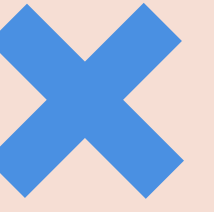


Edition 5

1 May 2020



# #TogetherLeeds

Coronavirus community and voluntary  
sector bulletin



Stay home. Protect  
the NHS. Save lives



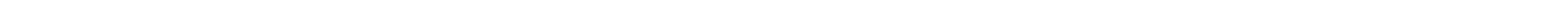
## What is this?

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.

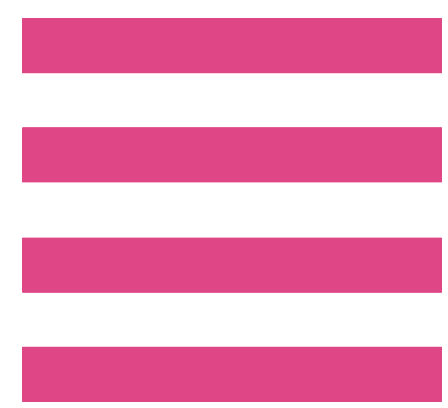
We know there are lots of other working happening right across the city, to help all local people, especially those in greatest need. Various different bulletins are being distributed to support those, but this one focuses primarily on the health and care sector in Leeds.

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**





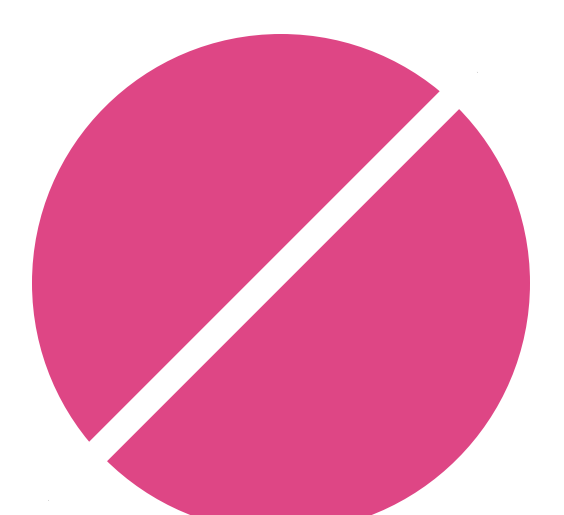
## Edition 5



As we approach the sixth week of 'lockdown' some people will be feeling isolated, so this week we want to raise awareness of loneliness, including highlighting the new Government campaign which offers a wide range of useful tips and advice to combat loneliness.

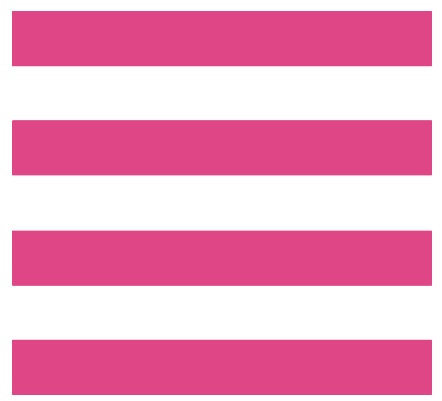
Also, with the coronavirus pandemic forcing Ramadan traditional mass gatherings, celebrations and pilgrimages to be altered or cancelled, we share messages from health experts and Muslim leaders on how Ramadan can still be celebrated in a safe way.

Finally, whilst we must continue to encourage people to stay at home, protect the NHS and save lives, we don't want you to risk your health, or that of your loved ones, to do so. We re-inforce the message that 'Your NHS is here for you,' and the support that's still available including sexual health advice.





## Let's talk Loneliness Campaign



The Government has launched a major effort to tackle loneliness and social isolation during the coronavirus lockdown. Loneliness, while something we associate with older people, can affect anyone.

**The campaign** aims to ensure that staying at home doesn't need to lead to loneliness for anyone. It has been rolled out to encourage people to talk openly about loneliness, and includes new public guidance offering useful tips and advice on what to do to look after yourself and others safely.



### Three tangible actions for anyone feeling lonely and three actions for people wanting to help

If you're lonely you can:

- **Keep in touch** with friends, family and neighbours.
- **Ask for help** if you need shopping, medicine or are feeling lonely.
- **Set a routine** with online activities, regular tasks or by volunteering.

