

COLLIERS WOOD AND NE MITCHAM COMMUNITY FORUM
20 OCTOBER 2021

(7.15 pm - 8.30 pm)

PRESENT Councillors Councillor John Dehaney (in the Chair),

1 WELCOME AND INTRODUCTIONS (Agenda Item 1)

The meeting was held via Zoom, and chaired by Councillor John Dehaney. Eight residents and four councillors attended on Zoom with 45 additional views on YouTube. The Chair welcomed everyone to the meeting and explained how the meeting would work.

2 UPDATE FROM THE LEADER OF MERTON COUNCIL (Agenda Item 2)

Councillor Mark Allison gave the annual report he provides to all of the community forums. Councillor Mark Allison, Leader of the Council, thanked the chair for the invitation. Mark thanked the Council staff for their hard work in response to COVID. Mark has been a Cllr for nearly 20 years and is proud of his connection with the local area. He was born locally in St Helier Hospital and grew up in St Helier area before moving to Mitcham. Mark said that Merton is a great community but there are huge challenges. Mitcham and Colliers Wood are more disadvantaged areas within Merton and over the last decade huge progress through improving schools, a vital element in improving life chances, a new leisure centre and maintaining full council tax support. A lot of this progress has been undone by the impact of the COVID pandemic has hitting areas like Colliers Wood and Mitcham harder than other places.

As part of a mixed race family Mark said he is passionate about fairness and being inclusive, including appointing the most diverse cabinet in Merton's history. As Leader he plans to celebrate Merton's diversity, as with Black History Month currently.

Mark has been Leader since November so has only experienced the role during the COVID pandemic. Mark launched Merton Together to recognise how many in the community wanted to step up and help their neighbours. Mark thanked everyone who got involved in responding to COVID as their efforts have made a huge difference. Merton Council has worked with the NHS and other partners to help keep people safe but of course many families have lost love ones or had their circumstances changed and their lives may never be the same again. Supporting these households through this will be a major priority.

As a result of the major changes for many we launched the Your Merton engagement exercise to listen to residents about what they value and what their ambitions are for the borough. We are still analysing the results but it is clear that residents value their community, their local open spaces, and were much more conscious of their local area, especially their local high streets. Mark said he is still in listening mode and wants to hear what people have to say. Three of the issues have come out of the listening exercise we have started to address:

- Concerns about the cost of living – which is why we will not be raising parking charges as we had previously planned to.
- The need for better homes – being isolated in poor housing has had a huge impact on some so the council will be investing in development of affordable homes. This was reviewed by Overview and Scrutiny on 19 October and agreed to.
- People want to feel safe – although Merton is a low crime area people want to feel safe. £1m upgrade in CCTV coverage

Mark said he knows that there are other local issues that will need addressing and wants to work together, as we did during the pandemic, to tackle the challenges ahead. Mark said he was proud of Merton and Merton's community and how it has come together to support each other.

A resident asked about the progress on Air Quality. Mark replied that Merton has more school streets than any other London borough, and have introduced new Low Traffic Neighbourhoods. There have also been changes in car ownership with 15% going to lower emission vehicles. Pollution remains a significant issue in parts Colliers Wood.

3 LONDON ASSEMBLY UPDATE (Agenda Item 3)

Leonie Cooper, Assembly Member for Merton and Wandsworth gave an update on her work. Leonie said she is happy to attend local meetings on Zoom and can be contacted by [email](#).

The Assembly is still looking at COVID issues, and is worried about how difficult it is to get people to wear masks on public transport. Please encourage people to wear masks, especially on the Underground. It is also important to get booster and flu jabs if eligible.

A [new report](#) by Imperial College London commissioned by the Mayor of London showed strong links between air pollution and greater risk of COVID hospitalisation in addition to the previously established links to ethnicity and deprivation. The Ultra-Low Emission Zone is being expanded to South Circular on 25 October. The current zone has reduced NO₂ by 44% and we expect the expanded zone to have a similar impact

on encouraging people to change their vehicle. You can check if your vehicle is affected at [TfL's website](#).

The Mayor and London boroughs have offered to help resettle refugees from Afghanistan. Mayor has offered Help to Buy Back fund to LAS to source homes for refugees. Set up London Refugee Response to coordinate donations and have been overwhelmed by the response.

