

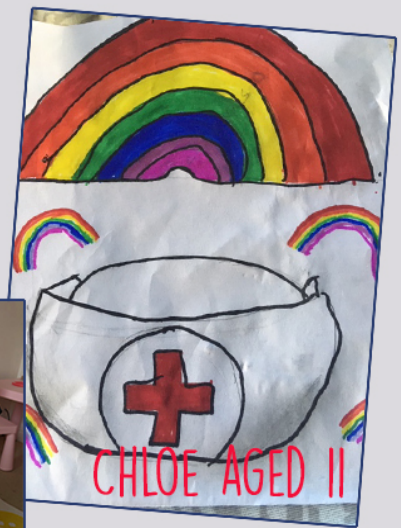
Edition 7

15 May 2020

# # TogetherLeeds

This week was International Nurses' Day and we received some amazing art to celebrate!

GRETA AGED 10



NURSE ZARA AGED 2



STAY SAFE

TRACEY AGED 53



Stay alert. Control  
the virus. Save lives



## Introduction

This bulletin is aimed at our community sector partners, with an ask to you, that you share the messages through their own communications channels. We appreciate the invaluable experience and strength of our community partners have in reaching out to some of the most vulnerable people in Leeds, and now more than ever, we want ensure these residents have reliable and consistent information, from a 'voice' they trust – our local community sector.

We have written the messages in way that you can copy and paste them straight out of the bulletin and into your own communication channels. We would love to hear your thoughts, please feel free to email them to [adrian.winterburn@leeds.gov.uk](mailto:adrian.winterburn@leeds.gov.uk).

**#TogetherLeeds**



## How is it for you? WeeklyCheck In - Carers



### **#WeeklyCheckIn: Listening to Carers' Experiences**

It is really important that we listen to people who are involved in the care of someone else, whether that is paid or unpaid. We want to find out about your experiences of lockdown.

We'd be grateful if you could answer these questions so we can feed back your experiences and help shape the city's response to coronavirus in Leeds.

**Carers Survey [Click here to give your answers](#)**





## Edition 7



This week the Government has been updating guidance on social restrictions, and has issued a 'roadmap' to continue easing the country out of lockdown in phases. All partners in Leeds are working closely together to understand how we can help our communities respond to the Government's '**Roadmap**'. Our vibrant Community Sector will continue to be at the centre of the next phase, especially supporting some of most vulnerable residents.

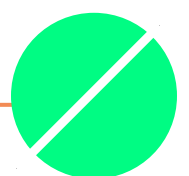
We anticipate a phased return to normal in the city, in line with the national approach. During this time, we must continue to advise everybody to please:

- Wash your hands regularly and for 20 seconds.
- Maintain social distancing.
- Stay at home as much as possible if you can.
- Work at home if you can.
- You can go to work if you can maintain social distancing.
- You should limit contact with other people and maintain a safe distance of at least 2 metres.
- Continue to stay at home if you are shielding.
- Only use public transport where you need to.

Most people are now being encouraged to take part in unlimited exercise, whilst continuing to observe social distancing restrictions. More people doing more exercise is welcomed, but it's important people do so safely, and therefore in this edition we provide our top tips for exercising outdoors safely. We also have advice for people observing Ramadan, who are advised to take extra precautions to prevent dehydration.

For people **shielding at home** they are advised to continue protecting themselves by staying at home and minimising contact with anyone outside their household. We have included some tips on what exercises they can do at home to protect their physical and mental wellbeing.

The Coronavirus pandemic has had a negative impact on some people's **mental wellbeing**, which makes next week's annual **Mental Health Awareness Week (18-24 May)** even more important. We ask our community sector partners to use the messages provided in this bulletin to promote local mental health services that are still available in Leeds, and advice to help people better manage their mental wellbeing.





Finally, we are continuing to remind everyone that the **NHS is here for you**. Should people need medical help it's important they access it. GP practices are still open although the way services are accessed has changed; emergency services are also still here to help those in need. People will be seen in a safe, low risk environment. Please do share the resources for this campaign [www.leedsccg.nhs.uk/HereForYou](http://www.leedsccg.nhs.uk/HereForYou) including BSL videos and information translated into 12 community languages.

## Being active for good health



Most people can now enjoy the outdoors more, through unlimited exercises, access to some sporting facilities, or even sitting in a park enjoying the surroundings. We urge people who can, to get out and move more – but remember to observe social distancing.

Leaving the house to get fresh air and be active makes you feel better physically, mentally and emotionally. It can be a positive way to spend time together as a family, or for those living alone it might also be a great way to connect with others (while staying 2m apart).

However, being outdoors can present other challenges and risks to your health. At this time of the year the sun is really strong and can cause damage to your skin even when it's cloudy. Keep safe by following these tips:

- Keep out of the sun between 11am and 3pm.
- If you have to go out in the heat, walk in the shade.
- Apply sunscreen and wear a hat and light scarf.
- Wear light, loose-fitting cotton clothes.
- Keep active, but avoid doing exercise during the hottest period of the day.
- Have plenty of cold drinks and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower, bath or body wash



All the above advice, and more, can be found in the **NHS Stay Well Over Summer leaflet**.







For those observing Ramadan we advise taking extra precautions when exercising, as you'll be unable to keep hydrated during the day. We recommend for people observing Ramadan to exercise for shorter lengths of time, but more often, and to do so in the cooler parts of the day. Even short walks of 15 minutes makes a difference to physical and mental wellbeing.

