



## Novel Coronavirus (COVID-19): Leicester, Leicestershire and Rutland stakeholder bulletin #22



Issued on behalf of the NHS in LLR

Date of issue: 31st July 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>.

### Lockdown latest

As you will be aware, Secretary of state for Health and Social Care made an announcement about the restrictions in Leicester and Oadby and Wigston late last night.

In summary, restrictions will be lifted for the Borough of Oadby and Wigston from 3 August. These areas will return to national social distancing guidelines, other than for clinically extremely vulnerable people who should continue shielding.

Additional businesses and venues will be able to re-open in Leicester City from 3 August. Other restrictions remain in place. The clinically extremely vulnerable should continue to shield.

The next review will take place by 13 August.

At the time of writing we were waiting for fuller details but please check <https://www.gov.uk/guidance/leicester-lockdown-what-you-can-and-cannot-do> and <https://www.leicester.gov.uk/your-council/coronavirus/> for further information.

### Religious celebrations: helping you celebrate safely

LLR NHS has joined with other partner organisations to help communities celebrate festivals safely over the coming days. There are two significant festivals being celebrated by members of our communities within the next week: Eid al-Adha and Raksha Bandan.

Meeting other families or members of the extended family network is usually an important part of both festivals. Restrictions remain in Leicester, which mean you can't come together for example to pray, share and celebrate in the usual way.

[Please see the statements for Eid al- Adha and Raksha Bandan here](#)

### News

#### Religious celebrations: helping you celebrate safely

Public Health England has launched a major new adult health campaign to seize the opportunity for a 'national reset moment of health'.

Nearly two thirds (63%) of adults in the UK are overweight or living with obesity and by reducing your weight within a healthy range, you can cut your risk of being critically ill with COVID-19.

To support people to live healthier lives, Public Health England's Better Health campaign will provide a variety of tools and apps to help you make healthier food choices, become more active and prevent future weight gain. One of these tools is a Weight Loss Plan app, which provides 12 weeks' worth of engaging content that can be

personalised and tailored to the goals and needs of the individual. Later down the line, support will also be made available to help people quit smoking, cut down their drinking and look after their mental health.

To find out more visit <http://nhs.uk/BetterHealth>

### **Web support for COVID -19 recovery**

Your Covid Recovery is a new NHS website designed to help people recover from the long-term effects of COVID-19.

If you have had COVID-19, you may still have some physical symptoms, such as, breathlessness, a cough and a lack of energy. You may also have psychological symptoms, such as feeling anxious, depressed, having trouble sleeping and struggling to concentrate. Your COVID Recovery includes information about how to manage ongoing symptoms. It also includes a helpful section for family, friends and carers of people who are recovering. Please do check it out.

### **The emotional impact of the COVID-19 lockdown – online discussion**

LLR NHS held an online discussion on Thursday 23 July to discuss and highlight the support available for anyone who may have been impacted by the lockdown.

We understand that many people will be feeling worried, anxious and frightened about coping with the continued uncertainty, the event gave people an opportunity to discuss the impact the Coronavirus pandemic and lockdown has had on mental health and wellbeing.

It was an opportunity for people to share experiences and ideas for coping and staying positive and how we can help people in our communities over the coming weeks.

This is one of a series of meetings which are taking place with local people. Look out for details of future events on the Citizen's Panel website at [www.healthcareviewsllr.co.uk/](http://www.healthcareviewsllr.co.uk/).

## **Service updates**

### **Mental health services for children and young people during COVID-19: a survey**

During the COVID-19 outbreak services have continued to support many children and young people and families to meet their emotional, mental health and wellbeing needs. However, there have been some changes made to these services and we would like to know whether these changes have helped.

Leicestershire Partnership NHS Trust has developed a questionnaire to find out what services children and young people have accessed before, and during lockdown and ask for ideas on how we could improve.

[Click here](#) to take part in the survey, which closes on 28th August 2020.

## **Further information**

[Leicester City Council](#)

[Leicestershire County Council](#)

[Leicestershire Police](#)

[One Prepared LLR](#)

[Gov.uk](#)