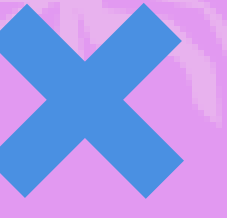


Edition 16

July 17 2020



Together Leeds

Coronavirus community and
voluntary sector bulletin



ART BY MILLI, 21

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



Introduction Week 16

Welcome to our latest health and care bulletin. This is our 16th edition. We've come a long way since we started these back in March, and now are reviewing how these bulletins work for you and for the people of Leeds. We have set up a quick survey and want to hear from as many as you as possible: [Take the survey here](#)

In this edition:

- A quick guide to COVID testing
- The latest guidance on face coverings
- 'Today's the day' to quit smoking
- Welcome back to Leeds – a campaign helping people return to Leeds city centre safely.
- Don't Let Stigma Win – a new campaign about mental health.

BecauseWeAllCare campaign

The pandemic has shown how much people value our fantastic health and care services, and the brilliant people who work in them. In fact, two-thirds of people say they're more likely to act to improve health and social care services since the outbreak of COVID-19.

This is why we want to hear from you. Healthwatch England have launched the [#BecauseWeAllCare campaign](#) to help services identify and address issues and improve people's experience by encouraging feedback.

Why not tell us about your experiences of health and care by completing a [confidential online survey](#) or you can phone the team on [0113 898 0035](tel:01138980035) or email info@healthwatchleeds.co.uk

Was your health and care paused over Lockdown?



Staying Informed About Your Care & Treatment Under Lockdown

During the pandemic, many people in Leeds have seen their health and care treatment paused. If this is the case for you, we'd be really grateful if you could answer the following questions about how this has been, so we can feed back your experiences and help shape the city's response to coronavirus in Leeds. [Fill in the survey here](#)



Getting Tested

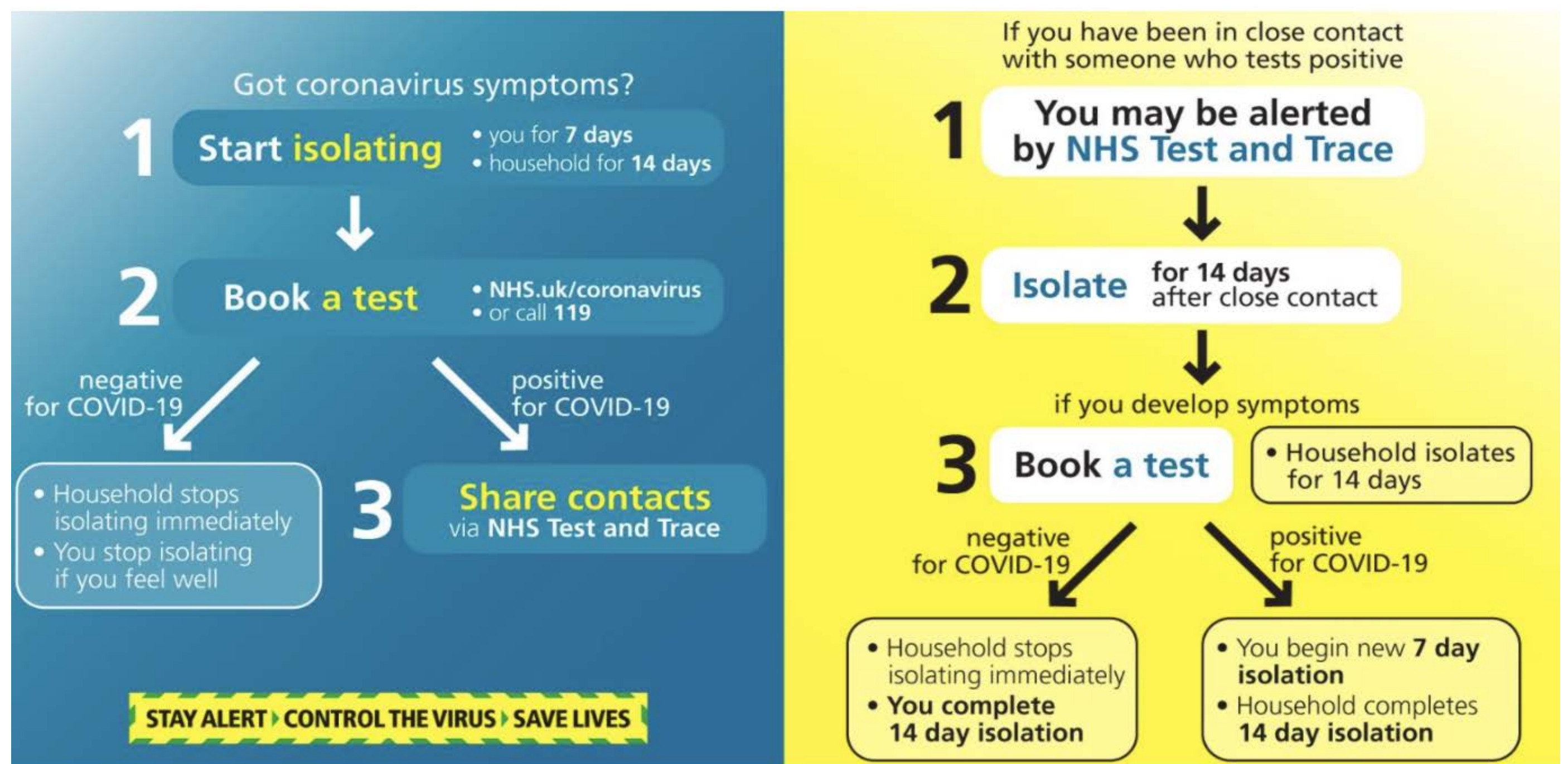
Here's our quick guide to testing.

