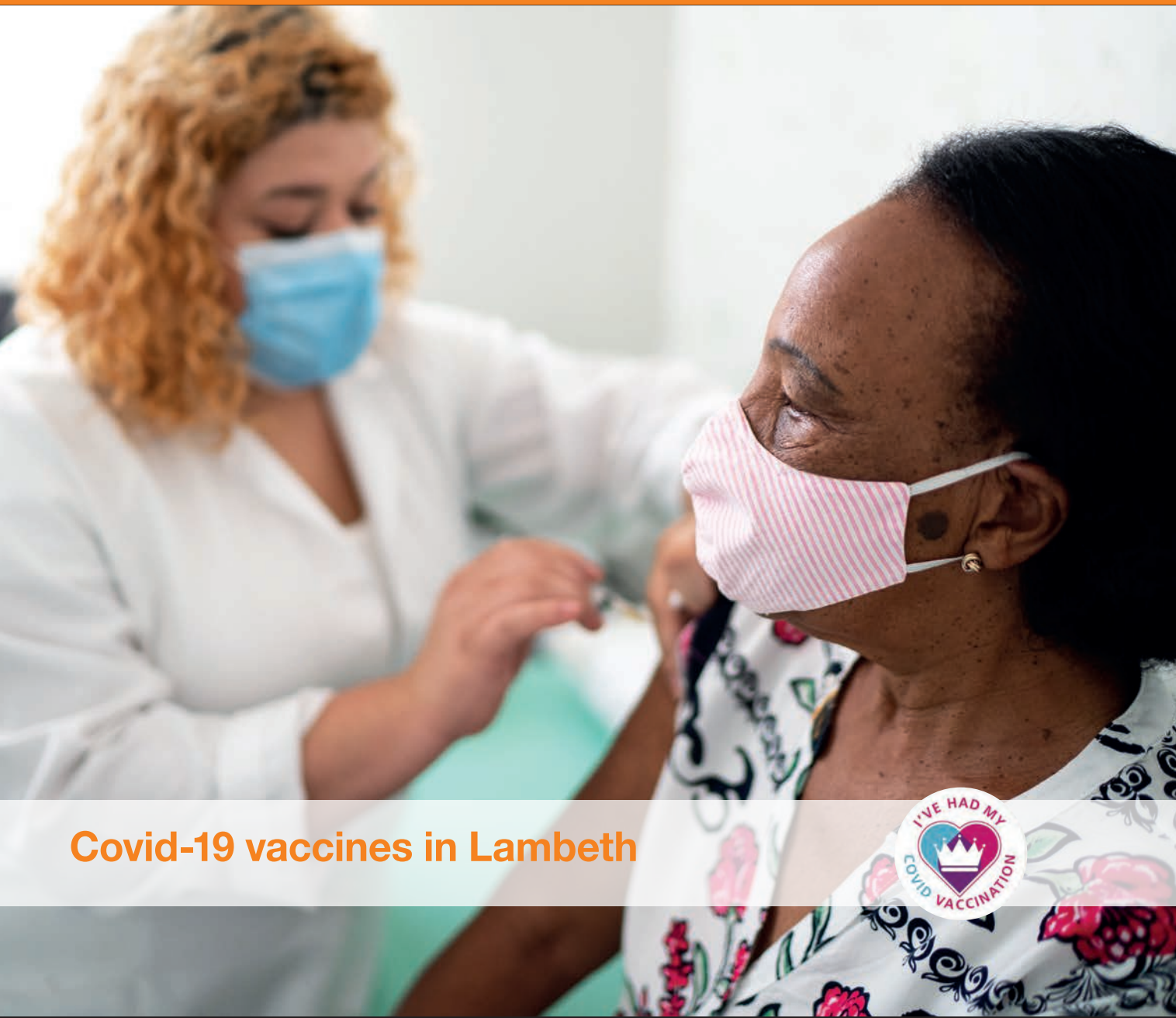


Lambethtalk

COVID-19 VACCINE SPECIAL / FEBRUARY 2021



Covid-19 vaccines in Lambeth

For safety, this magazine has been delivered following Public Health England guidelines. It may be safely read.



