

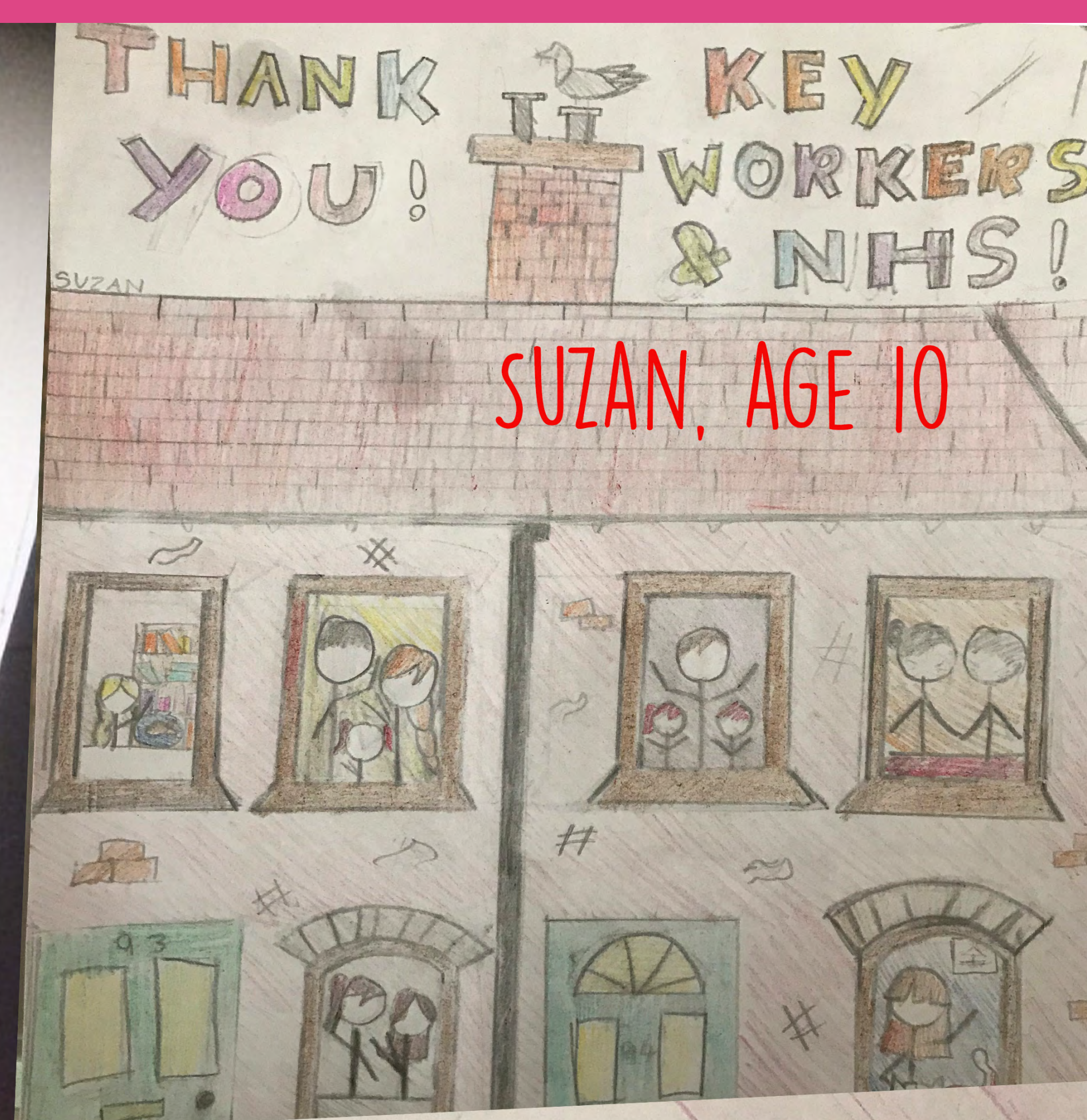
**Edition 9**

29 May 2020

# #TogetherLeeds

Coronavirus community and  
voluntary sector bulletin

NARA AND MAX AND SNACKMAN!



SUZAN, AGE 10



Stay alert. Control  
the virus. Save lives





## Introduction Week 9

### Introduction

This week we help you continue to face the challenges caused by lockdown by providing you with a range of useful advice on healthy eating, quitting smoking, entertaining your kids and eating difficulties.

For the more tech-savvy amongst you, there's details of how you can improve your digital skills through some online courses.

Finally, we continue to reinforce the ongoing **NHS is here for you campaign** and highlight how a simple nursery rhyme is helping to spread an extremely serious message across the city.

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

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



Your  
**healthwatch**  
Leeds



### #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](#)**

### New Healthwatch survey for people with relatives in care homes

Do you have a friend or relative in a Leeds Care Home? We want to hear about how Lockdown is affecting their emotional wellbeing and about things your care home is doing to help as well as any ideas you have to improve things. **(NB This is different to the above survey #WeeklyCheckIn you may have completed about 'giving and receiving care')**



## Healthy Eating

Did you know that your diet helps your immune system to cope with infections? So, eating well helps give your body all the nutrients it needs to perform at its best.

Eating a healthy, balanced diet is an important part of maintaining good health. This means eating a wide variety of foods in the right proportions. **The Eatwell Guide** shows how much of what you eat overall should come from each food group.

You can also visit the **British Dietetic Association** website which offers lots of tips on eating well, and features specialist information for people with long-term health conditions, pregnant women and the over-70s.

