

# Novel Coronavirus (COVID-19): Leicester, Leicestershire and Rutland stakeholder bulletin #10

Issued on behalf of the NHS in LLR

Date of issue: 6th May 2020



Through these bulletins we will keep you updated on the NHS response to Coronavirus in Leicester, Leicestershire and Rutland.

We will try to ensure you have the latest information, but as you are aware the situation is rapidly changing. If you have any questions or would like to ask about a topic please email us at: [PressOfficeLLRCCGs@leicestershire.nhs.uk](mailto:PressOfficeLLRCCGs@leicestershire.nhs.uk)

Please continue to support the message on staying at home and in particular help us to tackle misinformation by promoting the official sources of information: <https://www.gov.uk/coronavirus>.

## Coronavirus cases in LLR

As at 5 May there were 1,702 lab confirmed cases in Leicester, Leicestershire and Rutland (LLR) and 256 people who tested positive with coronavirus have sadly died in Leicestershire's hospitals (University Hospitals of Leicester NHS Trust and Leicestershire Partnerships NHS Trust).

## Global drive to improve hand hygiene

The NHS in Leicester, Leicestershire and Rutland are backing a global drive calling on people to wash their hands.

World Hand Hygiene Day (held yesterday) is a global initiative led by the World Health Organisation (WHO) to bring people together to improve hand hygiene around the world. Locally, the CCGs are reminding people in LLR of the importance of washing hands regularly and correctly, to protect against the spread of germs, particularly during the coronavirus pandemic. For more visit: [Global Hand Hygiene Day](#)

Meanwhile you can check out your handwashing technique here [How to wash your hands](#)

## Let's Talk wellbeing

Let's Talk – Wellbeing provides mental health support for people aged 16 and over who are suffering with anxiety, depression and other similar difficulties across Leicester, Leicestershire and Rutland.

Due to the current Coronavirus pandemic, many more people are now experiencing mental health difficulties and the Let's Talk - Wellbeing service is available to help people across the City and Counties to manage their conditions.

The Let's Talk - Wellbeing service offers free talking therapies for common mental health problems, including depression, anxiety, panic, phobias, obsessive compulsive disorder (OCD), trauma and stress all of which can be accessed online.

Support is on offer with one to one sessions via telephone or video conferencing with a therapist, and by accessing online support through our dedicated digital platform Silvercloud which enables patients to access a range of online programmes that can be used at any time on any device, it also allows patients to work at their own pace with regular reviews from a therapist.

Anyone can access the Let's Talk – Wellbeing service by registering online here: [letstalkwellbeing](https://letstalkwellbeing.org.uk) and selecting the area you live in.

Alternatively you can register by calling the service directly:

If you're registered with a GP practice in Leicester City call **0116 292 7010** or

If you're registered with a GP practice in Leicestershire or Rutland call **01509 561100**.

## Technology keeps LPT patients safely at home

Hundreds of LPT patients with long term conditions will benefit from technology to help keep them safe at home – and to minimise the chances of them contracting Covid-19.

Around 800 people with heart failure or the lung condition COPD (chronic obstructive pulmonary disease) will be offered a package including a tablet computer, blood pressure monitor, weighing scales (for heart failure patients) and oxygen saturation monitor to use at home.

The results will be fed to specialist nurses working for LPT, who can see immediately if a patient is progressing well, needs advice, or extra treatment.

The project builds upon LPT's previous "telehealth" experience which catered for up to 25 patients at a time. It proved to be a cost-effective way to keep patients healthy and out of hospital. However, the new generation of equipment – with the video consultation facility – is being significantly extended because of the Covid-19 pandemic.

Read more at: [Hundreds of vulnerable patients to benefit from digital care](#)

## NHS is open: public urged to get essential vaccines

The NHS is urging people to attend all regular vaccination appointments to prevent outbreaks of serious diseases and reduce pressure on the health service.

