



## Leicester, Leicestershire and Rutland stakeholder bulletin #26



Issued on behalf of the NHS in LLR

Date of issue: 28th August 2020

Through these bulletins we will keep you updated on the latest news in the NHS in Leicester, Leicestershire and Rutland.

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)

### NHS Help for you this August bank holiday

This August bank holiday (Monday 31st August), the NHS in Leicester, Leicestershire and Rutland is advising local people that services are open for anyone that needs medical assistance.

There are many ways in which the NHS can be accessed over the weekend. GP practices will be closed but the following services are available:

- Contact NHS 111 online or by phone.
- Local community pharmacies.
- Loughborough, Oadby or Merlyn Vaz Urgent Care Centres.
- If you have an urgent mental health need, call the Central Access Point (CAP) on 0116 295 3060, 24 hours a day.
- If it is a serious life-threatening emergency, call 999.

[Click here](#) for more information.

### Update on Flu vaccinations

Due to the pandemic, flu vaccination clinics may be held in a slightly different way this year. Clinic arrangements are still being finalised and updated information will be publicised and posted on GP practice websites when confirmed.

Flu vaccines will be released in batches, according to both availability and also the need to prioritise those most at risk. This means flu clinics will be staggered in the months ahead.

For those who are eligible, GP surgeries across Leicester, Leicestershire and Rutland are gearing up to provide special clinics to offer patients their annual flu jab. GPs are asking their patients to book a place in forthcoming flu clinics as soon as they are advertised. Alternatively, you can visit your nearest participating pharmacy. If you are housebound, please speak to your GP practice.

Those who do not fall within the eligible categories for a free NHS vaccination will be able to buy a flu vaccine from their local participating pharmacy.

This year eligibility for the flu vaccination has been extended to those aged 50 to 64 years. Please note that people in the 50 to 64 year old age group will not be vaccinated until November and December, providing there is sufficient vaccine, and no appointments will be offered for this age group until then. This is to ensure that those who are most at risk are vaccinated first. If you are 50 to 64 and you are in one of the other groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from flu, you will be invited earlier.

## Flu season vaccinations survey

In last week's bulletin we told you about an online survey we are carrying out to understand why people do not have the flu jab and to understand if the COVID-19 pandemic is likely to influence your decision about the vaccine.

We have had a fantastic response so far – 166 at last count – and some very helpful feedback, which will help us to shape how we promote the vaccine and hopefully answer any concerns people may have. Thank you to everyone who has taken part so far. It's not too late to provide feedback, so please do take part in the survey by [clicking here](#).

## If coronavirus is affecting your mental health – don't delay, self-refer today

Health experts in Leicester, Leicestershire and Rutland (LLR) are encouraging local people to seek mental health support if they have been left feeling anxious, stressed or depressed by COVID-19 and the impact of lockdown.

The Let's Talk - Wellbeing service offers a range of talking therapies for common mental health problems including depression, anxiety, panic, phobias, obsessive compulsive disorder, trauma and stress.

The support available includes one to one sessions via telephone or video conferencing with a therapist, online support through the dedicated digital platform Silvercloud which can be used at any time on any device, and online videos and interactive webinars covering different topics such as stress control, anxiety management and self-care. The service now also has one phone number to cover the City, County and Rutland making referrals even easier.



**OUR NUMBER HAS CHANGED TO**

**0300 300 2200**

Let's Talk - Wellbeing provides talking therapies for people aged 16 and over with anxiety, depression and other similar difficulties in Leicester, Leicestershire and Rutland.

For support call us now or visit [www.letstalkwellbeing.co.uk](http://www.letstalkwellbeing.co.uk)

Let's Talk - Wellbeing is provided by Nottinghamshire Healthcare NHS Foundation Trust

## Latest service updates from Leicestershire Partnership Trust

Following the outbreak of COVID-19 Leicestershire Partnership Trust (LPT), along with the rest of the NHS, made changes to the way some services were delivered.

The latest services to be restored are:

- The **Heart failure service** has been partially restored. The service is offering digital contacts and face-to-face in patient's own home.
- **Children's speech and language therapy** has been partially restored. The 0-19 service will be communicating with all parents who have a child that has been identified as a late talker and is currently on a waiting list for a Let's Get Talking workshop.
- **Breathlessness and pulmonary rehabilitation** has been partially restored. The service is to be reinstated with a combination of phone, video and face-to-face contacts all on a 1:1 basis.

## FURTHER INFORMATION

[Leicester City Council](#)

[Leicestershire County Council](#)

[One Prepared LLR](#)

[Gov.uk](#)