

Edition 6

7 May 2020



#TogetherLeeds

Coronavirus community and
voluntary sector bulletin



Stay home. Protect
the NHS. Save lives



What is this?

As we continue responding and adapting to the coronavirus pandemic, we are aware there is a significant amount of information being shared with people and with local organisations. This can lead to confusion, at a time when people more than ever need clarity.

Therefore, we have developed this bulletin to try and bring our key health and care messages together in one place, so that you have the most reliable information to share with your networks.

We know there are lots of other working happening right across the city, to help all local people, especially those in greatest need. Various different bulletins are being distributed to support those, but this one focuses primarily on the health and care sector in Leeds.

We hope you find this useful, and that through the collective efforts of our colleagues in the community and voluntary sector can make a real difference. Together we're stronger, together we can reduce the impact of coronavirus on our communities and together we can support our local people. **#TogetherLeeds**

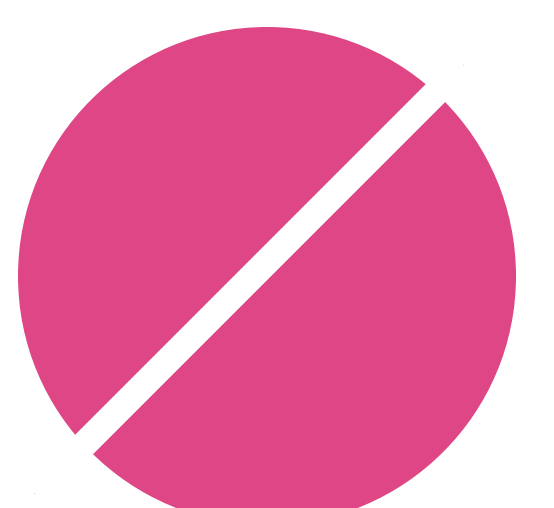


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It's another bank holiday weekend, but the message is still the same for everybody: *Stay Home. Protect the NHS. Save Lives.* People right across have played an important role by staying home, and it is just as important now than it was at the start, to keep following the Government advice and guidance.

We know staying at home is not easy for anybody, but particularly people who are managing long-term conditions, may be struggling now – especially if they have been advised to *shield* by staying home, and not even going out to exercise. So this week we focus on the support and resources available for people managing a long-term condition, particularly in terms of staying healthy at home, and improving physical and mental wellbeing whilst at home.





Living well through Coronavirus - Self-Management Support in Leeds for Older people and people living with Long Term Conditions



Older people, and people living with some long-term health conditions, are at an increased risk of severe illness from Covid-19. This means they may need a little extra help to manage their health at home.

The team at Digital Inclusion Leeds has produced a **resource directory** which provides links to relevant services (including how these may have been changed or adapted as a result of Covid-19); as well as information on online tools, virtual groups and digital support.

There is specialised content for people living with:

- Cancer
- Cardiovascular Disease
- Diabetes
- Respiratory
- Stroke and Neurological Conditions
- Older people
- Mental/Emotional Wellbeing
- Digital support including digital champions training, loan of equipment and my COPD app

