

Webinar 9th March 2021

On-line conversations

Questions raised at the Clinically Extremely Vulnerable webinar

1. Will it be possible to get an antibody test to see response to vaccine in those who are Immuno comprised?

Currently this is only available in research and not available to the general public.

2. I am housebound. I had to defer vaccination for medical reasons but now seek vaccination at home. Please would you advise when this might be administered?

Please get in touch with your GP to arrange for a home visit.

3. I am not clear on the difference between this new group and the original Shielding extremely vulnerable group?

A full explanation can be found on the [gov.uk website](https://www.gov.uk) for people who are clinically extremely vulnerable. The definitions can be found [here](#).

4. What if you have changed your mobile number. Can you update your records?

As a clinically extremely vulnerable person, you can update your details via the [gov.uk website](https://www.gov.uk). It would also be worth checking that your GP knows your new mobile number too.

5. Are you able to specify which vaccination is given?

You cannot choose which vaccine you are given. However, if you have an allergy or suffer from anaphylactic shock it may be safer for you to have one vaccine over another. If you suffer from an allergy or anaphylactic shock, please inform your GP before you attend your appointment for the vaccine.

6. I am interested in why shielding was extended after we had our first vaccination and are supposedly 70% protected after the first dose after 3 weeks. I understand the case numbers. I am worried it will be extended again and I feel guilty that I have been vaccinated and my colleagues are not protected and working face to face and I am working from home.

Whilst the vaccine is highly effective, it is not 100% effective and the number of cases of COVID-19 across England are still high. Therefore, it was considered necessary to extend the shielding guidance until more of the population have been vaccinated and the number of COVID-19 cases in England are lower.

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7. Is there help to go to the hospital at Southmead for an appointment?

The Community Wellbeing Hub can signpost people to the relevant community transport options available for medical appointments. Please contact the Community Wellbeing Hub on 0300 247 0050.

8. I have been struggling with my weight having been inactive and on high dose steroids, is there any help available?

The Community Wellbeing Hub provides expert advice and support regarding weight management. To access the support please contact the Community Wellbeing Hub on 0300 247 0050.

9. How can you help with health management?

The Community Wellbeing Hub provides expert advice and support for a person's health and wellbeing. To access the support please contact the Community Wellbeing Hub on 0300 247 0050.

10. What exactly is Breathing Spaces? What does it do/offer?

Bath Mind runs an after-hours service called Breathing Spaces. Breathing spaces is a listening service and supports individuals experiencing or at risk of mental health crisis. It is a free non-clinical phone service, 7 days a week from 5.30pm - 11.30pm. The number is 01225 983130. For more information visit - <https://www.bathmind.org.uk/what-we-do/live/breathing-space/>

When Government guidelines allow, Bath Mind will be launching their face to face service at Oasis, providing services for up to 10 people each evening who have been referred to them that day. They will be continuing with their evening phone support service also over four nights (Monday-Thursday), in order to be able to respond to a wider community.

11. I'd be grateful if you could say something about how to manage shielding while looking after solo parenting children in school?

Everyone circumstances are different, and it is recognised that there are many challenges that people and their families have to face particularly when they are shielding. The Community Wellbeing Hub can support people with a range of needs including shopping, mental health support, money matters, carers centre and health and wellbeing services including signposting to public health advice and guidance. To access the support please contact the Community Wellbeing Hub on 0300 247 0050. The government has updated its guidance and more information can be found on the [gov.uk website](https://www.gov.uk).

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- 12. If one has been advised to get the second vaccination earlier before they start specific treatments, how is this done as this is not known to all GPs. Can you give us guidelines who we then have to contact?**

The guidance has recently changed. It is the case now that if you are due to start a new treatment such as chemotherapy, immune suppressant therapy, or urgent surgery then you can access an earlier 2nd vaccine. To arrange this, please speak to your GP. If you have already started chemotherapy or immune suppressant therapy then (according to current guidance) the second dose should not be bought forward

- 13. Will there be extra support to help people who have been shielding, for over a year, once shielding finishes to keep safe and learn to go back into society?**

The Community Wellbeing Hub provides expert advice and support for a person's health and wellbeing. To access the support please contact the Community Wellbeing Hub on 0300 247 0050.

- 14. Could you use local personal trainers to run dedicated classes for CEV when allowed?**

The Community Wellbeing Hub provides expert advice and support for a person's health and wellbeing and receive referrals from GPs and Health professionals for programmes such as Passport to Health / Healthwise. A GP or Health professional will be able to refer a person to these programmes. You can also contact the Community Wellbeing Hub on 0300 247 0050 for advice and support.

- 15. Will you be keeping events on ZOOM for this coming winter. We will need ZOOM going forwards for many to access events. And counselling and meetings and exercise etc . etc.**

Zoom has been a useful tool to engage and certainly in the foreseeable future we will continue to use this method to engage where possible. Many services will continue to use zoom to deliver their services as feedback from customers has been positive.

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General Information

- The Community Wellbeing Hub – www.communitywellbeinghub.co.uk
- Bath & North East Somerset Council – www.bathnes.gov.uk
- BEMS Medical Services - www.bems.uk.com
- Bath Mind - www.bathmind.org.uk
- Wellbeing College - www.wellbeingcollegebanes.co.uk
- New Reading Friends in Bath and North East Somerset
<https://newsroom.bathnes.gov.uk/news/new-reading-friends-project-combat-loneliness-through-literature>
- BANES carers centre <https://www.banescarerscentre.org.uk/>

The BANES carers centre is a partner of the Community Wellbeing Hub. They provide a Freephone Support Line on 0800 038 8885 or email us at support@banescarerscentre.org.uk available from 8:15am to 3:00pm, every weekday (except Bank Holidays).

<https://www.banescarerscentre.org.uk/help-for-carers/support-line/>

Further webinars will be organised. To stay in touch and find out about events and services sign up to the relevant newsletters:-

- BANES Council e-newsletter – sign up [here](#)
- Interagency news – sign up [here](#)
- 3SG - <https://www.3sq.org.uk/news>