



BURLINGTON
PRIMARY CARE

Hi

Firstly we would like to extend a genuine THANK YOU for all the claps and show of support for the NHS last night. It lifted the spirits of all of our team at Burlington Road Surgery and even moved some to tears. We are reaching out to see if you can help. Our number one priority for our healthcare team is to stay safe and not to get infected, not to infect their families at home and at their NHS family at work but most importantly not to infect and harm our vulnerable patients as we continue our work.

Two urgent asks:-

A. We are in desperate need for **FFP3 and FFP2** masks for our surgeries.

1. All the distribution centres for PPE (personal protective equipment) were cleared out by the public who are understandably scared. There is little realisation that there is no need for the public to have medical masks and the problem it creates for our NHS team ([see link](#)). Stocks got cleared out up to 4 weeks ago. We have checked every hardware store locally and on-line and every industrial shop we can find. The only ready supply is in homes or in industrial settings e.g. car spraying shops. The manufacturing centres are in Asia and largely unavailable. Lead times are very long (4+ weeks) and with European cases spiking, due to get longer.

The current masks we have are inadequate to properly protect our team, our families and our patients. See

- a. <https://twitter.com/ClareGerada/status/1243183718996619270>
- b. https://www.reddit.com/r/nursing/comments/fm097h/exactly_this/?utm_source=amp&utm_medium=&utm_content=post_body
- c. https://twitter.com/Atul_Gawande/status/1241394193152573441
- d. https://twitter.com/DrLucyHenshall?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Can we ask the public to give us a call on 01473 211661 if they have any masks at home that they would be willing to donate and I will personally arrange to come and get the FFP2 or FFP3 masks?

Please do not bring any donations to the Surgery

- a. They must be brand new and sealed
- b. They must be either FFP2 or FFP3

This will be of great help as we start to see more and more sick patients.

A. shout out;- Several companies and individuals (heroes) have donated PPE equipment from medical masks to gloves to overalls and become our Corona Champions. Some are listed here but a full list can be found on our website

- a. ChipsAway (Martlesham Heath)
- b. Elm Street Dental Surgery
- c. Husbands and Partners of Surgery staff
- d. Tip 'n' Lift
- e. Evolution Trees Ltd
- f. Jayar Car Parts



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B. The second ask is for the wellbeing of our patients and the public during this scary period

The viral pandemic has had a big impact on mental health and psychological impact on everyone from kids to the elderly.

We are concerned about our patient's wellbeing.

We 'produced' a video

<https://www.facebook.com/burlingtonprimarycare/videos/171945373782697/> to help cheer our team up and hopefully cheer up the public and our patients.

We call it '**Social Dis-dancing**'. I know.. brilliant branding :0) I am the big bloke in the blue shirt with the bad dance moves.

1. Could you highlight help for wellbeing;-
 - a. For patients <https://llttf4suffolk.com/corona/>
 - b. (outside Suffolk can access <https://llttf.com/corona/>)
 - c. For young people in Suffolk on
 - i. 'The Source' <https://www.thesource.me.uk/home/latest-news-and-views/coronavirus-advice-and-support-page/>
 - ii. Kooth <https://www.kooth.com/>
 - iii. <https://www.nhs.uk/oneyou/> includes digital advice for physical and mental wellbeing
 - d. For key workers <https://llttf.com/wp-content/uploads/LLTTF-Coronavirus-health-worker-2.pdf>

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