The Mayor has launched a £400k fund to tackle hate and racism going to community groups. Following the murder of Sir David Amess the Assembly is reviewing security at both the current assembly and the new building in Newham.

The Mayor is providing a package of £11m to support Londoners into work including Creative Enterprise Zones to support Londoners who are unemployed or in low paid work. This funding includes the last support from European Social Fund. There is also £5m for Academies Hub to address skills gaps in key sectors like construction.

The Assembly recently questioned the Mayor and TfL on the funding deal with Government, as the current funding deal runs out in December and TfL needs a long term solution. The Elizabeth Line trials are going well, so after many delays we hope it will open in first half of 2022.

The Assembly has recently passed motions for the £20 uplift to Universal Credit to stay; increased pay for police; solutions to supply issues; access for London to the national Clean Air Fund. The Mayor is funding social housing that will be environmentally sustainable and Cllr Allison has met with Deputy Mayor Tom Copley to look at opportunities for Merton.

Police and Crime Committee looking at issues created by unconscious bias in the police. There is a need to build trust in the police amongst black Londoners and Women.

A resident asked if it is possible to provide updates to the Colliers Wood Residents Association. Both Leonie and Cllr Allison said they were happy to do so.

A resident asked about enforcing mask wearing. Leonie said it is difficult but there is not enough enforcement. It would be easier if the wider context was that mask wearing was still normalised.

Cllr Cooper said skills fund is very important, and asked how quickly it will be available in Merton. Leonie said some strands of funding are available now, others are being delivered through partner organisations with details of the [skills funding](#) schemes available listed online.

4 LOCAL CANCER SERVICES (Agenda Item 4)

Dr Navdeep Alg, South West London Clinical Commissioning Group cancer lead gave a presentation on cancer services in the area. The presentation can be found attached to this report. The pandemic has delayed care and diagnosis in some cancers and there is a need to catch up. This is particularly the case for breast, lung, and urological cancers, mainly due to less screening taking place during the pandemic.

South West London CCG is trying to raise awareness through social media, local press, TV, and non-digital advertising. They are working with an organisation called Community Links to target particular communities and offer information in community languages.

The CCG is also attending public engagement events to have face-to-face contacts. This includes a Cancer Awareness Day at Vestry Hall on 6 November. Dr Alg is happy to attend any community events and asked if anyone has any ideas for events he could attend to email Steven.Nzekwue@swlondon.nhs.uk. Dr Alg also asked attendees to help share the message that services are open and we want to see patients who have symptoms.

Cllr Cooper said the face to face campaign is vital to help residents understand the issues. Who can be contacted to book in an event, for example Black History Month? Dr Alg said he is happy to attend events please email [Navdeep](#) or [Steven](#). Dr Alg said it was important to focus on communities most at risk.

Cllr Kirby said she was happy to share across Graveney networks.

5 COVID AND PUBLIC HEALTH UPDATE (Agenda Item 5)

Barry Causer, Public Health Lead for COVID Resilience, gave a presentation on the latest situation with COVID in Merton. The presentation is attached to this report and covered the latest statistics, and key updates.

The numbers of new infections is 'hovering' but at high levels, mostly driven by schools returning, increased social activity and people returning to work after the summer break. Merton is in the middle of the pack of South West London boroughs, and we need to remain cautious. There are higher numbers of young people, especially secondary school age getting COVID, but there have been breakthrough infections into those people who have been double vaccinated, due to waning immunity levels.

There has been a limited impact of these infections on NHS Indicators, which is different to earlier stages of the pandemic e.g. admissions look stable and the death

rate remains low, due to the success of the vaccination programme. The government has announced two plans:

- Plan A based on vaccinations, test, track and trace
- Plan B explain the increased risk, introduce COVID passes, more working from home and mandatory face coverings

The COVID vaccination programme, is our front line of defence and has four strands:

- Evergreen – 1st and 2nd dose vaccinations for those who have not had a vaccine yet
- Boosters – for those most vulnerable e.g. care home residents, those over 50, front-line health and care staff and those with underlying health conditions
- Third dose – for those immunosuppressed residents
- Single dose for 12-15 year olds in schools

It is important to get your annual flu jab if offered by the NHS and those who aren't eligible for a free flu jab can get a flu vaccine for a few pounds at Community Pharmacies across Merton.

