

Edition 8

22 May 2020



# #TogetherLeeds

Coronavirus community and  
voluntary sector bulletin



Stay alert. Control  
the virus. Save lives



## Introduction Week 8

This week, as the people of Leeds continue to demonstrate extreme strength and resilience in these challenging times, we focus on two issues that can have a serious negative impact on people's wellbeing: excessive drinking and gambling, detailing information about the extensive help and support available across Leeds.

We're also keen to ensure we continue to meet the needs of all local communities, and would value your input if you could spare a few minutes of your time to complete a short survey.

For the more creative people in Leeds, there's guidance for them to **make their own face coverings** to help prevent the spread of COVID-19. We'd love to see your creations so please share them on Twitter [@HWLeeds](#).

This week, the ever-important issue of mental health comes under the spotlight with **Mental Health Awareness Week (18-24 May)** and we ask our community sector partners to promote the available local mental health services.

*Finally, we repeat our constant message of reminding everyone that the NHS is still very much 'open for business.'*

We hope you find this week's bulletin an interesting and useful resource.

## How is it for you? Weekly Check In - Carers



### #WeeklyCheckIn: Listening to your experiences of giving and receiving care

It is really important that we listen to people who are involved in the care of someone else, whether that is paid or unpaid and those who receive that care.. 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.

**Survey for Carers and those receiving care, [Click here to give your answers](#)**



## Safe drinking during lockdown



With pubs and bars closed across the UK, supermarkets have reported a rise in alcohol sales, whilst off-licences have been classified as essential businesses so are still open to sell alcohol. We've also seen glass recycling bins overflowing with wine and beer bottles.

The more you drink, the higher your risk of developing serious health problems – especially if you drink a lot regularly. Alcohol has been linked to more than 200 medical conditions, including seven types of cancer. It's recommended that adults limit their alcohol intake to 14 units per week.

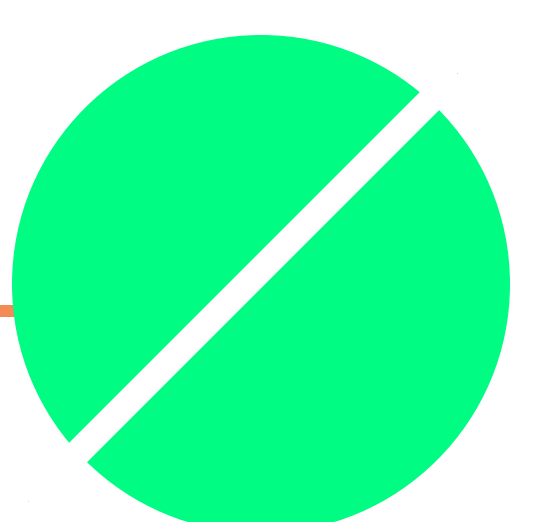
Our top three tips for helping you cut down your alcohol consumption, whilst still being able to enjoy a drink are safely:

- Have at least two 'alcohol free' days each week.
- Drink smaller sizes – bottled beer instead of pints, or a small glass of wine instead of a large one.
- Switch to lower or non-alcoholic drinks.

**Want to test your knowledge about alcohol? Take our quick alcohol quiz to find out.**

If you want more support to help cut back on drinking, the great news is that there's loads of great online support available, including:

- **One You** has useful information about drinking less alcohol as well as hints, tips and advice on making small changes that fit your life, so you feel better and healthier every day.
- **Drink Free Days app** - for people who like a drink but want some support in tracking and cutting down on the booze.
- Alcohol Harms is a national campaign aimed at raising understanding of the impacts of alcohol, so that people can make informed decisions about their drinking habits, as well as signposting to places that can support you change your drinking routine. For more information on alcohol harms, visit the **Alcohol Change UK website**.
- If you're concerned about your drinking, and would benefit from some structured support, you can contact **Forward Leeds** which provides support for adults, young people and families needing help with alcohol and drug use in Leeds.





## Gambling

The latest survey by the **Gambling Commission** reveals 33% of people have gambled in the past 4 weeks, compared to 47% before 'lockdown.' Whilst for most people gambling is a leisure activity that doesn't cause any problems, for a minority it can seriously harm their health, finances and relationships.

**Self-help: GAMSTOP** lets you take back control, by putting controls in place to help restrict your online gambling.

**Self-help: GAMBAN** lets you block gambling websites and apps on all your devices.

**Local support and treatment:** Working in partnership with the NHS Northern Gambling Service, **Leeds Community Gambling Service** (LCGS) offers free advice, support and treatment to individuals, families and communities affected by gambling.