Who can be tested

- Anyone in England whatever their age.

When to apply for a test

- You need to get the test done in the first five days of having **symptoms**.



- You and anyone you live with must **self-isolate** until you get your result.
- Anyone in your **support bubble** must also self-isolate until you get your result.

How to book a test

- **Book a test** online or call 119.

Different ways to get tested

- Test sites - Temple Green drive-through site and **Bridge Street Community Centre**.
- **Watch a video** explaining the walk-through testing at Bridge Street site
- **Watch a video** explaining the drive-through testing.
- Home test kits – **watch a video**.
- Mobile testing units – travel around UK to increase access to testing.
- Satellite centres at hospitals.
- NHS facilities.

The testing process

The process involves taking a swab of the nose and the back of the throat.

Test results

You'll receive your results by Text or Email within 48 hours of a swab being taken or within 72 hours of a home test.

There are three types of results – negative; positive; unclear, void, borderline or inconclusive. If you don't get your result, call 119 (7am to 11pm).

With a **negative test result**, you don't have to **self-isolate** if your test is negative, as long as:

- Everyone who you live with, or is within your support bubble, who has **symptoms** tests negative.
- You're not told to self-isolate by **NHS Test & Trace**.
- You feel well – if you feel unwell, stay at home until you feel better.



With a **positive test result**, you must

- **Self-isolate** for at least 7 days from when your symptoms started.
- Self-isolate for 7 days from when you had the test if you didn't have **symptoms**,
- Others who live with you, or are in your **support bubble**, must self-isolate for 14 days from when you start.

With a **positive test result**, you must

- **With an unclear, void, borderline or inconclusive test result**, you must
- Get another test as soon as possible.
- **Self-isolate** and get another test within 5 days if you've had symptoms
- Self-isolate for 7 days from when you start with symptoms if you can't get a test within 5 days. Others who you live with or are within your **support bubble** must self-isolate for 14 days.
- If you don't experience **symptoms** you, or others you live with or are in your support bubble don't need to self-isolate.

You can also read the **Government's full testing guidance**.

Updated guidance on face coverings

From 24 July face coverings will be mandatory in shops – this is in addition to existing measures on mandatory face coverings on public transport and in healthcare settings.

A face covering can be any covering that can cover your mouth and nose, that is made of cloth or other textiles, and through which you can breathe. Examples of face coverings include: face masks, scarves, bandanas, or even homemade ones. Religious face coverings that cover the mouth and the nose count as face coverings for these purposes.

When applying or removing the covering, you should wash/sanitise your hands first and avoid touching your face. After each use, you must wash the face covering at 60 degrees centigrade or dispose of it safely. You may also use, if you prefer, a face visor but it must cover your nose and mouth completely.

There are some circumstances, for health, age or equality reasons, whereby people are not expected to wear face coverings in these settings. Full guidance, including exemptions, and how to make your own, is available **here**.





Welcome back to Leeds

We know many of you may be feeling anxious about returning to town and city centres, but local businesses (e.g. shops, banks, restaurants) are all working together to keep you safe.

If you are thinking about visiting Leeds City Centre, it's worth looking at our new campaign aimed at supporting businesses and customers to safely return to the city following the easing of lockdown restrictions.

The website features essential information for visitors to the city centre, including a queuing system for pedestrian areas on main streets, helpful signage throughout the city centre and ambassadors supporting with town centre management teams to help people maintain social distancing in the city centre. It also contains further information travel, car parking facilities, which shops are open and food and drink options. Visit: www.welcometoleeds.co.uk

Don't worry if you do not have access to the internet, because when you get into the city centre there are plenty of signs available to help you make your experience safe and enjoyable.

Quitting smoking 'Today's the day'

More people than ever have quit smoking during the pandemic – why don't you join them? Leeds City Council is supporting the new **'Today is the day'** campaign, encouraging smokers to quit today. It features a heartfelt plea from respiratory doctor Ruth Sharrock for smokers to quit today to protect themselves from smoking related diseases and increased risk of severe illness from COVID-19.

Smoking is the largest cause of preventable death in Leeds responsible for over 3400 deaths a year and every year a further 1825 children take up. The campaign directs smokers to effective forms of support to quit on the [NHS Smokefree website](#).

Smokers in Leeds can call One You Leeds on 0800 1694219 or [visit this website](#) for help to stop smoking





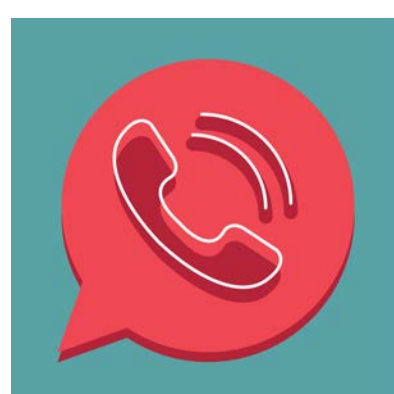
Dont Let Stigma win

Mental health problems affect thousands of people. In Leeds:

- Around 106,000 people experience a common mental health problem.
- Local hospital admissions for self-harm have increased for young women in 5 years.
- Men are five times as likely to take their own life as women.
- Loneliness and social isolation are experienced across all ages.

Even though so many people are affected, there's a strong social stigma attached to mental ill health, and people with mental health problems can experience discrimination. Leeds City Council has commissioned Touchstone to launch the **Anti Stigma Leeds group** to help tackle discrimination. Contact the group on **0113 271 8277**.

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.

West Yorkshire and Harrogate Health and Care Partnership Bereavement Support Line: FREEPHONE 0808 196 3833, and a live chat function is available on the website. The service is available 7 days a week, from 8am to 8pm.



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

Previous issues

Click on the images below to read the previous issues.