Regular asymptomatic testing remains vital and Lateral Flow Tests are available from assisted test sites in Merton (Wilson Hospital and Centre Court shopping centre) and can be collected from libraries, and community pharmacists for home use.

Better Health Merton is an overarching brand for services that support residents to improve their overall health. To find out more you can sign-up for the [Council COVID newsletter](#), and if you would like to be more involved in supporting your community you can still join the [COVID Champions](#). There is also financial support available to local community groups through [Merton Giving](#).

Cllr Cooper asked about changes to collection to test packs. Barry said the national programme has added an additional stage where you need to apply for a code and then give the code to collect. However in Merton you do not need a code to collect from our libraries or some community pharmacies.

Cllr Allison said so much has happened in the last 12 months and said the Public Health team has been an amazing resource in Merton. Cllr Allison asked Barry to please pass on thanks from Cllrs to team.

6 OPEN FORUM (Agenda Item 6)

A resident asked what was the view of the councillors on the state of our streets in Colliers Wood and Mitcham and whether the council is delivering on clean streets and waste contract enforcement. Cllr Allison said that more spending time at home has increased volume of waste plus there has been an increase in fly tipping of 50% nationally. Merton has given out a significant number of fines but will continue to

increase education and enforcement. It would help to have additional powers and resources from central Government to tackle this issue.

Northern Line Closure – from 15 January to May 2022 Transport for London will be carrying out improvement work at Bank station. As a result there will be no trains between Kennington and Mordene on the Bank branch of the Northern Line. All services from to and from Morden will use the Charing Cross branch and Transport for London expect services on this line to be busier than usual. More information is available at <https://tfl.gov.uk/travel-information/improvements-and-projects/bank-and-monument>

A resident asked about fly tipping at the top of Caithness Rd and Park Avenue Mews largely from the flats that have no bins. When approached, some fly-tippers explain they have been told to leave their bins on the street by their landlord. What steps could be made to ensure the landlords either provide bins or arrange a separate chargeable collection service? The fines need to be increased for repeat offenders. Kris said he has raised this with the Public Spaces team and will get an update from them as soon as possible. Cllr Kirby said she had met with officers and the council had agreed to remove 6 street bins as they were attracting fly tipping and then write to all households. Kingdom will increase enforcement in the area.

Councillor Dehaney thanked everyone for attending and closed the meeting.

Cancer care update

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Dr Navdeep Alg

CCG cancer lead (Merton)

Macmillan GP (Merton)

GP, The Grand Drive Surgery



Minute Item 4

Outline

- South West London Cancer catch up-Pandemic
- Urological Cancers
- Lung Cancers
- Merton community events
- Primary Care Networks



South West London- Covid Cancer catch up

31 day 1st Treatments: Q1-Q3 2019/20 vs 2020/21

SWL

Tumour Type	Q1		Q2		Q3		Q1-Q3		
	2019/20	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20	2020/21	Difference
Urological	458	234	446	330	448	401	1,352	965	-387
Breast	348	187	382	232	383	322	1,113	741	-372
Lung	229	159	224	174	226	178	679	511	-168
Lower Gastrointestinal	187	136	201	187	186	191	574	514	-60
Skin	271	206	268	270	312	317	851	793	-58
Head & Neck	79	56	81	95	95	74	255	225	-30
Haematological	143	126	125	113	143	147	411	386	-25
Sarcoma	43	36	39	34	53	45	135	115	-20
Gynaecological	91	94	89	97	115	93	295	284	-11
Brain/Central Nervous System	25	15	15	42	46	26	86	83	-3
Other	31	27	24	36	34	35	89	98	+9
Upper Gastrointestinal	115	117	136	129	112	131	363	377	+14
Children's	30	42	26	26	21	34	77	102	+25
Total	2,050	1,435	2,056	1,765	2,174	1,994	6,280	5,194	-1,086

Women is major gap

Likely driven by screening

Covid risk

Graph showing numbers of patients treated from Q1 to Q3, comparing 2019/20 to 2020/21

2,400

Please note:



'Missing' 1st treatments

There are shortfalls in the number of people starting treatment for some tumour types compared to before the pandemic, this represents a clinical risk that people are not having cancer diagnosed and starting treatment.