Support and treatment is provided online or via telephone:

1. Call on 0113 388 6466 (Mon-Fri 9-5)
2. Complete the referral form [www.gamcare.org.uk/leeds](http://www.gamcare.org.uk/leeds)
3. The National Gambling Helpline is available 24/7 on 0808 8020 133



NHS Northern Gambling Service can be contacted on 0300 3001490 or email [referral.ngs@nhs.net](mailto:referral.ngs@nhs.net)

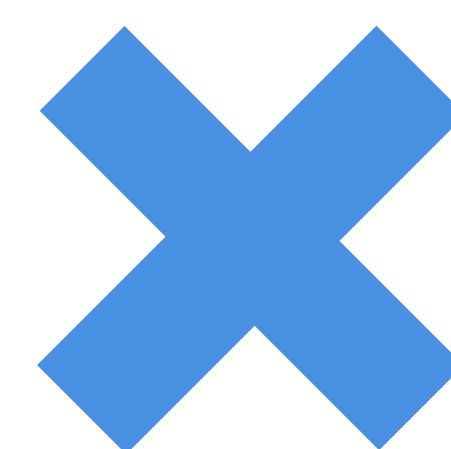
## Ethnic Inequalities In Serious Mental Illness



Leeds is working with the national **Synergi Collaborative Centre** to address ethnic inequalities in serious mental illness, specifically in terms of the over representation of BAME groups who are admitted into mental health care via the Mental Health Act.



A new survey aims to capture and document how ethnic minority people with experience of severe mental illness, and their carers, are coping during Covid-19. This will inform the creation of a digital journal platform. Please complete the survey [here](#).





## Mental Health Awareness Week May 18-24

MindWell

*The focus this week is “Kindness.”*

Please visit our Leeds-based **MindWell**

and **MindMay8** who have developed local campaigns. MindMay8 is also focusing on sleep.

Leeds City Council has worked with the NHS to promote [www.bigthankyouleeds.co.uk](http://www.bigthankyouleeds.co.uk) so please do visit and add your thank you messages of support particularly during Mental Health Awareness Week.

## Returning to normal

People in Leeds are asked to take nine actions (see infographic below)

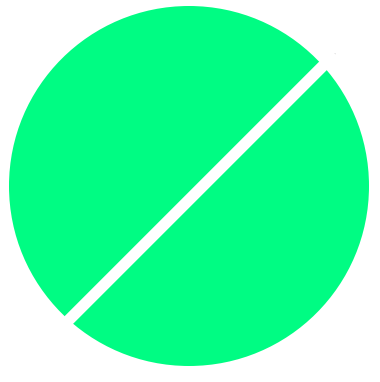


Leeds anticipates a phased return to normal in the city, in line with the national approach. All partners in Leeds are working closely together to understand how we can help our communities respond to this. Leeds City Council is using the message: Stay Safe, Save Lives (#staysafesavelives). There are five key areas of focus:

- **Safe travel**, ensuring the safe use of highways and public transport and encouraging active travel (walking and cycling) where possible
- **Safe public spaces**, with physical distancing in communities, district centres and the city centre
- **Safe delivery of services**, including health and social care, and other public services
- **Safe education**, as more children and young people return to schools, colleges and nurseries
- **Safe working**, with physical distancing in workplaces and coordination between large employers to avoid peaks of movement

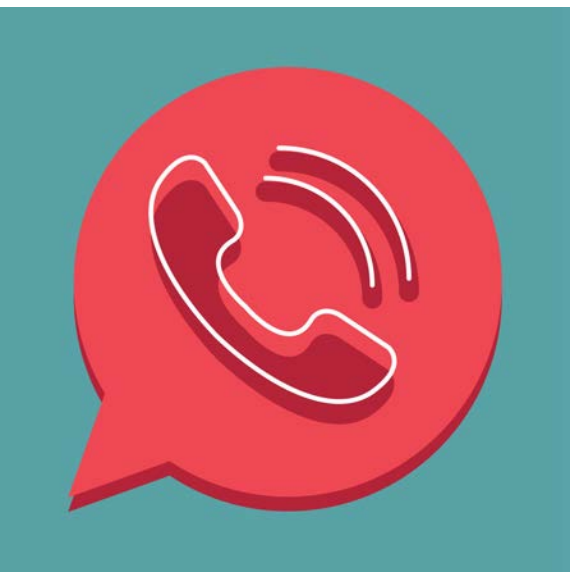


## Accessing NHS Services



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** including BSL videos and information translated into 12 community languages.

## Useful contact numbers



· **Leeds Directory** is the council's online source of information about a range of local community care and support services, activities and events. During the COVID-19 pandemic the directory provides an important link to essential services, such as trades that can help with urgent repairs in the home to keep residents safe and well. Please take a look at the **easy-to-use website**, try it out and spread the word.

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**



## 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.

