



L.L. MEDICAL CARE LTD (AGARWAL & AGRAWAL PRACTICE)
NEWSLETTER FEBRUARY 2021

Langthorne Health Centre
13 Langthorne Road, Leytonstone,
London, E11 4HX
Phone No: 020 8539 2858

PPG MEETING FOR 2020 – 2021 PERIOD

During the Coronavirus pandemic, the PPG meetings are currently cancelled, but we are still asking patient's for their feedback based on their experiences that they have encountered during the pandemic when booking appointments and the care that they have received after their appointments.

However, we would you like to have a say about the services provided at L.L. Medical Care's Practice

L.L. Medical Care would like to hear your views.

By collecting and completing an application form from our reception, or from the GP or nurse that you see in face-to-face in our clinics, we can give you a short questionnaire for you to complete and return to the reception team. All responses are confidential.

All application and questionnaires forms are available online and can also be completed online at;

[HTTPS://WWW.SURVEYMONKEY.CO.UK/R/9PJ7KMB](https://www.surveymonkey.co.uk/r/9PJ7KMB)

COVID-19 HOTELS

UK nationals and residents returning to Britain from "red list" countries will be forced to quarantine for 10 days in government-provided accommodation such as hotels from Monday 15th February 2021. Travellers arriving in the UK - whether by boat, train or plane - are already required to show proof of a negative Covid-19 test to be allowed entry.

This test must be taken in the 72 hours before travelling, and anyone arriving without one faces a fine of up to £500, with Border Force officials carrying out spot checks.

They must also provide contact details and their UK address. They can then travel - by public transport if necessary - to the place where they plan to self-isolate.

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PATIENT PARTICIPATION GROUP

HOW WILL QUARANTINE IN ENGLAND WORK FOR TRAVELLERS FROM "RED LIST" COUNTRIES?

 Get a negative test up to 72 hours before your flight	 You must quarantine in a designated hotel for 10 days
 Quarantine arrangements must be made before you travel	 At the hotel, you must stay in your room
 You must be tested on days 2 and 8, if you test positive, you will have to stay longer	 The 10-day quarantine bills will be £1,750 per person

Passengers required to stay in a quarantine hotel will need to reserve a room online from the link below;

<https://quarantinehotelbookings.ctmportal.co.uk/>

Travellers having to stay in quarantine hotels in England will be charged £1,750 for their stay

The £1,750 fee for an individual includes;

- The hotel with three meals, tea, coffee and water but other items will be available at an extra cost through room service
- The cost of transport and testing. The additional rate for one extra adult or a child aged over 12 is £650, and for a child aged five to 12 it is £325

These travellers will only be allowed to enter the UK through a "small number of ports that currently account for the vast majority of passenger arrivals"

- Those who fail to quarantine in a government-sanctioned hotel for 10 days face fines of up to £10,000
- Travellers arriving into England who lie on their passenger locator forms about visiting a red list country face a fine of £10,000 or up to 10 years in jail. The penalties include a £1,000 fine for travellers who fail to take mandatory tests and a £2,000 fine for failing to take the second mandatory test - along with a 14-day extension to quarantine.

Travellers will be required to get a test on days two and eight of their 10-day quarantine period, whether they are isolating at home or in a hotel. The tests, conducted by NHS Test and Trace, will cost travellers £210.

For those facing significant financial hardship as a result of this charge, there will be an opportunity to apply for a deferred repayment plan when booking. This is only available for individuals who already receive income-related benefits, and you will be required to pay back your debt to the government in 12 monthly installments.

All package prices will be reviewed before the end of March and may change. While hotels normally set a zero fee for children aged under 3, the government is setting this for children under 5 years old because they will not be tested. The proposed zero fee for children under 5 years old will mean that for the present the government will bear the costs of additional food and drinks consumed by arrivals aged between 3 and 5 years old.

You must not apply for deferred payment if you are not eligible. If you provide false information, or omit key information that has been asked for in your application, you will be committing fraud and liable for conviction.

If you have not arranged a quarantine package prior to your arrival in England, you face a penalty of up to £4,000 and will still have to pay for your quarantine package on arrival.