31% less people are starting treatment for Breast cancer in M&W: Potentially explainable by the screening programme backlog, need to remind people to attend screening appointments and to get symptoms checked.

8% less people starting treatment for Prostate/Bladder cancer in Merton and 22% less in Wandsworth. 6% and 49% less for Lung Merton and Wandsworth respectively: Potentially driven by people overlooking symptoms for these cancers, an aversion or hesitancy to approach primary care, or confusion with covid symptoms (Lung).

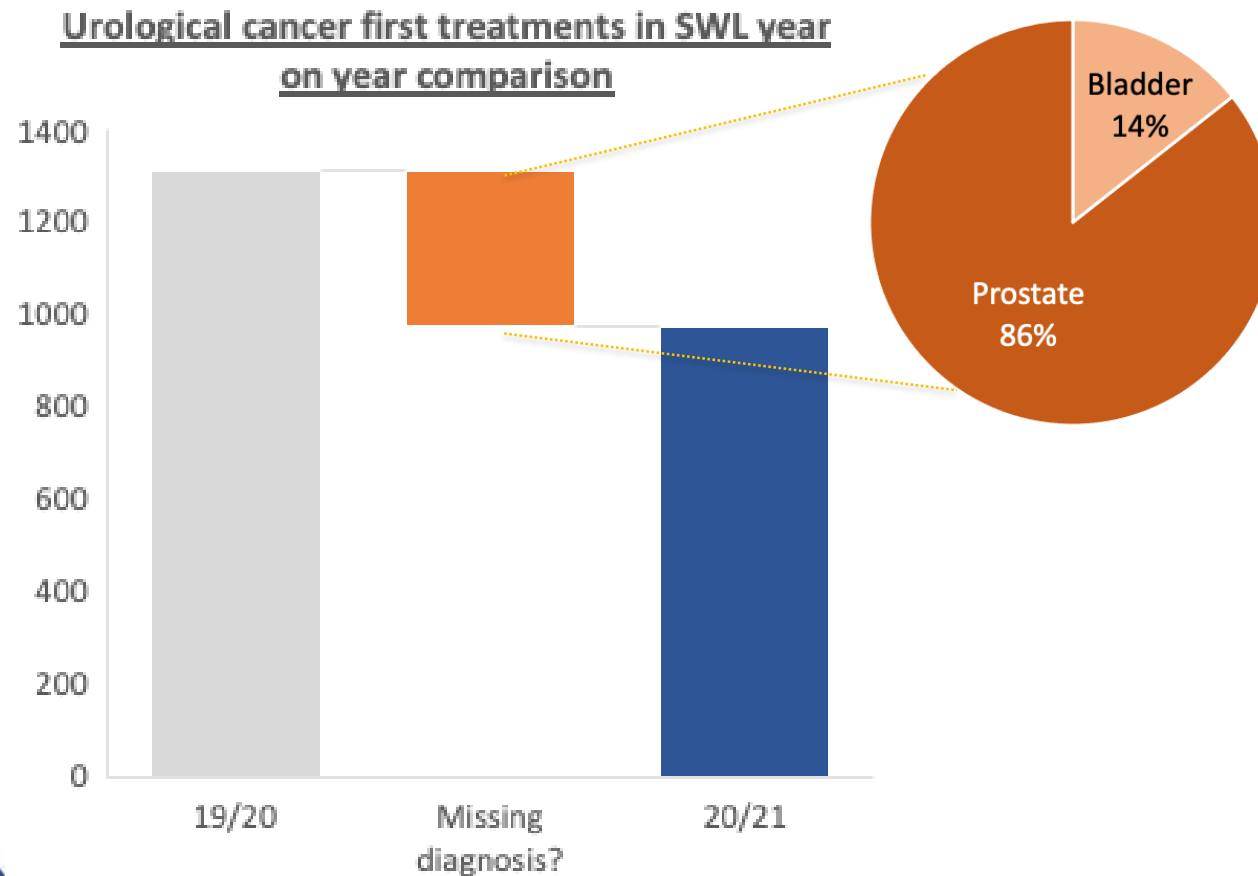
PROSTATE & BLADDER				
	2019-20	20-21	Difference#	Difference%
NHS CROYDON	238	148	90	38%
NHS KINGSTON	115	77	38	33%
NHS MERTON	83	76	7	8%
NHS RICHMOND	92	75	17	18%
NHS SUTTON	118	77	41	35%
NHS WANDSWORTH	93	73	20	22%
Grand Total	739	526	213	29%