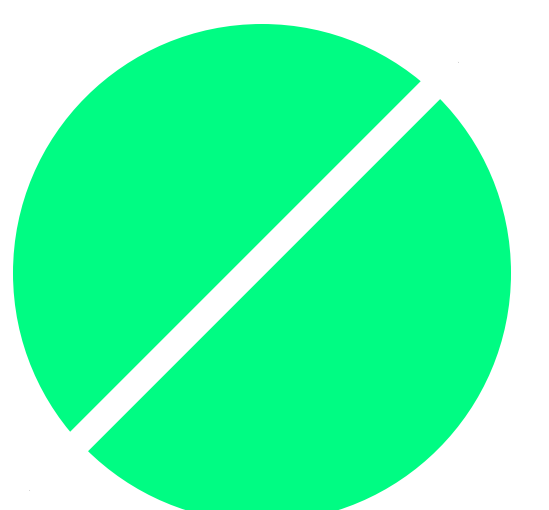
But during these challenging times, don't forget food is also a really important source of enjoyment – something we all need right now. So why not try and encourage people to try new recipes, new taste and flavours or just try to make mealtimes more fun. You can also find additional support for the public on eating well, cooking well and shopping well including recipe ideas **here**.

Usually sunshine, not food, is where most of our vitamin D comes from so try and spend some time outdoors in the sunshine and encourage others to do the same. However, if you're self-isolating, or can't get outside, we recommend a daily vitamin D supplement of 10 micrograms for adults and children over one. Read more information on **Vitamin D and Covid-19**.

## World No Tobacco Day/Quit For Covid

**World No Tobacco** day this weekend (Sunday 31 May) exposes the various tactics the industry uses globally to entice and manipulate young people - social media platforms, apps, video games, social media influencers and product placement in entertainment media.

Newly-published figures show that over 1800 children aged 11-15 years old start smoking each year in Leeds. Nationally, it's over 124,000 children, which highlights an urgent need to do more to reduce youth smoking.







This is especially important right now. The COVID-19 virus attacks the respiratory system and therefore smokers are at a greater risk of developing more severe symptoms if they contract the virus. **Evidence from China** found that smokers with COVID-19 are fourteen times more likely to develop more severe symptoms compared with non-smokers.

The UK symptom tracker data also shows that smokers are at an increased risk of developing more severe symptoms of COVID-19 (such as fever and a persistent cough). Furthermore the hand to mouth act of smoking increases the risk of contracting the virus as it provides an easy route of entry.

Stopping smoking is the best thing you can do for your health as well as setting a positive example for young people and there's never been a better time with more and more smokers joining the **Quit for Covid movement**.

The best method of quitting smoking is using a stop smoking service such as **One You Leeds** plus a stop smoking aid such as nicotine replacement or an e-cigarette.

Click on **the link** or call **0800 1694219** to make an appointment.

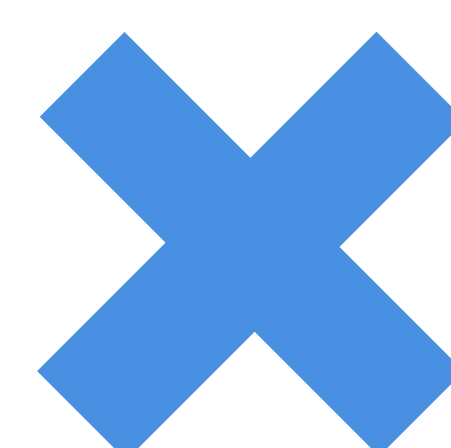


## Fun Activities For Kids

Stuck for ideas about how to entertain your kids during lockdown? Active Leeds has launched a new series of activity packs. **Ready Set Rainbow** is for the under 8s.

**Get Set, Get Active**, targets older children.

You can find both of them via the **Healthy at Home hub**. They include active challenges and games, as well as puzzles, colouring sheets and mindfulness activities. The packs are also being distributed as a printed resource. To enquire about this, contact [jason.minott@leeds.gov.uk](mailto:jason.minott@leeds.gov.uk).







## Digital Training

Want to brush up on your digital skills? Leeds City Council in partnership with Co Space North and



are hosting a new programme of training to help colleagues develop their digital skills.

Future events include Digital inclusion: **Supporting People With Learning Disabilities**, Thursday 4th June, 1pm - 2pm;

**Digital Inclusion: Supporting Older People**, Thursday 11th June, 1pm – 2pm.

## Suicide Prevention

With frontline workers and new volunteers reporting they're receiving increasingly difficult calls about suicide from members of the public, particularly during the time of COVID-19 and lockdown, **Leeds Strategic Suicide Prevention Group has launched new guidelines.**

## Breast Feeding Celebration week

The theme of this week - 1 to 7 June - is 'Promoting and supporting breastfeeding during the Covid-19 pandemic.' Public Health England will highlight the support available for breastfeeding in the community and in neonatal units, as well as showcasing innovation, such as support provided via video-conferencing. A wide range of resources to promote the week are **available here.**

## Malnutrition helpline

Leeds Community Healthcare NHS Trust has set up a malnutrition helpline to connect with the Community Dietetic Team. You can get help with issues such as poor appetite, unintentional weight loss, dehydration, difficulties affording food and not feeling well enough to shop for or cook food. The helpline is available Monday to Friday 9am – 4pm on 0113 843 0905 or you can email 24 hours a day on **lch.malnutrition@nhs.net.**





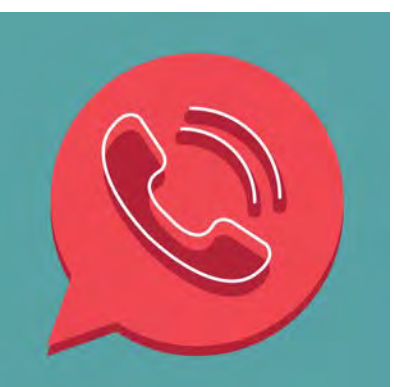
## NHS nursery rhyme reminds people NHS is here for you

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.