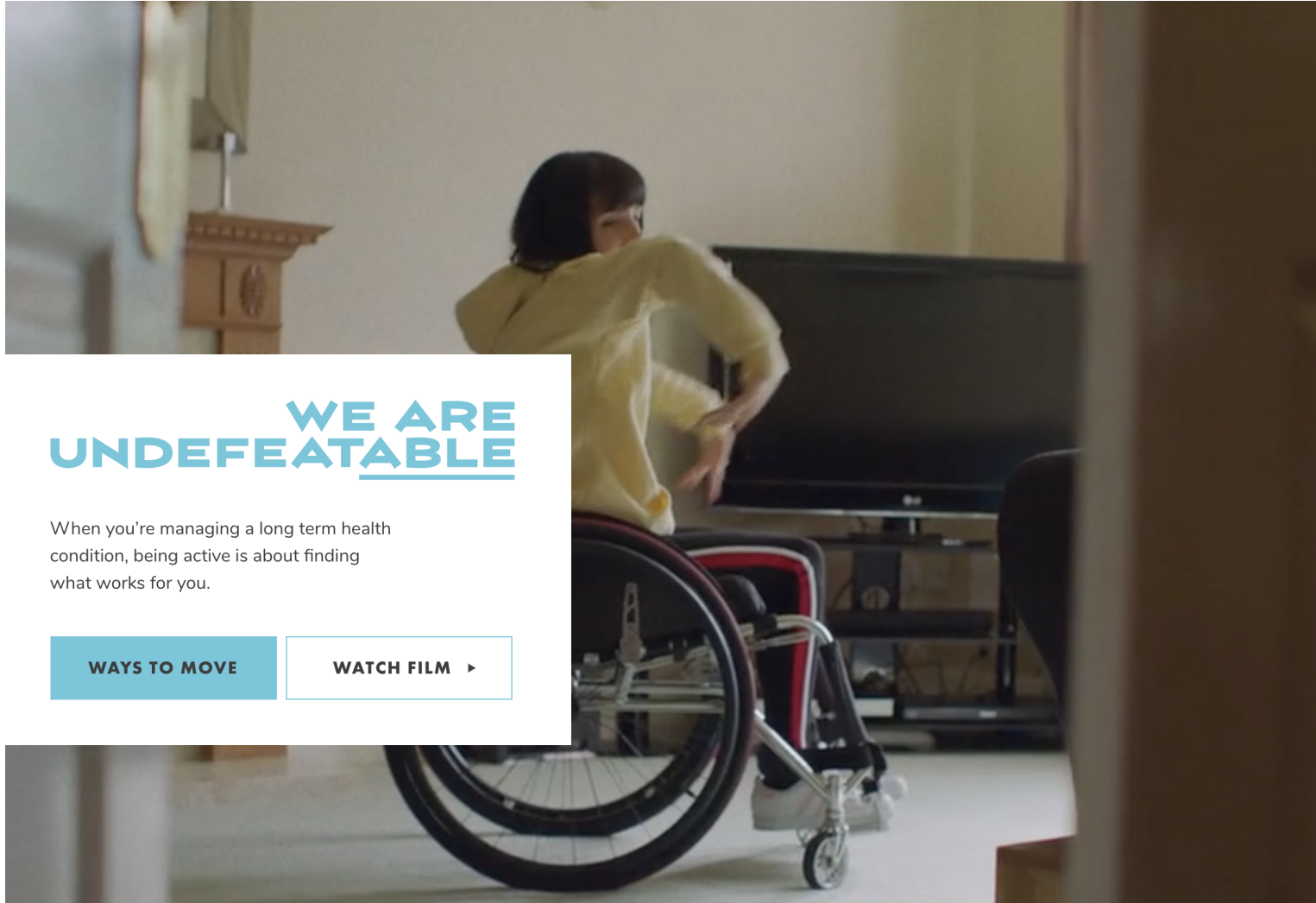
If you are helping someone who does not have online access, but has one of the conditions above, please look at the information yourself and share it with them. The information can be accessed at: <https://digitalinclusionleeds.com/>.

It's extremely important that if people have concerns about an existing health condition, feel unwell, or need advice around medication they still get in touch with their GP in the first instance. Guidance is available through the '**Your NHS is still here for you**' campaign.



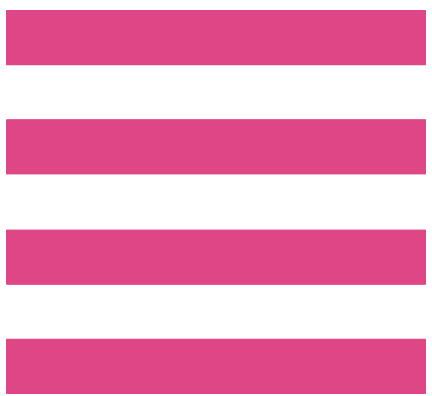


Moving more is good for physical and mental health



If we're active, our bodies fight infection and illness better. Being active helps manage a wide range of conditions such as depression and type 2 diabetes; reduces the risk of developing some conditions by up to 40% and can delay the onset of, and reduce the severity of, many health conditions.

