



Reach Society

Building Connections

www.reachsociety.com Email: info@reachsociety.com



Patrons: Lord Herman Ouseley, Prof Trevor Williams, Mr John Budu-Aggrey, Prof Sir Geoff Palmer & Mrs Marva Rollins OBE Newsletter: 020

Welcome: Dear Friends/Supporters, Welcome to this special edition of the Reach Society newsletter. This month's issue is all about Covid-19, packed full of advice and information on the vaccines and how to best protect yourself and those around you. As restrictions ease, it's important to follow the latest guidance so that we can take each step safely.



5 Common Covid vaccine questions answered: We can all play our part in the fight against Covid-19 by sharing facts about the vaccine instead of harmful myths. Below are the answers to five commonly asked questions about the Covid vaccine. You can share these with your family and friends to help them stay informed.

- ❖ **The vaccines were developed quickly. How do we know they're safe?** The vaccines have been through three stages of clinical trials and have been tested on tens of thousands of people around the world. The clinical trials and vaccine development processes were organised to overlap, speeding up the overall time of vaccine production, but without cutting any corners to ensure they meet strict standards of safety and effectiveness.
- ❖ **I'm young and low risk. Why do I need to get the vaccine?** Young people have been seriously ill and died from Covid-19, with thousands more still suffering the effects of Long Covid after what might have been a mild initial case. Anyone can get Covid-19, including young people, and anyone can spread it. Getting vaccinated is one of the best things you can do to protect yourself and others around you from the virus.
- ❖ **Will the vaccine protect me against new strains?** The Covid-19 vaccines currently approved in the UK are safe and effective against the Covid-19 variants currently dominant in the UK. A study by PHE has shown that 2 doses of the COVID-19 vaccines are highly effective against the B.1.617.2 variant first identified in India. More

research is taking place to understand how much protection existing Covid-19 vaccines provide against new variants.

- ❖ **Why are people aged under 40 being offered an alternative to the Oxford AstraZeneca vaccine?** As with all medicines and vaccines, some people will experience side effects. But it is important to remember that millions of people have had their first and second dose of the Covid vaccine and the occurrence of blood clots remains extremely rare.

Data suggests there is a slightly higher incidence reported in the younger adult age groups. As a precautionary measure, anyone under the age of 40 will be offered an alternative to the Oxford AstraZeneca vaccine.

Anyone who experienced cerebral or other major blood clots occurring with low levels of platelets after their first vaccine dose of COVID-19 Vaccine AstraZeneca should not have their second dose. Anyone who did not have these side effects should come forward for their second dose when invited.

- ❖ **How do we know we can trust the vaccine?** No vaccine is approved for use unless it has met the Medicines and Healthcare products Regulatory Agency's strict standards of safety, quality and effectiveness. Each of the vaccines are tested on tens of thousands of people across the world. They are tested on both men and women, on people from different ethnic backgrounds, and of all ages between 18-84. Since the vaccine rollout began, millions of people have received their jabs.

For more information you can trust, visit nhs.uk/coronavirus





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The Queen's Award
for Voluntary Service
The MBE for volunteer groups

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Regular rapid testing: Everyone can now get free rapid Covid-19 tests from their local pharmacies, testing sites and by visiting nhs.uk/GetTested

As lockdown eases, taking a rapid Covid-19 test twice a week – even if you do not have symptoms – can help health experts stay ahead of the spread of the virus, particularly as new strains appear. This can prevent an increase in hospitalisations and more lockdowns – and keep those around you safer.

Rapid tests are easy to do and you get your results in just 30 minutes. Financial support is available if you need to self isolate and can't work as a result.



NHS

All of the COVID-19 vaccines in use in the UK protect you from coronavirus.

Don't delay in getting yours when it is offered to you, it's the best way to keep your family and friends safe.

Football stars back Covid-19 as 'Best Defence' of 2021

Chris Kamara, Eniola Aluko, Chris Hughton, Carlton Cole, Jules Breach and Harry Redknapp are urging people to roll their sleeves up and get the Covid-19 vaccine. The stars choose their best defenders of the season so far – with the COVID-19 vaccination programme coming out on top.

<https://www.youtube.com/watch?v=DZ7Vq4d0aJs>

How to book your Covid vaccination: When it's your turn to get the Covid vaccine, you will be invited to arrange a vaccination appointment by your GP or the NHS. You can book to have your Covid vaccine via the NHS booking service at nhs.uk/covidvaccination. You can also call 119 free of charge, anytime between 7am and 11pm seven days a week.

You don't need an NHS number to get the Covid vaccine and you can get the jab regardless of your immigration status – this will not be checked.



Reach Society's Network Conversations:

Reach Society Building Connections www.reachsociety.com info@reachsociety.com

Reach Society FREE Network Conversation in association with **AMAC**

Friday 25th June 2021 from 6:30pm Via Zoom Video Conference

Dr Yinka Oyebadere, General Practitioner
Dr John Ndikum, Pharmaceutical Physician
Dr Red Elmahdi, Clinician and researcher
Dr Faith Uwadiae, Postdoctoral Scientist/Immunologist
Sir Daniel O'Connor, University Research Lecturer

We would like to invite you to our virtual round table debate on: **'Covid, vaccination & life post-pandemic: Perspective from the Young Black Community'**

The pandemic has had an impact on many aspects of our lives and has disproportionately affected the black community in many ways. While issues around structural racism, and a lack of trust has influenced vaccine uptake. So what are the thoughts, views and opinions, on these matters, from young people in our community? To discuss this and more we will hear from an assembled panel of young people. Additionally, other individuals, organisations and community groups will also be contributing to this important debate.

DESPITE BEING A FREE EVENT REGISTRATION IS REQUIRED
Simply click on this link: <https://bit.ly/2Kp8qC3> Add your details and you will receive a specific invite, which will allow you to enter the network conversation

FOR MORE INFO CONTACT: db_palmer@yahoo.co.uk 07932 088 211

Reach Society: An award winning social enterprise, founded in October 2010, with the core purpose to encourage, motivate and inspire young people to own the development of their potential and make visible transitions into adult life. Reach Society's motto is 'building connections' which captures the spirit of the work it does with Black professional men to become role models to encourage, motivate and inspire.

On the last Friday of every month (with the exception of August and December) Black professionals meet to discuss issues that affect our community; with the aim of finding solutions and building amity. Our next network conversation, in association with Multicultural Marketing Consultancy, will take place on **Friday 25th June at 6:30pm-8:30pm** via zoom, in which we will be discussing 'Covid, vaccination and life

post-pandemic: Perspective from the Young Black Community Background: The pandemic has had an impact on many aspects of our lives and has disproportionately affected the black community in many ways. While issues around structural racism and a lack of trust have influenced vaccine uptake, what are the thoughts, views and opinions on these matters from young people in our community?

To discuss this and more we will hear from an assembled panel of young people: **Dr Red Elmahdi** (Clinician & Researcher), **Dr John Ndikum** (Pharmaceutical Physician), **Dr Daniel O'Connor** (University Research Lecturer), **Dr Yinka Oyebadere** (GP), **Dr Faith Uwadiae** (Postdoctoral Scientist/ Immunologist). Additionally, other individuals, organisations and community groups will also be contributing. To register for this meeting click: <https://bit.ly/2Kp8qC3> Add your details and you will receive a specific invite, which will allow you to enter the network conversation.