If you're required to quarantine in a quarantine hotel you can only arrive in England at certain ports of entry. In London, these are:

- Heathrow Airport
- Gatwick Airport
- London City Airport

If you're required to quarantine in a managed quarantine hotel and do not arrive in England at one of the designated ports of entry, you may face a penalty of up to £10,000 and will be charged for the cost of transportation to the nearest designated port or entry.

You will be able to seek medical attention, including for repeat prescriptions and/or if you need to fill a

prescription.

The "test to release scheme" - where travellers from non-red list countries can leave home isolation after a negative test on day five - will remain under the new testing rules. Passengers will be expected to use the gold-standard and more expensive PCR tests.

Lockdown rules mean people must only travel abroad for essential reasons. These are the same as the "reasonable excuses" for domestic travel, including:

- Work that cannot be done from home
- Medical appointments
- Educational reasons

People leaving England will soon have to make a declaration on why they need to travel, which will be checked by carriers prior to departure.

TEST CENTRE LOCATIONS NEAREST TO THE LANGTHORNE MEDICAL CENTRE

Covid-19 cases are very high and are on the rise across every area of Waltham Forest. Testing capacity in Waltham Forest has been increased in Waltham Forest to make it easier for residents to get tested. Mobile Testing Units have been set up at various locations and we have recently introduced the Jubilee Centre.

These sites are part of the community testing programme and offer a Lateral Flow Test (LFT) which allows people who have no symptoms to know if they may be infected. It's a rapid test, and you can get a result on the same day.

All of our other sites listed below offer a Polymerase Chain Reaction (PCR) tests. It takes some time to get the results because they are usually processed in a laboratory. Many people get their result the next day, but it may take up to 3 days. It is important that you get a PCR test if you have symptoms.

The nearest testing sites to the Langthorne Medical Centre are;

- Church Lane car park, Leytonstone E11 1HG (Please note: this site is walk-in only), which is open every day from 8am to 8pm
- Stanley Road car park, Leyton E10 7E (Please note: this site is walk-in only), which is open every day between 7am to 9pm
- Jubilee Centre, Cathall Rd, Leytonstone, E11 4LA, entrance via the car park, which is open every day 10am to 7pm (unless otherwise stated)
- Leyton Cricket Ground, 2 Crawley Road, Leyton, E10 6RJ, entrance is at the corner of Leyton High Road and Crawley Road, which is open every day 10am to 7pm (unless otherwise stated)

You can visit a mobile testing centre but you should not travel by public transport. Alternatively, you can book an appointment or a home test online or by calling 119. You can just turn up at one of the locations listed above for a test which are not mandatory. However, by getting tested you will be able to help protect your family and friends if you are found to have the virus. You'll also be helping to stop the spread of the virus in the borough and protecting the health of everyone.

You will receive an e-mail and/or a text message with your test results from NHS Test and Trace. Only you will receive the results, outlining the results of your test, if you receive a positive test result from NHS Test and Trace you should begin self-isolating. The government has now reduced the time you have to isolate from 14 days to 10 days.

When coming in for a test, please bring some identification, a face covering (unless you are exempt) and a Wi-Fi enabled electronic device to register your test with the NHS Test and Trace website. You may also wish to bring a bottle of water for after the test.

CORONAVIRUS VACCINATIONS - ALL THOSE 65's , 70 YEARS OF AGE AND OVER AND CLINICALLY EXTREMELY VULNERABLE INDIVIDUALS

Unless you are aged 80 and over and have not been contacted about having your first vaccine, **please DO NOT contact your GP for a COVID-19 vaccine.**

The NHS is prioritising vaccinating people who experts have agreed will benefit the most. We will let you know when it is your turn. Please see here for advice.

If you are aged 80 and over, and have not been contacted about a first vaccination please let us know. If you are aged 80 and over and housebound we have had to wait until we had the right vaccine, the right procedures and processes, so we have only recently started visiting homes - however there is no harm in ringing us to check we have you on our list.

