon	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
Richmond upon Thames	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79
Lambeth	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79
Hammersmith and Fulham	79	79	79	79	79	79	79	79	79	79	79	79	79	79	79
Harrow	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78
Southwark	77	77	77	77	77	77	77	77	77	77	77	77	77	77	77
Greenwich	75	75	75	75	75	75	75	75	75	75	75	75	75	75	75
Croydon	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74
Hounslow	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74
Brent	72	72	72	72	72	72	72	72	72	72	72	72	72	72	72
Haringey	68	68	68	68	68	68	68	68	68	68	68	68	68	68	68
Tower Hamlets	66	66	66	66	66	66	66	66	66	66	66	66	66	66	66
Hackney and City of London	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
Waltham Forest	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
Sutton	64	64	64	64	64	64	64	64	64	64	64	64	64	64	64
Bexley	61	61	61	61	61	61	61	61	61	61	61	61	61	61	61
Havering	52	52	52	52	52	52	52	52	52	52	52	52	52	52	52
Newham	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50
Enfield	46	46	46	46	46	46	46	46	46	46	46	46	46	46	46
Redbridge	44	44	44	44	44	44	44	44	44	44	44	44	44	44	44
Barking and Dagenham	42	42</													

Coronavirus Infection Survey Pilot (10/06/22)

(estimating the proportion of people in the community with COVID-19, and those newly-infected)

Key estimate at national level: still no update this week

- **1.45%** (1.75% last week, and 2.51% the week before) of the community population aged two and over in England estimated to have had COVID-19 at any given time between 24th May and **2nd June 2022**.
- This equates to **2,436**, or **approximately 1 in 69, Kingston residents with COVID-19**

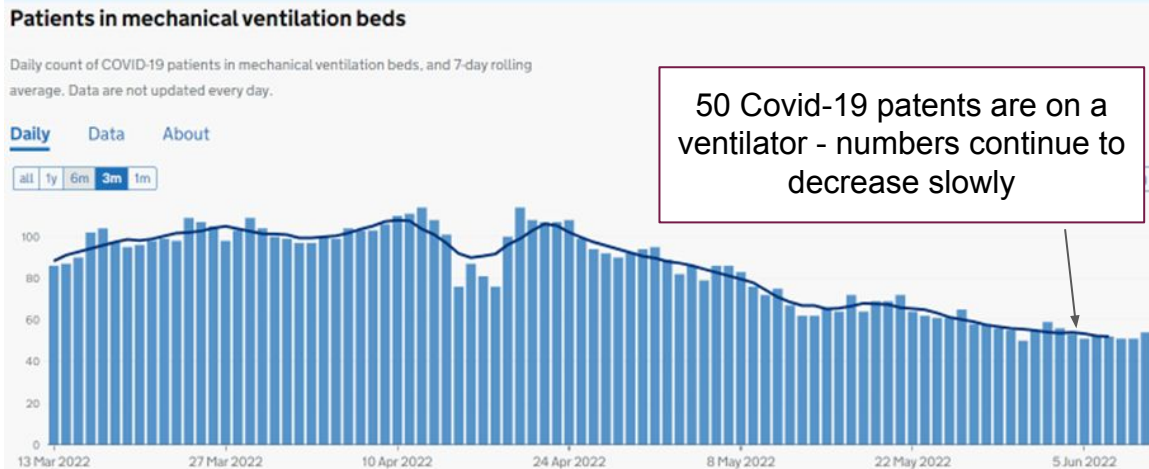
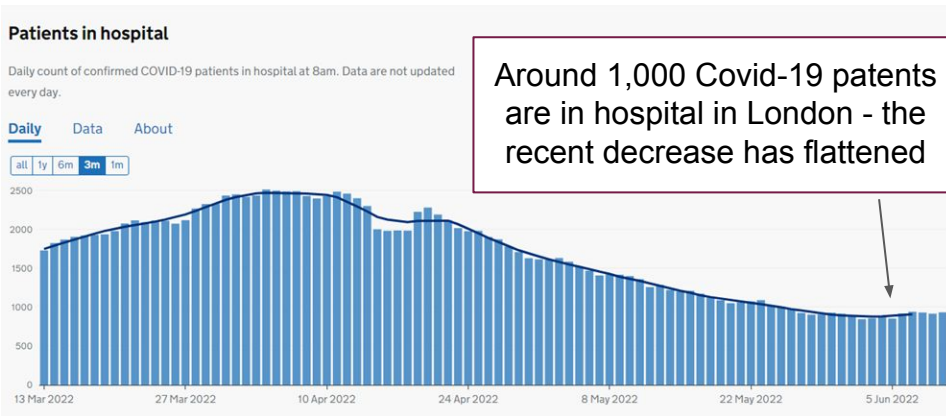
Regional (London) estimate:

