

Coronavirus Third Sector Bulletin: Edition 16

Introduction

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: **(Link to be supplied)**

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.

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 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 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 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.

Quit smoking with '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

#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 or email info@healthwatchleeds.co.uk

Don't 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 contacts

- **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](#).
- 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.
- **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.
- **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.
- **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).

- **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.