BREAST				
	2019-20	20-21	Difference#	Difference%
NHS CROYDON	205	145	69	29%
NHS KINGSTON	91	59	32	35%
NHS MERTON	80	55	25	31%
NHS RICHMOND	98	78	20	20%
NHS SUTTON	120	99	21	18%
NHS WANDSWORTH	127	87	40	31%
Grand Total	721	523	198	27%

LUNG				
	2019-20	20-21	Difference#	Difference%
NHS CROYDON	99	73	26	26%
NHS KINGSTON	48	30	18	38%
NHS MERTON	52	49	3	6%
NHS RICHMOND	42	40	2	5%
NHS SUTTON	81	72	9	11%
NHS WANDSWORTH	82	42	40	49%
Grand Total	404	306	98	24%



Urological cancer and the pandemic



There were 300+ fewer patients starting treatment for Urological cancers in 20/21 across SWL (compared to the same period the previous year)

Possible explanations

- Remote triage - Reduction in urine dips
- Women repeated treated for UTI without dip/referral for cystoscopy
- Reduced opportunity for opportunistic PSAs
- Reduction in patients presenting for annual PSA tests on 'watch and wait'



Lung Cancer catch up

- Significant reduction in cancer diagnosis
- Worse in Wandsworth
- Emphasise message
 - Persistent cough
 - Blood in sputum
 - Unexplained weight loss
 - Long term smoker



SWL - CCG 31 Day Missing 1st Treatments

Fin Year	Quarter/Month	Urological	Breast	Skin	Lower Gastrointestinal	Lung	Haematological	Upper Gastrointestinal	Gynaecological	Head & Neck	Other	Brain/Central Nervous System	Sarcoma	Children's	Grand Total
2019/20	Q1	373	257	236	159	160	108	87	81	59	18	16	8	11	1573
	Q2	355	269	225	150	149	91	98	71	63	16	9	17	4	1517
	Q3	352	271	264	172	149	104	106	92	68	22	24	12	4	1640
	Q4	346	294	212	150	137	104	66	76	68	16	19	10	8	1506
2019/20 Total		1426	1091	937	631	595	407	357	320	258	72	68	47	27	6236
2020/21	Q1	203	127	175	118	112	101	84	72	51	17	9	13	25	1107
	Q2	254	176	237	156	121	99	110	64	72	23	28	8	9	1357
	Q3	325	244	256	161	141	110	92	70	55	22	12	8	12	1508
	Q4	262	219	249	158	133	120	99	88	85	19	23	12	9	1476
2020/21 Total		1044	766	917	593	507	430	385	294	263	81	72	41	55	5448
2021/22	Q1	335	270	279	170	143	110	112	79	74	23	19	16	6	1636
	Jul-21	144	101	86	56	62	41	22	33	27	16	4	7	5	604
2021/22 Total		479	371	365	226	205	151	134	112	101	39	23	23	11	2240
Grand Total		2949	2228	2219	1450	1307	988	876	726	622	192	163	111	93	13924

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	Urological	Breast	Skin	Lower Gastrointestinal	Lung	Haematological	Upper Gastrointestinal	Gynaecological	Head & Neck	Other	Brain/Central Nervous System	Sarcoma	Children's	Grand Total
2019/2020 Quaterly Treatment Average	357	273	234	158	149	102	89	80	65	18	17	12	7	1,559
Diff Between 2019/20 & 2020/21 Total Treatment Volumes	-382	-325	-20	-38	-88	23	28	-26	5	9	4	-6	28	-788
Rolling Deficit/Increase	-378	-318	33	-22	-81	38	43	-21	20	24	4	1	30	-627
2019/20 vs 2021/22 Quarterly Activity cf	-10%	5%	18%	7%	-11%	2%	29%	-2%	25%	28%	19%	100%	-45%	4%

