

**Edition 10**

June 05 2020



# # Together Leeds

Coronavirus community and  
voluntary sector bulletin



EMELIA 5 & A HALF YEARS OLD

**Stay alert. Control  
the virus. Save lives**



## Introduction Week 10

### Introduction

This week, as the Government slightly relaxes 'lockdown' rules, we focus our bulletin on what that means for people, and what they can do to stay safe and healthy outdoors.

The mental wellbeing of our local residents continues to be a big concern, and therefore we have some messages on handling anxiety and stress.

We keep you fully up-to-date with the latest guidance around:

- **shielding**
- **smoking**

Finally, we focus on two forthcoming campaigns - Infant Mental Health Awareness Week (June 7-12), and **Carers Week (June 8 to 13)**.

We hope you find this week's bulletin an interesting and useful resource, and that you are able to share our messages and web links with the people of Leeds.

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



### Have you or someone you know been shielded during the Pandemic?

Since the start of the pandemic, many people in Leeds have been advised to "shield" to keep themselves as safe as possible. It is really important we found out how this has been for them and what can be done to help them over the coming weeks.

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. If you'd like more information about shielding, please see the links at the end of this survey.

<https://www.surveymonkey.co.uk/r/WeeklyCheckInShielding>





## Staying Safe and Healthy Outdoors

Even though the Government announced an easing of lockdown this week, please remember that the risk of infection remains. You can meet in a group of up to six people if you're outdoors, but ensure you stay at least 2 metres away from people you don't live with.

You can be infected and not show any symptoms so try to limit the number of people you see - especially for long periods of time. Close contact with people from other households and the longer you spend with them means a much higher risk of infection.

You can help control the virus if you:

- Stay at home as much as possible
- Limit contact with other people
- Keep your distance if you go outside (2 metres apart where possible)
- Wash your hands regularly

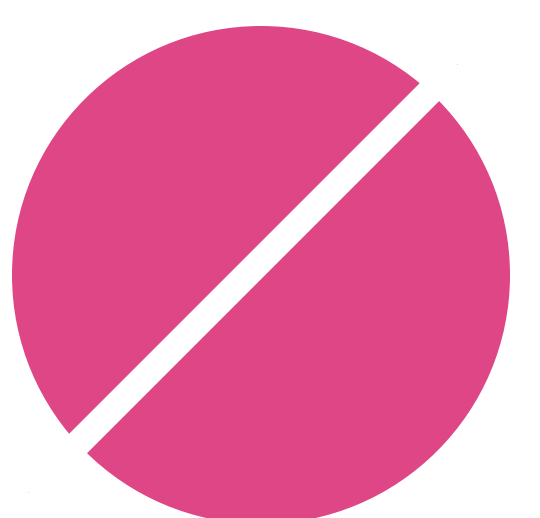
Don't leave home if you or anyone in your household has symptoms.

## Advice for people who are shielding

The Government has **updated guidance** for people who are clinically extremely vulnerable to COVID-19 and have been advised to shield. In summary, the changes are:

- People identified as 'clinically extremely vulnerable' should continue to shield until at least June 30, but from June 1 they can spend a short period of time outdoors each day with members of their household, still maintaining 2m distance from others.
- If the shielded person lives alone, the Government is advising they can meet one other person from a different household, maintaining strict social distancing. The advice is that this be the same person each time.
- Apart from going outside once per day, a shielded person should continue to avoid all non-essential face to face contact. This means they should still not go shopping, pharmacies or use public transport.
- The support for shielded people remains in place and unchanged.

The Government will review shielding guidance alongside wider changes to social distancing, including plans to write to those on the shielding patients list with information about next steps on shielding after the next review on 15 June.





## Staying Healthy Outdoors

If you can leave the house to get fresh air you'll 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, the outdoors also brings its dangers. Full guidance on how to keep yourself well can be found in the [NHS Stay Well Over Summer Leaflet](#).

This year, the hay fever season coincides with COVID-19, and the Royal College of General Practitioners is [warning people not to mix up the symptoms of coronavirus with hay fever](#).



On warmer days, you may be tempted 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](#).