- **1.77%** (no data last week, 1.49% the week before) of the community population in London estimated to have been infectious for COVID-19 on **30th May 2022**
- This equates to **2,974**, or **approximately 1 in 57, Kingston residents with COVID-19** (no data last week, 2,631 the week before)

You can see more about the ONS survey here:

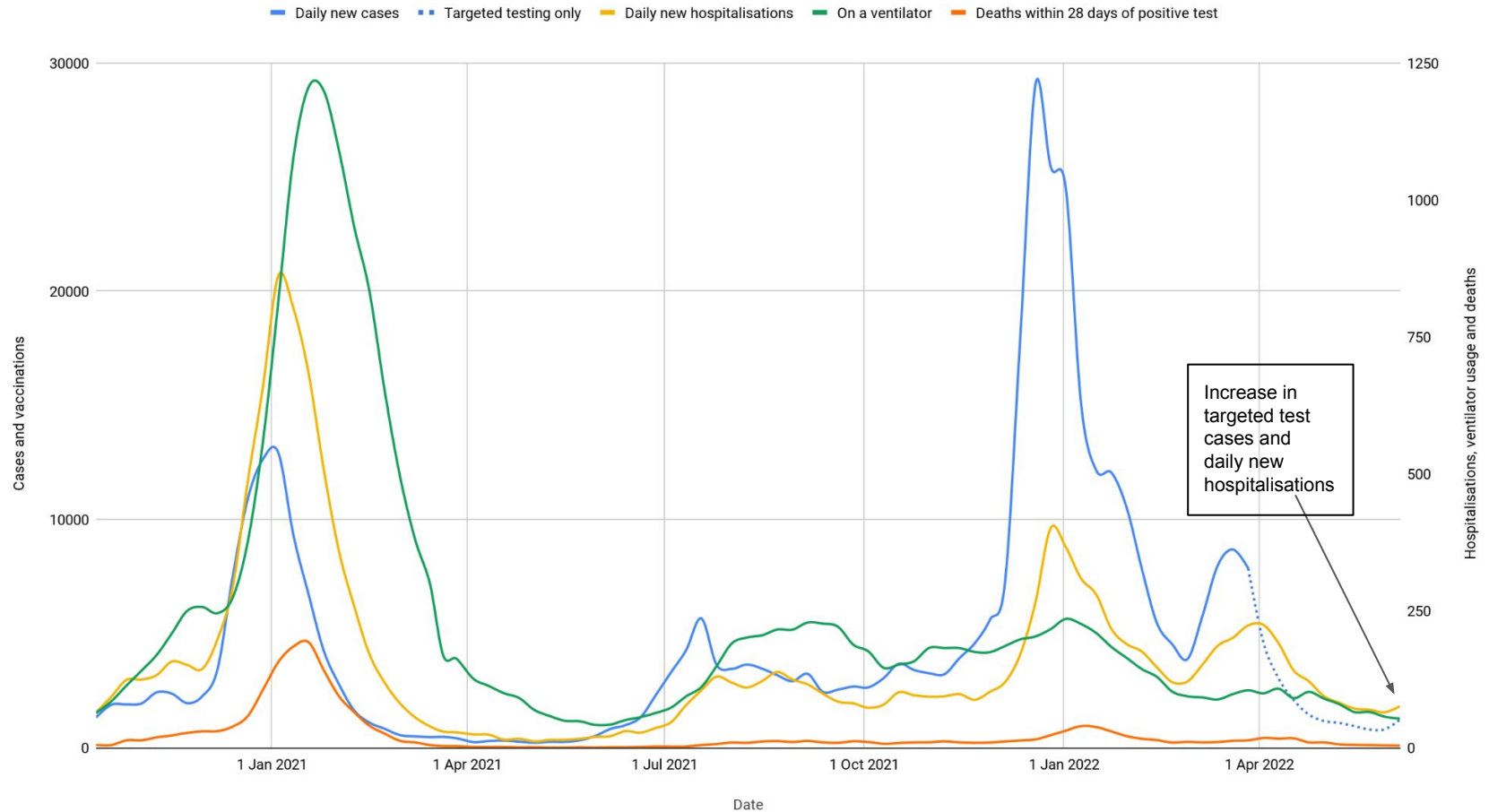
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/datasets/coronaviruscovid19infectionsurveydata>