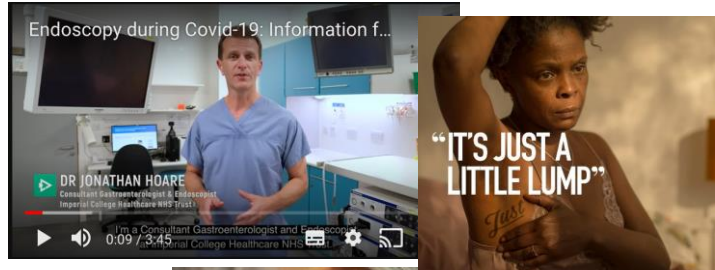
*Rolling Deficit - (Gap between 2019/20 & 2020/21) + (Diff 19/20 Avg - 21/21 Actuals)

Source: CWT from NHS Digital

Communications

Cough, breathlessness not going away? Sore chest? Losing weight and your appetite?

If you have a new or changed cough for more than a few weeks and you're worried about lung cancer, contact your GP for help.



NHS

JUST SPEAK TO YOUR GP

Dear as cancer help us help you

We have run **patient and public communications and social media campaigns** during Covid to **restore public confidence and encourage people** to continue to access Cancer Services with cancer symptoms to visit their GP.

In Dec 20-Jan 21, we ran cancer symptom awareness and breast awareness campaigns on radio, social media and “out of home” platforms. In May-June 21, further targeted campaigns have run on breast, lung, skin, prostate cancer and general cancer symptoms.

We are now broadening our approach to engaging with patients and the public within our local communities and working with community and voluntary sector leaders to further embed cancer awareness messages to support recovery.



NHS

JUST SPEAK TO YOUR GP

Dear as cancer help us help you



NHS

JUST CONTACT YOUR GP PRACTICE

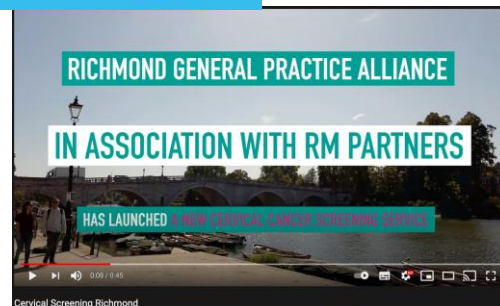
Worried about cancer?

Don't delay getting checked, speak to your GP
Help Us Help You



NHS

Worried about breast cancer?



Actions to support

- Cancer Screening Services- have onboarded a service called 'Community Links' which provides multilingual support for patients who's first language is not English
- In addition to the general cancer communications, specific interventions are being developed to help tackle the inequalities that have been compounded by Covid. These include targeting 'rising' 60's, learning disabled, LGBTQ and extended access across the SWL Boroughs to support increase Cancer Screening uptake



Actions to support

Lung

PUBLIC FACING

“Do it for yourself” public facing campaign – working with MSD pharmaceuticals to roll out on bill board, pharmacy bags etc in most deprived areas of SWL

PRIMARY CARE FACING

Case finding project in Wandsworth – asking Practices of greatest deprivation to complete search of patients with recurrent lower respiratory tract infections. Practices are incentivised to undertake search, contact patient, request chest x-ray and have clinical review. Results expected early November to measure impact.



Help Us to help You
social media campaign
locally linking in with
national campaign



Actions to support. contd

Prostate & Bladder

- Comms sent out to primary care teams on restarting PSA monitoring for patient at high risk of prostate cancer, and the importance of performing urine dip to check for blood where appropriate (linking with NWL RMP case finding work), including how to minimise impact from recent blood bottle shortage.
- Links in with public facing engagement work (as below)

Breast

- RMP have worked with the breast screening Hub and South West London Breast Screening Service (SWLBSS) to commission a multi-lingual service to call those patients who have not responded to their Open Invitation.
- SWL ICS and RMP are working closely with NHS England cancer screening commissioners and the SWLBSS service to ensure sufficient capacity to recover the service by July 2022. A further recovery action plan is being agreed.