Current restrictions bring new challenges for people with long-term conditions aiming to achieve their recommended 150 minutes a week of moderate activity. For support and motivation, check out **We Are Undeatable** - a national campaign to inspire and support people with long-term health conditions to be active.



There's lots of tips and inspirational videos filmed at home by people with long-term conditions on Facebook ([@weareundeatable](#)) and Instagram ([@we.are.undeatable](#))



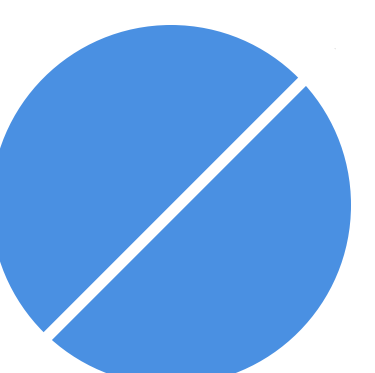
Locally, check out:

The Active Leeds '**Healthy At Home**' pages. There are plenty of ideas and information for people with health conditions to become and remain active.



A great place to begin could be the '**Start Moving**' YouTube playlist. Here, the Active Leeds Health & Wellbeing coaches guide you through low intensity sessions such as Pilates, Tai Chi and Circuits.

For almost everyone, exercise is safer than not moving but to discuss any concerns about a medical condition and how being more active might affect it, contact your GP.





Stay home. Protect the NHS. Save lives

Whilst you might be tempted to enjoy the outdoors this Bank Holiday weekend, it's important that you continue to Stay Home. Protect the NHS. Save Lives.

Everyone must stay at home to help stop the spread of coronavirus. People should only leave the house for very limited purposes:

- Shopping for basic necessities, e.g. food and medicine, which must be as infrequent as possible.
- One form of exercise a day, e.g. a run, walk, or cycle – alone or with members of your household.
- Any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person.
- Travelling for work purposes, but only where you cannot work from home.

Public Health Resource Centre website

The PHRC is developing a **COVID19 webpage** with information for anyone with a responsibility for, or interest in, public health or promoting health and wellbeing in Leeds. It will be updated on a weekly basis. Please share the page as appropriate.

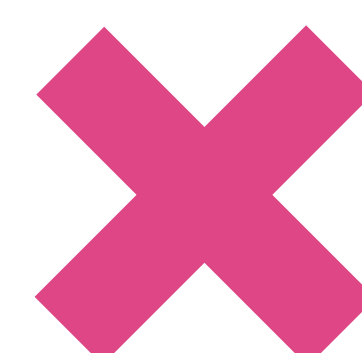
MindMay8 campaign encourages young people to think about mental health

In lead up to Mental Health Awareness Week (18 – 24 May), the local NHS is launching its annual #MindMay8 social media campaign to raise awareness of the support available to children and young people for their mental health and wellbeing. This year's campaign also encourages young people in Leeds to consider two topics – 'sleep' and 'kindness' – and how important both are for positive mental wellbeing during this uncertain time. **Find out more.**

Show your support

Here's a couple of messages on Twitter that you may want to share

<https://twitter.com/MindMateLeeds/status/1257607469779615748?s=20> and
<https://twitter.com/MindMateLeeds/status/1257357585600176137?s=20>





Useful contact numbers



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**

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**



How is it for you? Weekly Check In 4



We want to know about how it is for you? We want to check in with you to see how things are going. We have a couple of questions for you that will help us inform organisations in Leeds how you are getting on during these difficult times.

How is your Mental Health Questions

[Click here to give your answers](#)