What is the London hospital data showing (last 3 months)?



See the latest London data here:
<https://coronavirus.data.gov.uk/details/healthcare?areaType=nhsRegion&areaName=London>

Covid-19 cases, hospitalisations and deaths in London (seven day average)



Keep safe: Prevent COVID-19 spreading in your household

If you or a family member think you have COVID-19 or another respiratory illness there is a high risk of passing onto others in your household, there are simple things you can do to help prevent the spread:

- **keep your distance from other people you live with and spend as little time as possible in shared areas such as kitchens and living rooms.** This is particularly important if someone you live with is unvaccinated or at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system
- if you need to spend time in shared areas **wear a well-fitting face covering made with multiple layers or a surgical face mask.** Ventilate the room by opening windows and leaving them open for at least 10 minutes after you have left the room. Leave extractor fans running for longer than usual with the door closed after use
- **cover your mouth and nose with disposable tissues when you cough or sneeze.** Dispose of tissues into a rubbish bag and immediately wash your hands or use hand sanitiser
- **wash your hands frequently** with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food. Avoid touching your face
- if you can, **use a separate bathroom from the rest of the household.** If this is not possible try and use the bathroom after everyone else
- **regularly clean frequently touched surfaces**, such as door handles and remote controls, and shared areas such as kitchens and bathrooms

**Spring Booster programme
is still running, and COVID
has not gone away.**

**NO LONGER WAIT TO BE CONTACTED -
JUST WALK-IN OR BOOK ONLINE**

Please share this social media video

Some areas are seeing an increase in case
numbers again

For all the latest guidance, visit:

www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19



COVID-19 Vaccination for 5-11 year olds continues

- In line with the JCVI's recommendations, Covid 19 vaccinations are now being offered to all 5-11 year old children whose parents would like them to receive it.
- Those parents who wish their 5-11 year old children to receive Covid vaccination should [book online](#) or by calling 119.
- Further information at:
<https://swlondonccg.nhs.uk/covid/>

