

Hullo again from West Street PPG.

March 2021

We really hope that since our last contact you and your loved ones are still managing to stay safe. West street vaccine roll out is on target so please keep your eye on the web site. Second doses will also be administered at Priory Gardens.

We have now passed step 1 of the governments road map so fingers crossed that step 2 will work out as planned. Spacing and masks are still essential but who cares if it helps us progress to normality. Flu cases have dramatically reduced this year, wearing masks most likely one of the reasons. Maybe a good idea to continue the practice after the pandemic when in supermarkets or crowded places. Buses and Taxis also come to mind.

I have printed the Government road map off my computer for easy reference. I could blame that on age but actually it is far more convenient than checking the Government web site every time you need clarification.

Did you know that if you are in a bubble with someone who has children and is entitled to testing kits they can also get testing kits for you.

I don't know how many of you reading this are aware of the list of useful numbers located in the reception area of west street surgery. These contact numbers enable the caller to contact agencies who provide varying levels of support. The numbers below are probably good to add to the list.

Dunstable Food Bank 07874 200056

Citizens Advice (Dunstable) 01582 670003 or 07367 457834 www.dunstablecab.org.uk

National Domestic Abuse Helpline 0808 2000 247

CrimeStoppers 0800 555 111 online form at <https://crimestoppers-uk.org/domesticabuse>

Mind www.mind-blmk.org.uk or call 0300 330 0648

Samaritans www.samaritans.org or call 116123

As Chair of West Street surgery and on behalf of your PPG I wish you all a happy, safe 2021.