Local community engagement messages

Event	Borough	Public	Location	Team		Date	Time	Requirement
		Audience		Owner	Point of contact			
African Caribbean Family Fun Day	Sutton	Public	Hill House Community Centre		Claire Coutts	31-Jul-21		In person stand
Patient participation group (PPG)	Richmond	Public	Online	ML	Rachel Swan	03-Aug-21	11:35	Short presentation
Patient and Public Involvement Reference Group	Wandsworth & Merton	Public	Online		Claire Coutts	04-Aug-21		Short presentation
Asian themed family day	Sutton	Public	Hill House Community Centre		Claire Coutts	08-Aug-21		In person stand
PCN health and wellbeing funday	Merton	Public	Pollards Hill	DW	Navdepp Alg	28-Aug-21	All day	In person stand
Whitton Fair	Kingston	Public	Whitton, Kingston		Rachel Swan	30-Aug-21		Provided materials to Rachael to leave on
Communications & Engagement meeting	Kingston & Richmond	N	Online		Rachel Swan	07-Sep-21	10:00-11:30	
Patient and public forum	Kingston	Public	Online		Rachel Swan	08-Sep-21	11:00-12:00	
Community involvement event	Richmond		Online		Rachel Swan	14-Sep-21		
Croydon BME Wellbeing Centre Prostate Event	Croydon	Public	Online - future in person events at Whitgift shopping centre		Andrew Brown	20-Oct-21		Need to contact andrew@bmeforum.org to discuss details. John
Residents association meetings	Wandsworth & Merton	Public	Merton Park Colliers Wood Raynes Park West Barnes		Claire Coutts		Various	
North Merton PCN PCN event	Merton	Public			Satnam Bains	06-Nov-21	14:00-18:00	
WCEN women from black and ethnic minority community event	Wandsworth	Public	Mushkil Aasaan		Anissa Daud	Sept and Jan (2 events)		Looking for femal HCP from South Asian (Sep) and Somali (Jan) background to talk about Breast cancer



Engagement Strategy

Discuss cancer priorities with patient groups, partner organisations or community teams

Identify specific public events or networks that overlap with the cancer priorities

Take cancer warning signs and risk factors to specific public audiences



North Merton Cancer awareness day

- 6th November



Key Drivers on Missing 1st Treatments for all Tumour Groups

- PCN/Practice visits by Place (borough) cancer leads – excellent uptake of these
- RedWhale Primary Care education events recently commissioned and ensuring missing first treatment targeting is included in the training package (starts Nov 2021 tbc)
- Provision and roll out of non-site specific RDCs across SWL – St Georges Trust now accepting referrals to all SWL boroughs, Epsom and St Helier site also just opened, Kingston and Croydon in development, Wandsworth also have coverage from C&W ADOC. SWL webinar to Primary Care (planned October 2021) along with further comms to Primary Care teams highlighting the benefit of these clinics, so able to act on investigating vague symptoms suggestive of cancer, and highlight missing first treatment work.
- Promoting Business As Usual activity – covid effect, and more recently impact of blood bottle shortage. Linking with NHSE guidance, discussed with Place cancer clinical leads and SWL/RMP cancer team, comms to Practices on importance of continuing blood testing where suspicion of cancer, which may facilitate diagnosis. Development of local toolkit on how virtual consults can be utilised to improve cancer diagnosis, and round table event being organised to determine best practice (primary, secondary care and patient representation)
- Linking into other pathway groups, and CCG partners – such as recent presentations to Wandsworth Health and Care Board and Richmond Health Board. Promoting collaborative across pathways; to pick up cancers when not referred via a 2WR pathway.



Primary Care Networks

- Primary care networks (PCNs) form a key building block to the [NHS long-term plan](#)
- 30–50,000 patients- Groups of GP practices
- Deliver key strategies for NHSE



PCN- Early Cancer PCN DES

- NHS Long term Plan- 2028 75% of cancer diagnosis at stage 1 or 2 (currently 50%)
 - Increased 5 year survival, quality of life and treatment options
- Cross organisational work
 - RM Partners Cancer Alliance, SWL CCG, Macmillan, PCN, GP Federation



Cancer DES Requirements

1. Review referral practice for suspected cancers, including recurrent cancers.
2. Contribute to improving local uptake of National Cancer Screening Programmes.
3. Establish a community of practice between practice-level clinical staff to support delivery of the requirements of the Network Contract DES Specification.