After clean water, vaccination is the most effective public health intervention, saving lives and protecting the most vulnerable in our society.

Getting the Covid-19 vaccination as soon as you are called will protect you, your family and those you care for. The vaccine should help reduce the rates of serious illness and save lives and will also reduce pressure on the NHS and social care services. I know that many residents have questions and so to help you make your decision about taking up the vaccine, I wanted to share responses to some of the most common questions we've been hearing. ”

Ruth Hutt, Director of Public Health for Lambeth

Vaccine safety

How does the vaccine work?

Covid-19 vaccines work by stimulating the immune system to make antibodies and cells to fight the infection.

Will I get Covid-19 from the vaccine?

The vaccine cannot give you the Covid-19 infection, and two doses will reduce your chance of becoming seriously ill.

Is the vaccine safe?

Yes. The NHS is offering Covid-19 vaccinations to the public only after rigorous testing across thousands of people and on the advice of independent experts. The MHRA, the official UK regulator, have said that all the vaccines approved have good safety profiles and offer a high level of protection, and we can be confident in their expert judgement and processes.

Are there any side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. You may find that your arm is sore or that you feel tired, but if you feel well you should be able to carry on with your day as usual

I've already had Covid-19 – do I still need the vaccine?

Getting vaccinated is just as important for you, even if you have already had Covid-19. If you've recently tested positive for coronavirus – even if you have no symptoms – you should wait until 4 weeks after the date you were tested before getting the vaccine. If you still have ongoing complications from Covid-19 you should discuss whether now is the right time for you to have the vaccine with a clinician.

Do the vaccines contain a microchip?

No, the vaccine does not contain a microchip.

Do the vaccines alter your DNA?

No, the vaccines do not alter your DNA.

Are the vaccines vegan/vegetarian friendly?

Yes, the currently available Covid-19 vaccines do not contain any animal products or egg. All ingredients are published in the healthcare information on the MHRA's website

When will I get my vaccine?

The NHS will contact you when it's your turn to have the Covid-19 vaccination. You'll be contacted by letter, text or email with information on how to book your appointment. Don't worry if you get more than one invitation – you can choose the one that works best for you.

Find out more:

<https://selondonccg.nhs.uk/what-we-do/covid-19/covid-19-vaccine/>



Dear resident

Covid-19 has caused real pain and hardship in our borough. The virus has impacted communities throughout Lambeth – and has cruelly exposed the inequalities that exist. Families are struggling, often balancing work with child-care or the need to look after older relatives. I know that self-isolating can be difficult because of financial pressures and other responsibilities such as caring for relatives or children: but it is critical that we all do what we can to protect our loved ones and our wider community. The Covid-19 vaccine is a genuine ray of hope in dark times, but I know that there may be questions you have and your own experiences, both good and bad, which may influence your decisions about having the vaccination.

The council wants to help in whatever way we can, and so I am writing to you today, through the pages of 'Lambeth Talk' to ask you some simple questions about the Covid-19 vaccine and whether we can help with any of the obstacles you may face? This may be difficulties in getting to a vaccination centre or finding out if you are registered with a local GP. We also want to provide you with information and reassurance about the vaccines that have been approved for use.

The NHS has planned extensively to deliver the largest vaccination programme in our history. All vaccines approved for the programme have **been rigorously tested and confirmed as safe and highly effective** by the expert Medicines and Healthcare products Regulatory Agency (MHRA).

Any coronavirus vaccine that is approved **must** go through all the clinical trials and safety checks all other licensed medicines go through. The UK has some of the highest safety standards in the world. Other vaccines are also being developed but **they will only be available on the NHS once they have been thoroughly tested** to make sure they are safe and effective.

So far, millions of people around the world have been given a Covid-19 vaccine. The most common reaction afterwards is a sore arm where the jab is given and a few people experience a headache and mild fever for up to a day afterwards.

On the next page are some simple questions we would like you to consider answering, so that we can build a better picture of the issues people in Lambeth may have or the problems you may be trying to deal with. If we can build up information about what residents think and do, we can help break down the barriers and better protect the health of everybody in Lambeth, enabling our community to re-build.