There is comprehensive information, guidance, and answers to questions at COVID-19 Vaccination programme | East London Health & Care Partnership (eastlondonhcp.nhs.uk)

<https://www.eastlondonhcp.nhs.uk/ourplans/covid-19-vaccination-programme.htm>

The 3 current Covid-19 vaccination centres in our area are;

- Leyton Healthcare, 4th Floor, Oliver Road Polyclinic, 75 Oliver Road, Leyton, London, E10 5LG
- Forest Road Medical Centre, 354-358 Forest Road, Walthamstow, London, E17 5JL
- Coronavirus Vaccination Hub, Westfield Stratford City, 2 Stratford Place, Westfield Stratford City, Montfichet Road, Queen Elizabeth Olympic Park, London E20 1EJ (The unit is located on The Street opposite Chestnut Plaza, Tempur, Zara Home and David's Bridal shops)

COVID-19 vaccine is given as an injection into your upper arm.

It's given as 2 doses. You will have the 2nd dose 3 to 12 weeks after having the 1st dose.

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine.

This means it is important to:

- Continue to follow social distancing guidance
- If you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people

Directions from L.L. Medical Centre to Leyton Health Centre

L.L. Medical Care Ltd. (Agarwal & Agrawal Practice)

13 Langthorne Road, London E11 4HX
Walk: From the Langthorne Medical Centre to Millais Road (Stop T)

0.4 mi, about 8 min

Bus: Take 97 - Chingford Station

Leave: Millais Road (Stop T)

Arrive: Grange Park Road (Stop N)

Previous stop is Buckingham Road (E10) (Stop M)

If you reach Vicarage Road (E10)

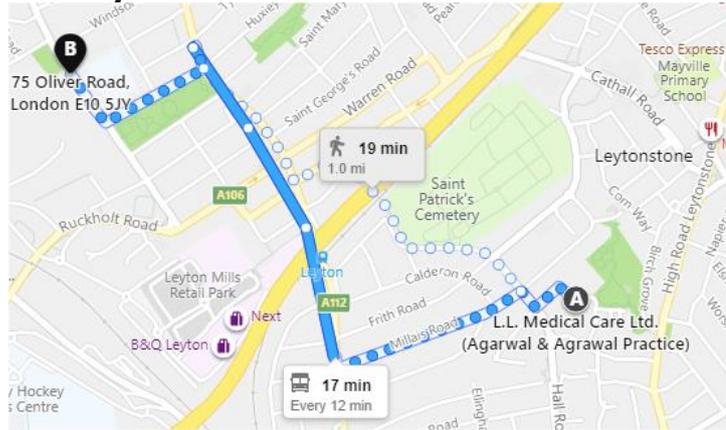
(Stop R), you've gone too far

Walk: From Grange Park Road (Stop N) to Destination Location

0.3 mi, about 6 min

B

Leyton Healthcare, London, E10 5JY, United Kingdom



Directions from L.L. Medical Centre to Forest Road Medical Centre

L.L. Medical Care Ltd. (Agarwal & Agrawal Practice)

13 Langthorne Road, London E11 4HX
Walk: From the Langthorne Medical Centre to Millais Road (Stop T)

0.4 mi, about 8 min

Bus: Take 97 - Chingford Station

Leave: Millais Road (Stop T)

Arrive: Jewel Road (Stop BA)

Previous stop is Walthamstow Market Walthamstow (Stop G)

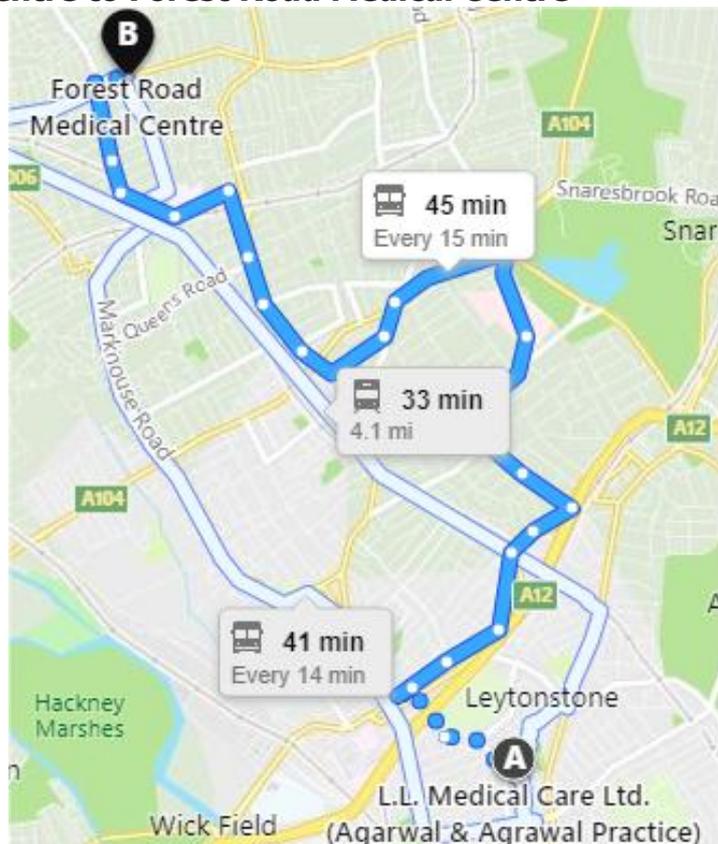
If you reach Forest Road Bell Corner (Stop BH), you've gone too far