The NHS is continuing to help people to manage illness linked to coronavirus, but still wants parents to bring children forward for lifesaving jabs to stop killer diseases like measles and mumps. With many people expressing concern and even fear about seeking help during the virus emergency, the NHS is running a nationwide campaign to encourage people to come forward for help when they need it.

Essential, routine vaccinations like the MMR jab can save a child's life and are available through family doctors. If those attending appointments, including parents of babies or children, do not have symptoms or are not self-isolating because someone in the household is displaying symptoms, all scheduled vaccinations should go ahead as normal.

For more information visit [vaccines campaign](#)

## NHS Volunteer Responder Scheme – a reminder

Health and social care professionals in England can refer any vulnerable patients who are self-isolating to NHS Volunteer Responders for help with tasks such as collecting shopping and prescribed medicines, driving patients to medical appointments, or transporting supplies between sites.

The scheme is already helping thousands of people every day and hundreds of thousands of volunteers are available to help. You can make referrals through the [NHS Volunteer Responders referrers' portal](#) or by calling 0808 196 3382.

**The scheme is now open for self-referrals** for people who have been advised to shield and those most at risk who are isolating at home from coronavirus.

These people can ask volunteers for short-term help by calling 0808 196 3646 between 8am and 8pm. Please pass this number on to patients who could benefit from this support.

You can find more information about the programme at [www.nhsvolunteerresponders.org.uk](https://www.nhsvolunteerresponders.org.uk)

## Ground-breaking Mum's Mind sees 60% rise in demand

Mum's Mind, Leicestershire Partnership NHS Trust's ground-breaking text message mental health support service for new and expectant mums, has seen demand rise by around 60% over the last month.

The confidential service offers expert advice and information to support mothers across Leicester, Leicestershire and Rutland who struggle with mental health issues during pregnancy and baby's first year.

Support is provided via a dedicated text line – 07507 330 026 open between 9am and 4pm on weekdays for mums and their families.

In April the service saw text requests rise from an average of around 50 a month to 84.

The team providing the service – LPT's specialist perinatal mental health team – say that a significant number of texts relate to expectant and new mums experiencing anxiety in the weeks after lockdown was implemented.

The Mum's Mind service is not a crisis service and does not provide general advice on baby care – this is available through LPT's original ChatHealth service on 07520 615381 (Leicester City) or 07520 615382 (Leicestershire and Rutland)

The perinatal service offers specialist mental health care close to home for mothers referred to them with moderate to severe mental illness, and support and advice for their families. The team also provides training for midwives and health visitors to help them identify women who need mental health care.

[Read more here](#)

## Maternal Mental Health Awareness Week

Run by the Maternal Mental Health Alliance, the Maternal Mental Health Awareness Week is a campaign dedicated to talking about mental illness during and after pregnancy. It aims to raise public and professional awareness of perinatal mental illness and helping women access the information, care, and support they need to recover.

This year there is a particular focus on coronavirus and maternal mental health under the theme of 'Supporting mums during difficult times'. There is a series of resources and guidance available on pregnancy during the coronavirus outbreak and throughout the week a range of topics will be discussed. To get involved visit

[Maternal Mental Health Awareness Week](#)

## Translated Coronavirus information

*Doctors of the World* has created information about Coronavirus for patients in 51 languages and produced in partnership with the British Red Cross. Thanks to other partners and individuals for producing high-quality translations, including Migrant Help, Clear Voice, Transbless Translations, Europa and East European Resource Centre. The translations are based on the latest information provided by the UK Government.

Doctors of the World is an independent humanitarian movement working in the UK and abroad to help excluded people to access healthcare. Please find out more at [Doctors of the World](#)

## Get the right information

One Prepared is a local source of information for help and services in LLR <https://www.llrprepared.org.uk/one-prepared/>.

National information is available at <https://www.gov.uk/coronavirus>

For health advice on coronavirus please visit: <https://www.nhs.uk/>

For local NHS information see <https://www.leicestercityccg.nhs.uk/my-health/coronavirus-advice/>