Post to **FREEPOST LAMBETH COMMUNICATIONS** with this letter to make it really easy for you to get back to us. It won't cost you a penny and the information you provide will be treated as confidential and in line with data protection law. You can also contact us with your answers by email at **communications@lambeth.gov.uk** – you can take the survey online if you wish, by visiting **surveymonkey.co.uk/r/athealthcaresurvey**

Responding with this information will help the council and our local NHS to better understand what we need to do to make Lambeth safe and make sure that as many people can get vaccinated as possible. Please do help us in that effort. Help keep Lambeth safe.

All best wishes,



Cllr Jack Hopkins, Leader of Lambeth Council

p.s. please note that this letter complies with current data protection law. We have written to you through 'Lambeth Talk' to save on costs and, most importantly, because we feel it is in the legitimate interests of both the community and the council to be better informed any Covid-19 related needs or issues at this time.



Access to Healthcare Survey

1. Are you registered with a local General Practitioner (family doctor)?

- Yes No (Go to Q5) Don't know (Go to Q6)

2. Which practice are you registered with?

3. Have you been contacted by your GP to arrange an appointment for your vaccine?

- Yes No (Go to Q7) Don't know (Go to Q7)

4. Have you already had your appointment?

- Yes (Go to Q11) No (Go to Q7)

5. Why are you not registered with a local GP?

- I have not yet registered as I have only recently moved to Lambeth
- I do not trust the NHS, including GPs
- I am not eligible to be registered with the NHS/with GPs
- It is too complicated to register
- I do not know how to register
- Other (please specify below)

If Other, please explain:

6. Would you like help with getting yourself and your family registered with a local GP?

- Yes No

7. Are you happy to have the vaccine, once an appointment is arranged for you?

- Yes No Don't know

8. We know some people are concerned about getting the Covid-19 vaccine. Which of the following statements best describes the concerns that you may have about the vaccine?

- I don't trust the Covid-19 vaccine specifically
- I would like to wait until others have had it first

- I don't think the vaccine will be safe
- I don't think I need a vaccine
- I don't like needles
- I have had a bad experience with previous vaccines
- I am against vaccines in general
- I don't feel safe going into a healthcare setting to have the vaccine
- I can't be vaccinated for health reasons
- Other (please specify below)

If Other, please explain:

9. What would encourage you to get the vaccine?

10. How would you prefer to be contacted about your vaccination?

- Telephone Text
- Email Letter

About you

To make sure we are providing fair services to all of Lambeth's diverse communities, and meeting the needs of different groups, it is important that we ask you a few questions about yourself. You are under no obligation to provide the information requested, but it would help us greatly if you did. The information will be used to help us plan services that meet the needs of all its users. Your responses will be kept confidential and any information published will be made anonymous. No information that can identify you, your home or your household will be passed to any other organisations without asking you first.

11. What best describes your gender?

- Male Female
- I use another term (for example, non-binary):

- Prefer not to say

To fill in the survey online go to surveymonkey.co.uk/r/atthealthcaresurvey

12. Which of these age bands do you fall into?

- Under 18 35-44 65-74
 18-24 45-54 75+
 25-34 55-64 Prefer not to say

13. What is your race or ethnic group?

- Asian or Asian British - Chinese
 Asian or Asian British - Bangladeshi
 Asian or Asian British - Indian
 Asian or Asian British - Pakistani
 Any other Asian background (specify)

- Black or Black British - African
 Black or Black British - Somali
 Black or Black British - Caribbean
 Any other Black/African/Caribbean background (specify)

Mixed/multiple ethnic groups

- Asian or Asian British and white
 Black or Black British (African) and white
 Black or Black British (Caribbean) and white
 Any other Mixed/multiple ethnic background (specify)

White

- English/Welsh/Scottish/Northern Irish/British
 Irish Polish
 Gypsy or Irish Traveller Portuguese
 Any other White background (specify)

Other ethnic group

- Arab or Arab British
 Latin American/Latinx or Latin American and British
 Any other ethnic group (specify)