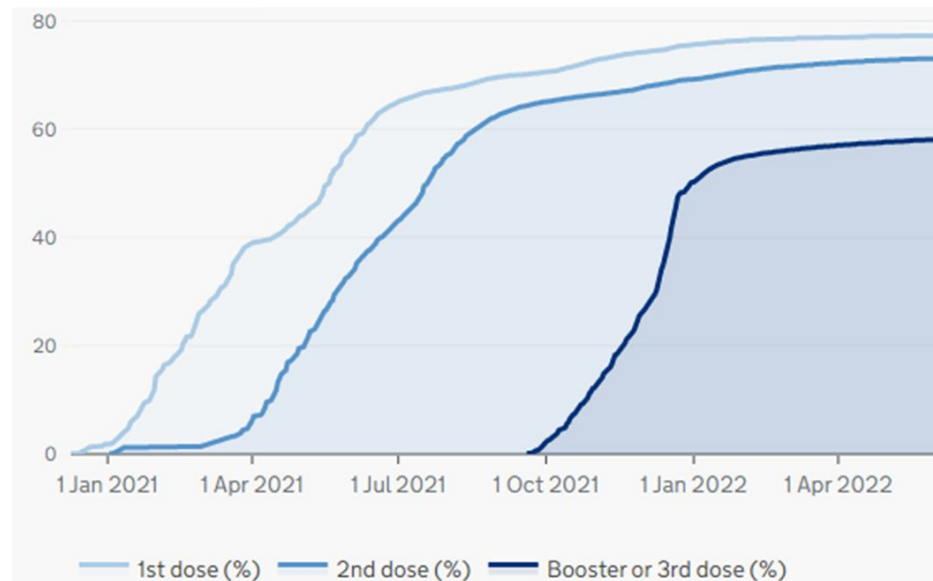


Vaccination:

Our range of walk-in vaccination clinics continues across Kingston and our bordering boroughs - it really has never been easier

Offers change on a weekly basis, but for the very latest, please check at:

www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/



Latest total percentage of people aged 12 and over who have received a COVID-19 vaccination, by dose.

1st dose: 77.3%

2nd dose: 73.1%

3rd dose or booster: 58.1%

Kingston Vaccination data for June 8th 2022 (latest available)

Source: <https://coronavirus.data.gov.uk/details/vaccinations?areaType=Itla&areaName=Kingston%20upon%20Thames>

Vaccine Clinics update

Please note recent changes have been made to Kingston's walk-in clinic offer:

1. Surbiton Library is **no longer** a vaccination walk-in site
2. Library walk-in opening times have changed, and now run from 1-4:30pm

Please be sure to check the CCG website for the latest and most up to date walk-in schedules: <https://swlondonccg.nhs.uk/covid/vaccination-walk-in-clinics/> - and don't forget to check walk-in details at locations in neighbouring boroughs also, as these are often helpful to people who live on borough borders or work in the surrounding area.



COVID-19
Vaccination Centre

COVID-19 vaccine walk-ins

**Pop up clinic - 12+ anyone eligible for 1st, 2nd,
Booster and Spring Booster, 11am to 4.30pm**

The Hook Centre, KT9 1AE - Wednesday 15 June 2022
New Malden Library, KT6 6AG - Thursday 16 June 2022
Kingston Library, KT1 2PS - Friday 17 June 2022

Boots, Union Street
Monday 13 and Saturday 18 June 2022,
9.15am-5.15pm

**For times & full details visit swlondonccg.nhs.uk/covid-walk-in-clinics
12+, 1st, 2nd & booster doses available.
No appointment needed or book at nhs.uk**



**POP
IN!**

RICHMOND

COVID-19 vaccine walk-ins

NHS

COVID-19
Vaccination Centre

Teddington Health and Social Care Centre

**Moderna vaccination clinic, 18+ 1st and 2nd doses
Thursday 16 June 2022, 9am to 4.30pm**

**Vaccination clinic, 5-17 walk-in
Wednesday 15 June 2022, 12.30pm to 6pm
Saturday 18 June 2022, 9am to 4pm**

**For times & full details visit swlondonccg.nhs.uk/covid-walk-in-clinics
12+, 1st, 2nd & booster doses available.
No appointment needed or book at nhs.uk**



**Come for
a chat**

NHS

South West
London

**Ask about
the Covid-19
Vaccine**

Visit your local vaccine
walk-in clinic or call
0203 880 0388* to speak
to a member of staff
*charges may apply

www.swlondonccg.nhs.uk/covid-walk-in

Vaccine Champions update

We're collecting video and written testimonials from Champions and vaccinated residents about why they chose to get the COVID-19 vaccine. These will live on our Vaccine Champions Toolkit: <https://kva.org.uk/our-services/covid-champions/>

Community Vaccine Champions
Always ready to lend a listening Ear.....

(you don't need to write a poem!)