If you're worried about someone who is lonely:

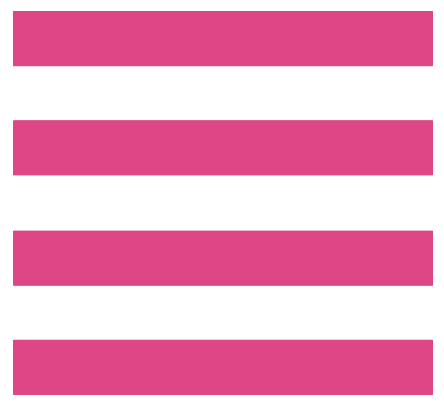
- **Phone a friend** or family member you think may be lonely.
- **Smile, wave or chat** from a safe distance with a neighbour.
- **Help out** through volunteering by picking up food, medicine or by offering regular conversation to someone living alone.

You can find out more information about the campaign at [letstalkloneliness.co.uk](https://letstalkloneliness.co.uk).





## Ramadam



Health experts and Muslim leaders are advising people to keep themselves and their loved ones well by **staying at home during Ramadan** this year.

**The Muslim Council of Britain** has created some top tips on having Ramadan at home. For example, their tips for working from home during Ramadan are:

- **Breaks** – Ensure you are taking regular breaks from work, for rest and reflection – perhaps around *salaah* (prayer) times.
- **Timings** – If you are able, start your day earlier so that you can finish earlier and have some down time prior to *iftar*.
- **Let others know** – Give your employer and colleagues advance notice that you will be fasting.
- **Share** – Share Ramadan with colleagues by having a conversation or sharing what you're doing for it/cooking/etc.
- **Duties** – Honour your workplace duties with patience and good grace to those around you.
- **Break** – Should you find yourself frustrated or tired, take a break.

Other tips can be found on their website at: [mcb.org.uk](https://mcb.org.uk).

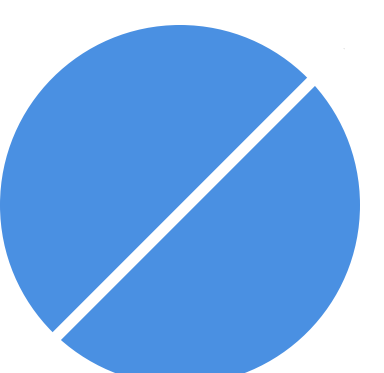
## Your NHS is here for you – share the messages



It's important that if you, or your loved ones, become suddenly unwell you get help quickly. We'd very much welcome your support in getting the message out there, this really could save lives of people you know.

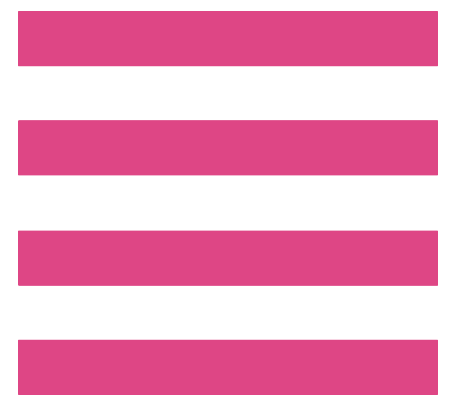
This is a really important message that we need to share widely. If you are able to share our campaign, we have materials available online to help at:

<https://www.leedscg.nhs.uk/health/campaigns/hereforyou/>





## Sexual Health



**Leedssexualhealth** 

Sexual health and contraception care is still available, although face-to-face services are limited in response to COVID-19. You can look after your sexual health and prevent unplanned pregnancy by:

- **Always using a condom:** the only contraception to protect you from STIs. Condoms are available free to those eligible at [leedssexualhealth.com](https://www.leedssexualhealth.com)
- **Making sure you have enough contraception:** services are still able to provide this. Check your supply of pills/rings/patches. If you're running low or your method needs updating, contact your usual GP or clinic as soon as possible to arrange more. Always use condoms if you run out of your normal method.
- **Don't delay emergency contraception:** you have up to 5 days after unprotected sex to get emergency contraception to prevent pregnancy. **Sexual health pharmacies** can offer it free without an appointment or prescription. Always call ahead to check the pharmacist is available.
- **Calling Leeds Sexual Health if you have STI symptoms** – call **0113 392 0333** to speak to the team if you have unusual bleeding, burning, discharge or abdominal pain. All walk in clinics are currently suspended – only those needing treatment or medication will be given an appointment time.

**Remember:** Always ring ahead before going to any service and never attend if you have symptoms of COVID-19.

For further information about sexual health, see [www.leedssexualhealth.com](https://www.leedssexualhealth.com). If you're pregnant, and need to access abortion services, or just want to talk through your options, you can contact the two abortion providers in Leeds directly, for pressure-free advice, guidance and to arrange an abortion:

**BPAS** (British Pregnancy Advisory Service) **0345 730 4030**

**Marie Stopes** **0345 129 5072**





## 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](http://www.111.nhs.uk)**



## How is it for you? Weekly Check In 3



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.

[Click here to give your answers](#)

**STAY AT HOME** 

**PROTECT  
THE NHS**



**save  
lives**