Central European Practice

News and Updates

**October 2021**

**April 2022**

 **CEP News**

**Goodbye and Good Luck WO2 Thomson.** WO2 Thomson has worked as the Practice Manager of the CEP since its inception in 2016. This month saw him leave the Practice and retire from the Army after 30 years of service. We thank him for all he has done for the CEP over the past years and wish him all the best of luck in his retirement. WO2 Thomson’s replacement has been selected and is expected to take up post in late May. In the meantime the rest of the CEP team remain in office and available to assist with any queries.

**Visit by Surgeon General, Defence Medical Services.** The CEP was fortunate to receive a visit from the Surgeon General of the Defence Medical Services, Major General Tim Hodgetts on 4 Mar. General Hodgetts presented WO2 Thomson with his Meritorious Service Medal from the Queen’s Honours List 2021 and also discussed current firm base healthcare arrangements in Europe and Turkey with CEP staff.

**COVID 19 5–11-year-old vaccinations –** The UK’s Joint Vaccination and Immunisation (JCVI) now advises a non-urgent offer of two 10 mcg doses of the Pfizer-BioNTech COVID-19 vaccine (Comirnaty®) to children aged 5 to 11 years of age who are not in a clinical risk group. The 2 doses will be offered with an interval of at least 12 weeks between doses and no earlier than 12 weeks after COVID infection.  The intention of this offer is to increase the immunity of vaccinated individuals against severe COVID-19 in advance of a potential future wave of COVID-19.

Please read more at this link: [https://www.gov.uk/government/publications/jcvi-update-on-advice-for-covid-19-vaccination-of-children-aged-5-to-11/jcvi-statement-on-vaccination-of-children-aged-5-to-11-years-old](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fjcvi-update-on-advice-for-covid-19-vaccination-of-children-aged-5-to-11%2Fjcvi-statement-on-vaccination-of-children-aged-5-to-11-years-old&data=04%7C01%7CCeri-jo.Laycock100%40mod.gov.uk%7C8ad8beb98ab1422c22a608da0c3e04b7%7Cbe7760ed5953484bae95d0a16dfa09e5%7C0%7C0%7C637835757738749503%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=UnbV8AH2Y0JpaR2v8NUNdLOoXOtKsF%2FENrCkDZ0%2F%2Fsc%3D&reserved=0)

We plan to offer at sites across Europe and Turkey, particularly where the host nation offer has not been easy to access.  An expression of interest and parental consent form can be found on [EJSU.net](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ejsu.net%2Fimmunisation-consent%2F&data=04%7C01%7CJane.Keenan100%40mod.gov.uk%7C54ec0728cc864acd334908da0d8df919%7Cbe7760ed5953484bae95d0a16dfa09e5%7C0%7C0%7C637837200653104459%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=5IlI%2BgGWTaPlN9QvT0zvix3HH1qf8LGqhbc8HMUdSu8%3D&reserved=0). Immunisation clinics will be taking place between 4-30 April.

**Recovering from Covid.** After a positive infection with Covid-19 it may take some time for complete recovery both in terms of body and mind. Symptoms should resolve completely within two months and it is particularly important to ensure a gradual return to full

activity over this time to help in the prevention of Long Covid. The NHS has some good guidance on looking after yourself during your recovery from Covid -[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk). Anyone still experiencing symptoms of Covid-19 two months following positive infection should notify the CEP as further rehabilitation assessment and management may be required.

**IBS Awareness month –** Irritable Bowel Syndrome is a chronic syndrome which affects the large intestine in our body, with symptoms including abdominal pain, constipation and/or diarrhea. The condition currently affects approximately 1 in 20 of the UK population. It is more common in women and the cause is still unknown. If you think you or a loved one may suffer from IBS you can see information on this syndrome from the NHS [here](https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/?msclkid=f9d2af43abfb11eca24795953839d676). More information on IBS Awareness Month can be found [here](https://gutscharity.org.uk/2021/03/ibs-awareness-month-2021/?msclkid=c6f7f1ffabfa11ec9bc48ab589885628).

**Stress awareness month -** this has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. As the last two years have been particularly challenging it is even more important that we take the time to reflect during this awareness month. ‘Community’ is the theme this year, because of the effect that loneliness and isolation can have on people’s ability to manage stress and maintain their mental health. More information regarding stress awareness month can be found [here](https://www.stress.org.uk/national-stress-awareness-month/?msclkid=b4e5a6d0abfc11ec9edf369be03e30a9).

**Other awareness days in April

1st –** [Walk to Work Day](https://www.nicswell.co.uk/events/national-walk-to-work-day-2022) **2nd –** [Autism Awareness Day](https://www.autismspeaks.org/world-autism-awareness-day) **11th -** [World Parkinsons Day](https://uniteforparkinsons.org/) **16th –** [Pyjamas for PanCan Day](https://pancreaticcanceraction.org/take-action/fundraise-for-early-diagnosis/pyjamas-for-pancan/) **20 -23rd –** [National Stop Snoring Weekend](https://britishsnoring.co.uk/national_stop_snoring_week.php) **24th –** [Scream Day](https://www.screamday.com/) **25th –** [World Malaria Day](https://endmalaria.org/worldmalariaday2021)

**For the latest medical updates please refer to EJUS.net**

**Contact your practice:**

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