- Prefer not to say

14. Do you consider yourself to have a disability or long-term health condition?

- Yes No Prefer not to say

15. What is the nature of your impairment or health issue?

- Registered blind or visual impairment not corrected by glasses
 Physical impairments
 Deaf/ Sign Language user
 Hard of hearing/hearing loss
 Mental health issues
 Learning difficulties
 Neurodiverse (e.g. Autism or Dyslexia)
 Long-term health condition (please specify condition)

An impairment or medical condition that is not listed (please specify condition)

- Prefer not to say

16. What best describes your sexual orientation?

- Heterosexual/straight Bi
 Gay/Lesbian
 I use another term: (specify)

- Prefer not to say

17. Do you consider yourself to be trans*?

*Trans is an umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.'

- Yes No Prefer not to say

Consent to recontact

Lambeth Council may contact you about the answers you have provided in this survey to offer support and advice in relation to the Covid-19 vaccine and GP registration. By providing your personal information, you are giving consent for Lambeth Council to contact you for this reason. Your contact details will only be used for this purpose.

Name

Address

Telephone

Email address

Sharing experiences of getting vaccinated



Councillor Marianna Masters, who represents Streatham Wells ward, has shared her positive experience of being vaccinated against Covid-19 and the importance of both acknowledging and addressing any fears in the community about getting the jab.

As a Lambeth born and bred resident of Black African heritage Cllr Masters says she understands how some people in the Black and Minority Ethnic communities have reservations about the vaccine based on both their life experiences, the disproportionate impact of the virus over the last 12-months and some of the information they've seen shared online.

Which is why as a community leader she wants to share her good experience, engage with the community and encourage others to find out more if they do have reservations.

Cllr Masters said: "People have concerns for all manner of reasons, people's fears are complex and informed by their life experiences. It's really important to acknowledge

that and work hard to reach people with the right information, the right messages and give them the support they need.

"This vaccine is vitally important and is crucial in helping us out of the crisis we are now in the depths of.

"For some Black and Minority Ethnic people this sudden interest in our wellbeing doesn't chime their previous experiences, and the discrimination they've faced throughout their life. For example, it's clear that the Covid-19 crisis has had a disproportionate impact on Black and Minority Ethnic – and many people feel little was done to address that.

"Now this reservation is being amplified online, and it plays on people's previous negative

experiences and the inequalities they've suffered.

"It's really important that we acknowledge this experience and approach people's concerns in an understanding and positive way. We need to bring all our communities with us during this vaccination campaign because we need to be united if we are going to succeed. It's in all our interests to bring everyone along on this journey – and we can't leave anyone behind.

"I would say to people who are worried about the vaccine, talk to your GP or healthcare professional – they can often very quickly answer any questions and reassure you. Talk to your MP, talk to your councillors and community leaders as they can help you get the best and most reliable information to



“
This vaccine is vitally important and is crucial in helping us out of the crisis we are now in the depths of.”

address your concerns. We all really want to share, and listen.

Cllr Masters was prioritised for the vaccine as she is clinically extremely vulnerable. Having been diagnosed with pulmonary sarcoidosis, a chronic lung condition in 1992, she has been under long-term care at King's College Hospital, while maintaining a full time job and family.

She said: “I am one of the people who have been earmarked as vulnerable. I have never considered myself disabled and have lived a full professional and social life. But Covid-19 has found a way of targeting my Achilles heel, and that of so many other people in our community who until now have had health conditions, but been largely able to live their lives.

“Many people have had to self-isolate, be locked away from their lives and loved ones for so long, it's really hard and impacted on people's mental health. So when I was offered the chance to get the vaccine, to be protected from something that could kill me, I was really grateful.”

Cllr Masters received her first vaccine at Guy's Hospital early February and has been booked in for a booster in 12-weeks time.

She said: “Getting vaccinated was incredible, it was so professionally organised. The whole process took about 25-minutes including waiting after for 15-minutes to make sure there were no adverse reactions. My family are also really supportive. I'm an outgoing person and this pandemic has made me really wary of socialising.

“My husband is really supportive, and has been working from home to help keep me safe. The feeling of being hemmed in over the last 12 months is not something I've faced before. I'm sure people can relate to the powerlessness of our current situation, so any pathway back to normality is really important.”

