

Novel Coronavirus (COVID-19): Leicester, Leicestershire and Rutland stakeholder bulletin #13

Issued on behalf of the NHS in LLR

Date of issue: 19th 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

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 19 May there were 2008 lab confirmed cases in Leicester, Leicestershire and Rutland (LLR) 326 people who tested positive with coronavirus have sadly died in Leicestershire's hospitals (University Hospitals of Leicester NHS Trust and Leicestershire Partnerships NHS Trust).

Mental Health Awareness Week

This week is Mental Health Awareness Week and the coronavirus outbreak is a source of anxiety for many people. Some people will have lost loved ones, others may be self – isolating and missing contact from friends and family. There will also be people who may have lost their jobs and are facing financial difficulties.

As part of this year's Mental Health Awareness Week, which runs from the 18-24 May, the NHS, local authorities and police are encouraging residents to look after their mental health and ask for help if needed.

Below is guide to the mental health support for you.

Mental health support for you during #MHAW and every week



Services for all ages

Central Access Point

If you are in need of urgent NHS mental health support you can call our Central Access Point.

0116 295 3060 24/7

Mum's Mind

A text service providing advice and information to anyone concerned about a mum's mental health in pregnancy or baby's first year.

07507 330026 M-F 9.00 – 16.30

Services for children, young people and families

ChatHealth

Confidential text messaging service for advice and information from a public health nurse (health visitor or school nurse).

	For young people aged 11-19:	For parents and carers:
Leicester:	07520 615386	07520 615381
Leicestershire and Rutland:	07520 615387	07520 615382

Health for Under 5s, Health for Kids, and Health for Teens

Dedicated websites with age-appropriate resources. Search 'Health for Under 5s / Kids / Teens'

Other services

Turning Point

Provide a confidential mental health crisis line for adults.

0808 800 3302 24/7

Let's Talk Wellbeing (IAPT)

Provide a range of talking therapies and self-help materials to help you if you are experiencing anxiety, stress or depression.

0116 292 7010

visit www.leicspart.nhs.uk/emotional-wellbeing for more

Latest national updates on coronavirus

Since the last bulletin there have been some significant national developments.

Loss of sense of smell added to list of common symptoms

The latest government advice states: the most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough or high temperature or a loss of, or change in, normal sense of taste or smell (anosmia). If you have these symptoms, however mild, stay at home and do not leave your house for at least 7 days from when your symptoms started (if you live alone), or 14 days (if you live with someone who has symptoms). You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Testing further expanded to everyone with symptoms

Everyone who displays symptoms of coronavirus can now be tested. If you have the symptoms you can request a test through the online booking system. If you have symptoms of coronavirus (COVID-19), you can ask for a test to check if you have the virus. This is called an antigen test. There is another type of test (antibody test) that checks if you have already had the virus. This test is not available yet. For more details please visit www.nhs.uk/coronavirus

Guidance for young people

Specific guidance on coronavirus is now available for young people. As well as covering the core advice on hygiene, social distancing, and isolation the guidance covers subjects such as work and education and young carers. For more visit [Guidance for young people](#). There is also a great 'look after yourself' kit on the healthforkids.co.uk website by LPT, alongside support and advice on their healthforteens.co.uk for young people.

Sign Health

Sign Health, the leading charity and NHS partner supporting NHS providers and individuals across the country, has produced a set of resources in British Sign Language (BSL) format. This includes a two - minute daily video update on the latest Government advice and guidance. Please see more at [Sign Health](#)

Protecting patients and staff at Leicestershire Partnership NHS Trust

The NHS has a clear target: no patient or member of staff should catch coronavirus in NHS facilities. This means LPT has taken action, including setting up additional wards ceasing some services temporarily and delivering others in new ways across all its sites.

Impact on facilities

Along with the rest of the NHS, Leicestershire Partnership NHS Trust (LPT) has been reviewing arrangements for providing services in the light of the coronavirus pandemic to ensure we prioritise patient and staff safety across all sites.

Feilding Palmer Hospital

The impact of these changes means LPT and the CCGs have suspended the admission of patients to Feilding Palmer Hospital, Lutterworth. The structure and layout of the small Victorian hospital does not meet the requirements for social distancing and prevent the spread of coronavirus. For example, there are no isolation facilities and less than two metres' distance between eight of the ten beds. This means if one patient developed symptoms of Covid-19, all in-patients would be forced to stay and isolate for 14 days. Additional in-patient beds in all our other community hospitals for example, in Market Harborough and Hinckley, will be used for patients. This temporary measure will also allow outpatient services for cardiology, general surgery and gynaecology can safely be resumed at the hospital.

Mental health service changes

In our mental health directorate, we have created two Covid-19 isolation wards, alongside the creation of an urgent care hub. We will be re-opening Wakerly ward at the Evington centre, to create more beds capacity across our estate, to enable us to safely zone our wards in line with social distancing guidance.

Community Rehabilitation Transition Team

The creation of a Community Rehabilitation Transition Team has enabled support for discharges from our adult mental health rehabilitation service and avoid readmission to acute services. It aims to support people with complex needs in a community setting, offering nursing team video calls, face to face visits, medication drop offs, psychological support, and occupational therapy support. The service will run in the transitional period between discharge from the rehabilitation inpatient setting and the patient being accepted by a community mental health team.

A reminder about NHS Volunteers

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

Useful 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/>