Enjoying the outdoors and sunshine with your friends? You may be tempted to drink alcohol. [How much do you know about alcohol? Take our quick alcohol quiz to find out.](#)

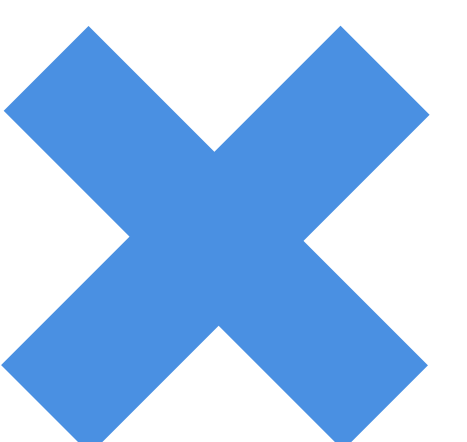
There's a range of online support to help you cut back on alcohol:

- [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.

Whilst taking advantage of the 'lockdown' relaxation, please remember it's an anxious time for many – particularly those who have been shielding with a long-term condition. Consider what you can do to help anxiety either for yourself or if you're worried about others.

GPs are still here to support physical and mental health. [Read this guide](#) about coping with anxiety during these challenging times

[Mindwell](#) also provides useful support and advice.





## Smoking Guidance

Public Health England has launched **“COVID-19: Advice for Smokers & Vapers.”** Stopping smoking brings immediate benefits to your health. This is particularly important for both you, and our NHS, at a time of intense pressure on the health service.

## Infant Mental Health Awareness Week (June 7-12)

As part of Infant Mental Health Awareness Week (June 7-12), we're encouraging parents in Leeds to reflect on their babies' experiences. Babies and children are also experiencing lots of changes as a result of the Covid-19 pandemic and need help to manage this. They pick up on stress and tension - so finding ways to look after ourselves is a vital part of caring for babies and children.

**The Infant Mental Health Service (Leeds Community Healthcare NHS)** has developed a resource to support parents and carers at this time to tackle challenges and develop ways to strengthen the unique relationship between baby and caregiver.

The resource and more information about the service can be found [here](#).

## Carers Week

**Carers Week** highlights the challenges unpaid carers face and recognises the contribution they make to families and communities throughout the UK. It also helps you access much-needed support if you don't think of yourself as having caring responsibilities

To celebrate Carers Week 2020, **Carers Leeds** is hosting an extensive programme of events.

Click on the image for an extensive list of programme of events.





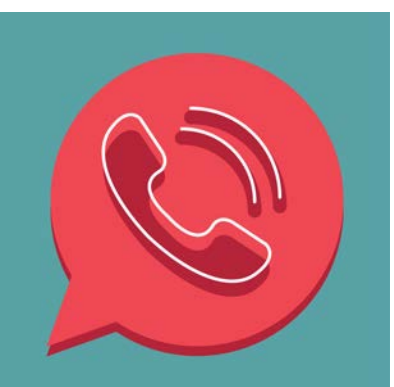
## NHS nursery rhyme reminds people NHS is here for you

Two young people in Leeds have provided the voiceovers for an **NHS singalong nursery rhyme** to encourage parents and carers to access care when their children fall ill or get injured.

If you have budding musicians and singers at home or at your school, they can get involved too. The local NHS is inviting other young people and their families to record their own version and share them on Twitter (**@NHSLeeds**)

You can also visit **facebook.com/NHSLeeds**

## 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.

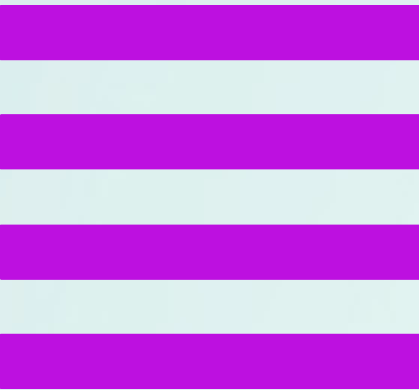
**MindMate** is a trusted Leeds-based website specifically for children and young people, their families and the professionals who support them.

**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.