A single source Q&A is available online to answer people's questions:

<https://selondonccg.nhs.uk/what-we-do/covid-19/covid-19-vaccine//>



Covid-19 testing in Lambeth



support for residents

You can get a Covid-19 test in one of our testing centres.

Do you have symptoms?

If you have symptoms – a high temperature, a new, continuous cough, or a loss or change to your taste or smell – you must start self-isolating immediately, while you book your test.

How to book a test

Tests must be booked in advance through the GOV.UK website, NHS app, or by dialling 119.

Testing without symptoms

Around 1 in 3 people with Covid-19 don't have any symptoms, but they can still pass it on. If you have to get out to work, you can get a quick free test at a local site in Lambeth to check if you have Covid-19, with results usually returned to you within an hour.



<https://www.lambeth.gov.uk/covidcommunitytest>

When do you need to self-isolate?

If any of the following applies

- ▶ You have symptoms of Covid-19 and are waiting for a test
- ▶ You have tested positive for Covid-19
- ▶ You are part of the household of a suspected or confirmed Covid-19 case
- ▶ You have been told or alerted through NHS Test and Trace service or App that you are a close contact of a Covid-19 case
- ▶ You have been told to self-isolate because you're in close contact with a Covid-19 case
- ▶ You have returned from a country that is on the quarantine list.

You must self-isolate

You must not leave home for any reason.

Do not go to work, school, shops or visit anyone or go anywhere.

If you need help to be able to stay at home, contact mycommunity@ageuklambeth.org or or call 0333 360 3700

Information on how to self-isolate can be found <https://beta.lambeth.gov.uk/covid-19-self-isolation-posters>



Young people and the vaccine

by Seth Jacobson, Communications lead for Lambeth Made Safer (Children and Young People)



