Coronavirus
Got symptoms – even mild ones?
DO NOT leave the house at all for 7 days.
EVERYONE else in your household must not leave the house for 14 days.

STAY HOME › PROTECT THE NHS › SAVE LIVES
Special Drive Through for Vaccinations

“The safety of patients, staff and visitors are the priority at all surgeries, so I’d urge people to get in touch with their practices and make the necessary arrangements for their vaccinations - they provide essential protection against potentially life-threatening diseases.

“If people are put off having vaccinations now because of covid, we could see a resurgence of these very serious diseases like measles and that would be a tragedy,” said Dr Back.
Men with advanced prostate cancer can take highly targeted hormone therapies at home instead of coming into hospital for chemotherapy, NHS England says.

Experts say it will relieve pressure on the NHS, which wants all urgent and essential cancer treatments to continue during the coronavirus pandemic.

The drugs are also smarter, kinder treatments and could extend the lives of many more patients, they say.

This precision-medicine approach is already used to treat other cancers.

Click here or the image above to read the story.
Macmillan Cancer Information Centre

The information and support team are available via the telephone 0118 322 8700 Mon – Thurs 9am – 4pm and Fri 9am – 2pm. We can help with emotional and financial support. Please leave a message if we're not there and we aim to call back within 24 hours. Our email is macmillan.information@royalberkshire.nhs.uk

The Macmillan free-phone helpline is 0808 808 0000 and can be called 7 days a week.

NHS chief midwifery officer, Prof Jacqueline Dunkley-Bent said the NHS had "gone to great lengths" to ensure expectant mums' safety, and if an individual has been asked to come for a planned or urgent check it was "vital" women did so.

Ms Dunkley-Bent also praised midwifery
colleagues, who are thought to have helped deliver an estimated 158,000 babies during the pandemic since January 30.

Click here or the image above to read the full story.

“All midwives wore face masks and could not do enough for us especially the fantastic ladies on Iffley ward.

I had to stay in for 2 nights and the sense of community within the mums was amazing.”

Click here to watch the video from the midwives at Royal Berkshire Hospital.

It's said 7 in 10 women hide their symptoms. Without understanding, support, & treatment these mental illnesses have devastating impact on women, their partners / families. #TellUs your difficulty access specialist support.
Please feel free to contact us and let us know either by:
Telephone: 01635 866 210
Email: contact@healthwatchwestberks.org.uk
or via social media

West Berkshire Coronavirus Diaries

(See below an excerpt from an owner of a local sports program)

"This shut down has taught us that children in sport is key to healthy young people and positive for the local community. Our days used to be 12noon until 9:30 pm but today we start at 9am and finish in the early hours monitoring every child's activities and communicating with scores of families per day."
The outcomes are our service users are hopefully feeling as if the gym they belonged too is still very much part of their lives with individual progress rewarded with verbal feedback. Keeping young minds motivated is challenging at the best of times, but under lockdown it has been a skill we have been quick to learn.

For me this lockdown has had a positive impact on the future of the program I own. Yes financial hardship has hit hard, but we have learnt that we have the power to change lives and the ability to deliver in the most difficult of circumstances."

Click to read more....

Be sure to check back for daily diaries from the West Berkshire Community. If you are interested in writing a blog for Healthwatch West Berkshire about your experiences please email us: contact@healthwatchwestberks.org.uk