Walk: From Jewel Road (Stop BA) to Destination Location

0.5 mi, about 9 min

B

**Forest Road Medical Centre
354-358 Forest Road, London E17
5JG**



Directions from L.L. Medical Centre to Forest Road Medical Centre

L.L. Medical Care Ltd. (Agarwal & Agrawal Practice)

13 Langthorne Road, London E11 4HX

Walk: From the Langthorne Medical Centre to Ranelagh Road (Stop Q)

0.2 mi, about 4 min

Bus: Take 339 - Shadwell DLR

Leave: Ranelagh Road (Stop Q)

Arrive: Stratford International (Stop F)

Previous stop is Sir Ludwig Guttmann Health Centre (Stop R)

If you reach Stratford City Bus Station (Stop X), you've gone too far

Walk: From Stratford International to the vaccination hub

0.2 mi, about 4 min

B

Westfield Stratford City

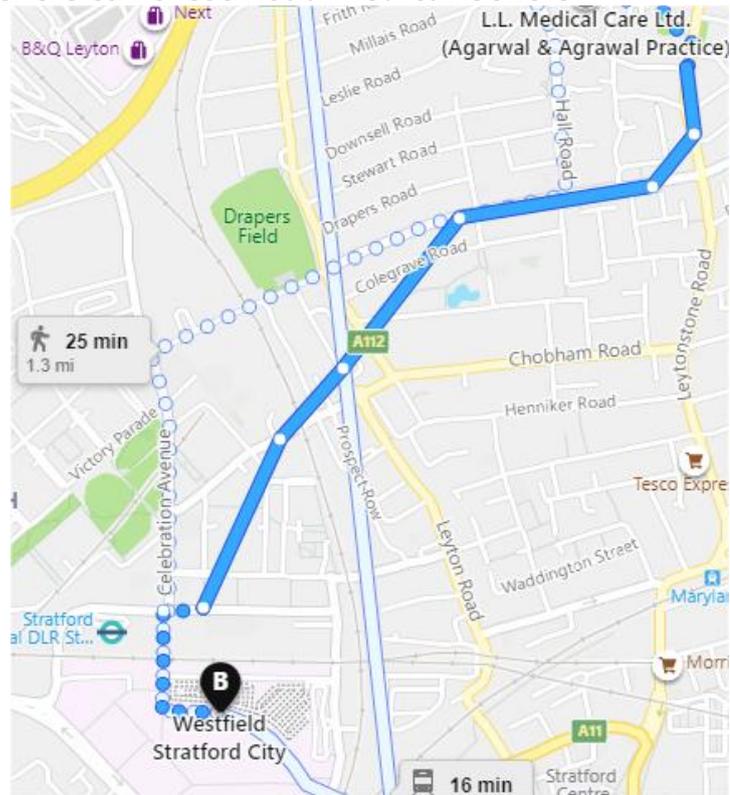
2 Stratford Place, Westfield Stratford

City, Montfichet Road, Queen

Elizabeth Olympic Park, London E20

1EJ

Coronavirus Vaccination Hub (The unit is located on The Street opposite Chestnut Plaza, Tempur, Zara Home and David's Bridal shops)



www.lmedicareagarwal.co.uk/

NHS
nhs.uk