On warmer days it can be tempting to take a dip in rivers, ponds and lakes. Every year sadly there are incidents of people losing their lives due to drowning. The Royal Life Saving Society has produced an extremely useful **Summer Water Safety leaflet**.



## Active indoors



If you are unable to leave the house, for example if you are shielding or self-isolating, there are some great tips available online for exercising at home.

Sport England's new campaign **Join the Movement** gives free access to a range of home workout options, and tips from organisations including the NHS.

Active Leeds has a new hub, **Healthy at Home**, which offers local and national links and information to support people to stay active at home.

For exercise suggestions given by qualified professionals, visit the **Active Leeds YouTube Channel**.

Alternatively see **Move More from One You** or download the Active 10 or Couch to 5K app.

**Pregnant women** can access **Be Fit 4 Baby**, for a wide range of home-based exercises structured for each pregnancy trimester, and twice-weekly live video classes.

**Older adults** can visit **BBC Sounds to find 10 today**, an exercise programme from Sport England and the BBC to help older adults protect against poor health, look after mental wellbeing and maintain independence.



## Childrens fitness

**Yorkshire Sport Foundation** offers lots of resources for school-age kids, including #ThisIsPE, which features PE lessons taught by local teachers.

Bradford's JU:MP project has a **new website** with great ideas for playful activities to do at home.

Change4Life's **Active Imaginations** resource contains fun ideas and videos featuring local families using everyday objects to stay active at home.

Families are invited to add their own content on **Facebook**.

Try free dance classes with **DAZL**, or for free activities like yoga and dance, as well as story-telling, craft sessions, and gaming.

See also the family section of **Leeds Inspired**

## Mental Health Awareness Week May 18 - 24

Managing your mental wellbeing can be difficult whilst social restrictions are in place, and whilst the world deals with the global pandemic. But it is more important than ever that we all try to manage our wellbeing.

So for Mental Health Awareness Week this year we are focussing on "Kindness." Take a look at **MindWell Week of Kindness** – seven days, seven themes

1. Monday – Be kind to your mind
2. Tuesday – Be kind to your body
3. Wednesday – Talk kindly to yourself
4. Thursday – Spread kindness
5. Friday – Be kind and generous to others – it makes you feel good!
6. Saturday – Be kind to the world
7. Sunday – Be kind every day



MindWell

## MindMate<sup>☺</sup>

If you are worried about your mental health right now, or that of a loved one, you can look on the MindWell website for information of the support available. You are not alone, you are important, and it is OK to ask for help.



Children and young people, can get advice and support through the **MindMate site** which will also be focusing on kindness as part of the MindMay8 campaign.



## Your NHS is here for you



We'd welcome your support for a citywide campaign reminding people to seek medical care when they need it, particularly those may be experiencing life changing and life threatening illnesses or injuries. Find out how you can access the right medical care should you fall ill or get injured and share our messages with your networks:

[www.leedsccg.nhs.uk/HereForYou](http://www.leedsccg.nhs.uk/HereForYou).

As part of the campaign we've developed a **social media message reminding people that many charities and community organisations** are still here for them.

## Useful contact numbers



Are you helping a friend or family member due to their illness, disability, mental health issue or a substance misuse problem? If you have any questions or concerns, call Carers Leeds on **0113 380 4300**. Or visit the website

Call the **Leeds City Council helpline** on **0113 378 1877** if you're self-isolating and don't have friends or family nearby who can help. Our volunteers can help you with shopping, transport to medical appointments, or a call to check how you are.

**MindWell** has a coronavirus information hub with the latest information and resources to help people in Leeds take care of their mental health and is at this time. It's also helpful if you're concerned about someone or if you're a professional supporting others.

**MindMate** is a trusted Leeds-based website specifically for children and young people, their families and the professionals who support them.

**Cruse Bereavement Care** offer a range of support and resources and have a free helpline **0808 808 1677**. Opening hours Monday-Friday 9.30-5pm (excluding bank holidays), extended hours on Tuesday, Wednesday & Thursday evenings, until 8pm.

**Child Bereavement UK Leeds** offers support to children and young people who have been bereaved of a close family member. The service is available for Leeds young people up to and including age 18, providing general advice, advocacy, one to one and group support. Staff work remotely and continue to provide support to families by telephone and digital means. Tel: **01133 503598**; Email:

[leedssupport@childbereavementuk.org](mailto:leedssupport@childbereavementuk.org)



## Useful contact numbers

**COVID-19 support line** for anyone in Leeds with family members or friends who are critically ill, or have died from, coronavirus. Call St Gemma's Hospice on **0113 218 5544** or Wheatfields Hospice on **0113 203 3369** during standard working hours.

**Cancer Support Helpline** for patients and/or their carers if they are worried or have any questions about COVID-19 following receipt of a letter from the hospital about changes to their appointment or treatment. The helpline **0800 923 0014** offers a 7 day a week (including bank holidays) telephone support service from 9am - 5pm.

**Leeds Domestic Violence Service helpline** on **0113 246 0401**. If calling is unsafe, a web-chat service is now being offered from Monday-Friday between 1pm-3pm via <https://leedswomensaid.co.uk/>. If you're in immediate danger, call **999** (press 55 after the emergency number if you're in danger and unable to speak).

**Call NHS 111** if you need medical help but it's not an emergency. A trained advisor will help you access the best service to meet your need. You can also go online [www.111.nhs.uk](http://www.111.nhs.uk)

## Previous issues

Click on the images below to read the previous issues.