Questions



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COVID-19 update

Colliers Wood and NE Mitcham Community Forum

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Barry Causer
Public Health Lead for COVID Resilience

20th October 2021

Minute Item 5



COVID-19 UPDATE

- **7 day case rate** (all ages) 275.1 cases per 100,000 (up from 233.5), compared to 242.4 (up from 207.4) cases per 100,000 for London (7th October – 14th October)
- **Autumn and Winter Plan** has been published, which aims to avoid rise in hospitalisations which puts unsustainable pressure on the NHS
 - Plan A – Vaccinations, Test Trace & Isolate, clear comms and manage risk at the borders
 - Plan B – Clear comms of change of risk, vaccination only COVID Pass, mandated face coverings in some settings and working at home
- **Vaccination** continues to be our first line of defense; access by calling 119, booking at www.nhs.uk or attending a drop-in clinic
 - Evergreen offer – continuing to provide 1st and 2nd dose vaccinations; it's not too late
 - Booster dose to priority groups e.g. those living in care homes, over 50s, front-line health/care staff, 16 to 49 with underlying health conditions
 - 3rd vaccine dose to over 12's with severely weakened immune systems
 - Universal offer of 1st dose (Pfizer) for 12 to 15 year olds
- Coronavirus remains a **serious health risk**. Everybody needs to stay cautious and help protect themselves and others
 - ✓ If you think you may have COVID-19 symptoms, stay at home and take a PCR test
 - ✓ Continue to take part in twice-weekly asymptomatic testing
 - ✓ If you are not well, try to stay at home
 - ✓ Meet up outside or if you're indoors open windows or doors
 - ✓ Wear face-coverings in crowded places to help protect others
 - ✓ Check in with the NHS COVID-19 app when you are out
 - ✓ Wash your hands regularly and for a least 20 seconds with soap
 - ✓ Fully vaccinated contacts do not need to isolate, but should be cautious and get a PCR test
- Better Health Merton – be a healthy weight, move more, stop smoking, reduce alcohol use, get a flu jab, manage LTCs and look after your mental wellbeing. [Better Health Merton: kick-start your health](#)

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**Better
Health**

**LET'S
DO THIS**



NHS

**South West London
Clinical Commissioning Group**

BETTER HEALTH MERTON

merton.gov.uk/publichealth





OPPORTUNITIES FOR ACTION

- Join our network of **170** COVID-19 Community Champions or our YACC; a key part of our approach to preventing and managing outbreaks in Merton.
- Vaccination Q&A for parents/carers of 12 to 15 year olds - <https://www.merton.gov.uk/coronavirus/residents#titleCol20>
- CEV Shielding Forum – Date TBC.
- Merton Giving grants, 6th December deadline- [Current Fund - Merton Giving](#)
- Sign up for the Merton COVID-19 newsletter – www.merton.gov.uk/newsletter

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my voice
Merton Adult

When to take which test:

LFD LATERAL FLOW DEVICE TEST	PCR POLYMER CHAIN REACTION TEST
FOR THOSE <u>WITHOUT SYMPTOMS</u>	FOR THOSE <u>WITH SYMPTOMS</u>
	High temperature Continuous cough Loss of taste/smell
<p>I'm not displaying symptoms: I'll book an LFD test and go to Morden Assembly Hall or where directed for my test</p> 	<p>I've developed symptoms so I'll book a PCR test: www.gov.uk/get-coronavirus-test (or call 119)</p> <p>I've got COVID-19 symptoms so I've got to self-isolate now</p> 
<u>ONCE SWAB IS TAKEN:</u> RESULTS IN 30 MINUTES	<u>ONCE SWAB IS SUBMITTED:</u> RESULTS IN 24-48hrs

For more information contact public.health@merton.gov.uk

ANY QUESTIONS?

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