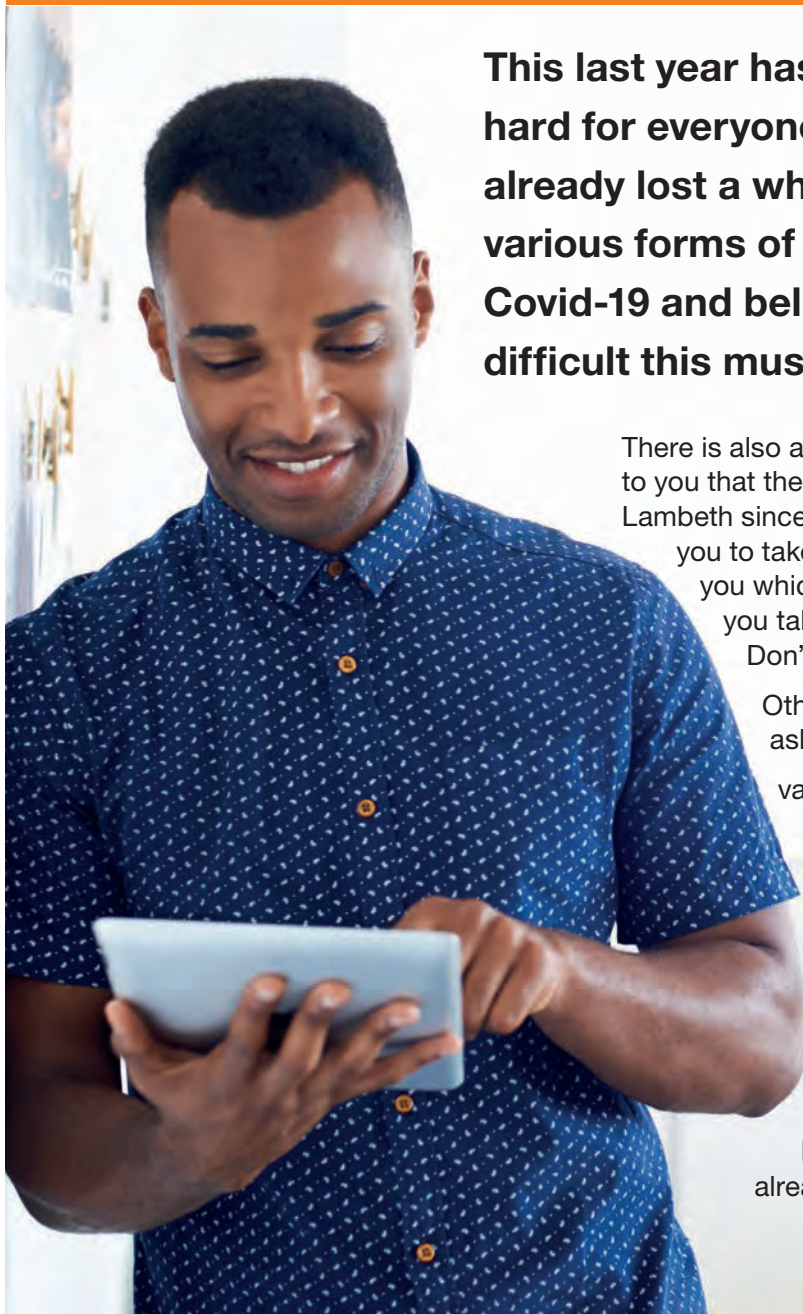
**support for
residents**

This last year has been really hard; really hard for everyone. As young people you've already lost a whole year of your lives to various forms of lockdown because of Covid-19 and believe us, we understand how difficult this must have been for you.

There is also a lot of misinformation which is suggesting to you that the vaccine which has been administered in Lambeth since late last year is somehow dangerous for you to take: perhaps friends have shared videos with you which say you're going to turn into an alien if you take it? Or that you're going to get cancer? Don't worry, neither of those are true.

Others accept that vaccination works but ask how it's possible that the various vaccines are in circulation after what feels like such a short period of time since the virus emerged.

Yes, in the past it has taken years for vaccines to be developed, but the amount of money and resources provided to the medical companies working on has supercharged the process. Also some of the vaccines, such as the 'Oxford' version, have been created from previous ones that were already fighting different forms of coronavirus.





A lot of people are understandably scared at the moment and in this climate there are some strange theories going around that you might feel sound plausible. And we understand that you may not always trust what you hear from the government or other authorities.

But the misinformation being spread on social media is why some surveys show that, according to a survey by Kings College London, more than a fifth of young people are uncertain about getting vaccinated.

On page 2 we have tried to explain why **some of the things that people have heard aren't true**. What we want to do here is explain why it is so important that **young people get vaccinated** when your time comes.

You'll have heard from your families that people in their 70s, 80s and 90s, like your grandparents and older relatives, have been vaccinated. **More than 10 million people** in the most threatened categories have now been vaccinated, which is incredible in such a short period of time.

People who have had the

vaccinations are not totally safe, because everyone needs **two shots of the vaccines** currently being used, but they are almost all much safer already than they could have been.

The next few groups of people who will be vaccinated will end up with most people over the age of 50 – so **your parents and grandparents** will soon have had their first vaccinations over the next few months.

So why is it so important that when your time comes to be vaccinated that you should have it? It's true that your age group seems relatively unaffected by Covid-19 to date: still, there are many **people without underlying conditions under the age of 25 who have got seriously ill and even died**.

Others have had the virus and continue to suffer months after it has gone, which has been dubbed 'Long Covid', and face symptoms such as extreme tiredness, shortness of breath and difficulty sleeping.

It's also keenly important that you take the vaccine when you are offered it to prevent passing on the virus. "Young people are

an incredibly important part of ending this pandemic," says Kate O'Brien of the global health body the World Health Organization.

"It will be really important for young people to be vaccinated because we know that lots of transmission is going on among them."



“

Lambeth's young people have shown remarkable strength and resilience in the crisis and we look forward to a time when they can enjoy life to the full once we are all vaccinated.”

Cllr Mahamed Hashi

Are you scared of your partner, ex or family?

We can help.

The Gaia Centre
provides free and
confidential support
for Lambeth residents
affected by abuse.

We can help with:

- Safety
- Housing
- Legal options
- Money
- Children

020 7733 8724

lambethvawg@refuge.org.uk

www.refuge.org.uk/gaia

the
Gaia
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Run by Refuge

**Working in Lambeth
to end gender-based violence**