



**North East Locality Focus Group  
Thursday 14<sup>th</sup> September 1pm till 3pm 2023  
Templeton Business Centre**

**Present**

Morag Skinner, Jim Skinner, Flo Collins, Agnes Brisbane  
Mary Mac Pherson, Lorraine Kennedy. Lara Calder Primary Care Improvement  
and Development Manager for Glasgow City HSCP, Louise Baird Safe and  
Warm Advisor Easterhouse Citizens Advice Bureau, Katrina MacFarlane  
Community Engagement HSCP. Tony Devine Community Engagement HSCP.

**Apologies**

Ruth Matheson, Janette Whitelaw, James Duncanson, John Ferguson,  
Bob Middleton, Tam Hewitt, Susan Middleton, Billy Kilpatrick,

**Item (1) Minute of Previous Meeting**

moved by Morag Skinner seconded by Jim Skinner.

**Item (3) Information about 2023/24 Covid and Flu vaccination programme**

**Lara Calder Primary Care Improvement and Development Manager for  
Glasgow City HSCP**

Lara explained that Influenza (flu) and COVID-19 are viruses that spread easily  
and can cause some people to become seriously ill and need medical attention.  
Both viruses can be serious, they can result in complications, hospitalisation  
and death. Both Flu and Covid will be circulating this winter, having a flu vaccine  
every year is one of the best ways to protect yourself against catching and  
spreading flu. COVID-19 vaccine reduces the chance of you suffering from  
severe illness or from COVID-19. Protection from the vaccines usually starts  
two weeks after having them the vaccines can have varying symptoms such as

- a cough or sore throat
- sneezing or a stuffy or runny nose
- headaches and muscle aches
- a high temperature (37.7°C or higher) or chill
- feeling generally unwell
- loss of, or change in, sense of smell or taste.





The meeting then opened up to allow for questions

Question. When will be offered the vaccine.

Answer. NHS Scotland will contact you when it's time for you to get your vaccines. The flu vaccine is given every year between September and December. The COVID-19 vaccine should be offered at least three months after your last dose.

Question. Which Vaccine will I be offered?

Answer. This year's vaccines give you the best available protection against the flu and COVID-19 viruses likely to be circulating this season. Various vaccines are available and you'll be offered the most suitable one for your condition or age.

Question. Do the vaccines cause any side effects?

Answer. Like all medicines, vaccines can cause side effects. It's normal to experience side effects after a vaccine. It shows the vaccines are teaching your body's immune system how to protect itself from the disease. Most side effects are mild, normally last only a day or two and not everyone gets them

Question. What should I do if I am concerned about my side effects?

Answer. Side effects normally last only a day or two. If your side effects seem to get worse or if you're concerned, call **NHS24 free on 111**. If you seek advice from a health professional, tell them about your vaccination so they can assess you properly.

Question. What if I need additional support?

Answer. If you're unable to leave your home (due to your mobility/physical ability or mental health condition) or if you need additional support (for example, someone to support you when you arrive or a private space to be vaccinated), call **0800 030 8013** and your request will be sent to your local Health Board.

Lara finished by saying that no vaccine is completely effective you might still get flu or COVID-19, but your symptoms are likely to be milder.





Item (4) Welfare Advice Update Louise Baird Safe and Warm Homes Advisor  
Easterhouse Citizens Advice Bureau

Louise highlighted the services currently being provided by the Easterhouse CAB including advice and assistance in a wide range of areas including welfare benefits, money advice, housing, employment, consumer, relationships and legal. Provision of formal representation at Social Security Appeals, Sheriff Court (evictions) etc. Clients of the bureau also have access where appropriate to solicitors who have expertise in social welfare law, housing and public law.

Louise spoke about the increasing number of debt related enquiries which can be attributed to the cost of living crisis, with rising food prices fuel poverty, soaring rent and mortgages adding the most pressure on family budgets.

Another policy area adding to the workload is the number of claimant's transferring to Universal Credit from legacy benefits. People who get notice to move onto Universal Credit will get transitional protection payments to make sure they are not worse off on Universal Credit than on their old benefits. It will usually take 5 weeks to get your first Universal Credit payment but it could take longer. If your old benefits haven't ended, you can keep getting them for 2 weeks after you apply for Universal Credit. You won't need to pay back the extra payments and they won't affect how much Universal Credit you'll get.

Item (5) Request from Scottish Government to provide monthly returns of  
Locality Engagement Forum volunteering statistics

Members agreed with the request from Scottish Government to provide monthly returns of Locality Engagement Forum volunteering statistics.

Item (6) Future LEF meeting dates

Thursday 19 <sup>th</sup> October	Time: 1pm till 3pm	Templeton Room 2
Thursday 23 <sup>rd</sup> November	Time: 1pm till 3pm	Templeton Room 2

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