Vaccine Champions update

If you or a local resident would like to submit a written testimonial, please complete our easy form (it takes just a few minutes):

<https://forms.office.com/pages/responsepage.aspx?id=cyXNW8ToyEa5QCBGybwXhQqitwrosQNAIABg2yFc80FUQIVBTTVDRIIdUSUhDNjVLVFGWTK2MDRUMS4u>

Or, if you would prefer and are interested in putting a short, 30-60 second video together, please get in touch with Chloe Smith and Matthew English, who will support you to do this.

- chloe.smith@kva.org.uk
- matthew.english@kingston.gov.uk

Printed leaflet to be distributed this week to those areas of Kingston with the highest levels of deprivation and the lowest vaccine uptake



Everyone aged 5+ can get a 1st and 2nd dose of a COVID-19 vaccine.

For full vaccination details for all age groups, and to check all upcoming walk-ins across Kingston and South West London, simply scan the QR code below, or just search online using the term: **SW LONDON CCG COVID**



SCAN ME

Still have questions about the vaccines??

You can get the answers to all your queries at your local vaccination site, with no pressure to get the jab.

Or - even easier - **just call 0203 880 0338** to have your individual vaccination questions answered by a professional today.

You can also find answers to many commonly asked questions on the NHS South West London website by searching online for: **SW LONDON COVID QUESTIONS**



Did you know...?

Right now you're just a **10-15 minute walk** from your nearest COVID vaccine walk-in centre?

Next session:

The Hook Centre
Wednesday 15 June,
1PM-4.30PM

Just click for **directions to KT9 1AE**



Did you know...?

Right now you're just a **10-15 minute walk** from your nearest COVID vaccine walk-in centre?

Next session:

New Malden Library
Thursday 16 June,
1PM-4.30PM

Just click for **directions to KT3 3LY**



Did you know...?

Right now you're just a **10-15 minute walk** from your nearest COVID vaccine walk-in centre?

Next session:
Kingston Library
Friday 17 June,
1PM-4.30PM

Just click for **directions to KT1 2PS**



NEW MESSAGES: Helping people stay healthy while we have COVID-19 in the borough

We will share details and new messages about opportunities in Kingston for residents to keep themselves as healthy as possible.

Please share with your networks!

Reducing your risk of Type 2 Diabetes

Call to action: Encourage community members to understand more about type 2 diabetes, use the 'Know Your Risk' tool, and seek support to prevent the condition

- Diabetes Type 2 is a common, and serious long-term condition that causes a person's blood sugar level to become too high, affecting health and quality of life.
- More than 14,000 people in Kingston are estimated to already have, or be at increased risk of developing Type 2 diabetes, and may not know about it

TYPE 2 DIABETES
KNOW YOUR RISK

These factors put people at higher risk:

Weight

Carrying extra weight around your middle

Blood pressure
If you've ever had high blood pressure

Ethnicity

South Asian, African-Caribbean or Black African

Age

If you're white and over 40 years or if you're African-Caribbean, Black African or South Asian and over 25 years

Family history
2-6 x chance of developing it if parent, sibling, or child has diabetes



Three out of 5 cases of Type 2 Diabetes can be prevented

- Moving more, eating well and maintaining a healthy weight, even by taking small steps to make changes to our lifestyle habits, can really lower type 2 diabetes risk.
- The **NHS Diabetes Prevention Programme** service can support a person in taking action in all of these areas. You just need to take a few minutes to visit the Diabetes UK Know your Risk tool, and you'll need to measure your height, weight and waist.
<https://riskscore.diabetes.org.uk/start>
- The NHS Diabetes Prevention Programme (NDPP) and other local free support can be found by searching 'diabetes' on the Connected Kingston website
<https://www.connectedkingston.uk/services/healthier-you-nhs-diabetes-prevention-programme>
- You can also take up the offer of an NHS Health Check at your GP practice to identify type 2 diabetes risk or discuss an NDPP referral

Any questions?

Are there any topics in particular you would like to be covered in future sessions? Please put your answers in the chat function.

If you have any suggestions you can also email

anna.searight@kingston.gov.uk

Thank you.

Together we can help Keep Kingston Safe



Let's keep life moving.



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING

gov.uk/coronavirus