

## October e-news

Dear CGD Society member,

Welcome to this October edition where you will find the latest news and information. We hope you are well and keeping safe in these COVID times.

### Latest news

#### Remember your flu jab



It is important for people with CGD, X-linked carriers, carers and family members of those affected to have their annual flu vaccine. It is especially important this year as we head into the Autumn and Winter months living alongside COVID-19.

People with CGD can fight the flu virus normally but having flu may lead to bacterial pneumonia which can be more severe for people with CGD. [Find out more.](#)

#### COVID-19



Update from our Technical Director, Susan Walsh:

“As you may be aware, case numbers of COVID infections in the UK are increasing, so do please stay alert about COVID nationally and in your local area.

You should also be on the lookout for any announcements on shielding, if the authorities decide this measure needs to be introduced. We are unsure if this will happen for certain, but it is a possibility”

We will strive to bring you news and updates as it happens to ensure we bring the best and most relevant information we can to you our CGD community. For our overseas members, we would also advise you to follow the latest advice given by your doctors and by the authorities where you are.

#### Digital appointments – top tips

Due to COVID many appointments with GPs and immunology centres are being done remotely. Here are some useful top tips taken from a recent Healthwatch report.

- Ask for a timeslot for when your remote consultation will take place.
- Let your health provider know how you prefer to talk by phone, video or in person.
- Find somewhere quiet and confidential and, if this isn't possible or is tricky, make this clear when you are making your appointment.
- Start with a phone call if you're not confident with video technology.
- Ask for help if you need it and, if possible, do a practice run with a friend.
- Take some time to prepare in advance, consider what you want to say and key questions you would like to ask. Take a look at the CGD Society's leaflet '[Making the most of your appointment](#)' to help you with this.
- Ask your healthcare provider to summarise the next steps at the end of the appointment.

Remote consultations can be useful for routine appointments or on-going care with a health care practitioner but as we know not all appointments are suitable for remote consultations, so if you would like to see someone in-person please say so.

#### COVID symptoms

It can be difficult to distinguish COVID symptoms from those for the common cold or flu. The BBC have put together [this useful article](#) to help you understand the various symptoms related to COVID, a cold and the flu.

#### Looking after your mental health

The coronavirus pandemic has been tough on us all and has had a detrimental impact on people's mental health. It can be especially tough for children and young people. The NHS Every Mind Matters have put together [useful information and tips](#) on how to look after your mental health during this time

### Your fundraising



We would like to say a huge well done and thank you to Shona Munro for taking on a 60K in 31 days virtual challenge for the CGD Society and raising an impressive £170. We know Shona went out in all types of weather, but she persisted and was determined to complete her challenge. Well done again Shona!

### How you can support us



We understand that this is a challenging time for us all and we are all having to adjust to a 'different' way of life as we wait for a vaccine to combat COVID-19. As we have previously mentioned, like many other small charities our donations and fundraising has taken a huge hit whilst seeing an increase in demand for our services.

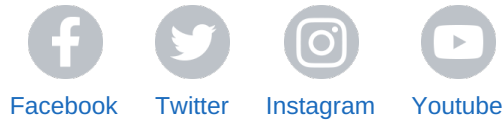
We can appreciate taking on a virtual challenge or sporting event may not be for everyone but there are other ways you can support us to ensure we are able to continue supporting the CGD community. You could:

- Comment and share our social media posts to help raise awareness
- Set up a birthday donate button on Facebook to ask for donations to the CGD Society as part of your birthday celebrations. There is no cost to you.
- Share your CGD or carrier story with us so we can feature on our website to help raise awareness.
- Tell us how we have supported you and the difference it made. It could be how useful and informative you find our website to how we have supported you through our support services, such as our CGD Nurse Specialist. We are always keen to hear how we have helped as this helps us raise awareness of our charity.
- Take a look at [our fundraising page](#) for some inspiration

Thank you for taking the time to read this latest edition. Please do [contact us](#) if you would like to support us.

Stay safe and keep well,

**Claire and Adelle**



Sponsored by a grant from Orchard Therapeutics



**Call us on: 0800 987 8988**

**Email us at: [hello@cgdsociety.org](mailto:hello@cgdsociety.org)**

**Write to us at: CGD Society, PO Box 454, Dartford, DA1 9PE**

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