

# Covid-19 Summary Bulletin



## Black Lives Matter

Our NHS Nottingham and Nottinghamshire leaders have released a statement to show our solidarity with the Black Lives Matter movement. To read the statement and learn about the work being done, click [here](#).

## Unpaid Carers Support

Unpaid carers can access support through The Carers Hub service which is delivered by Carers Trust East Midlands. They provide advice, information and support to unpaid carers across the city and county. The Carers Hub is continuing to provide support to carers during the crisis and are working hard to ensure carers can continue to be effectively supported remotely. Support offer during the

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Coronavirus crisis includes: Virtual Carers support groups, virtual 1-2-1 drop-in sessions, telephone support, welfare checks, collection of essential items and more.

For more information, visit their website [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub).

To contact them, call 0115 824 8824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org).

## Young Carers

A free, independent, and confidential support service is also offered for young carers across **Nottingham County**.

Young carers can access virtual 1-2-1 or group support sessions, Q+A sessions and help with the collection of essential items. To get more info, call 0115 824 8824 or via email on

[hub@carerstrustem.org](mailto:hub@carerstrustem.org). To visit their Facebook page, click [here](#).

Young Carers in **Nottingham City** can benefit from support with Action for Carers by engaging in activities such as their virtual sessions or regular family check-ins. To find out more, visit their website <https://aycnottingham.co.uk/>. You can also email

[aycservice@carersfederation.co.uk](mailto:aycservice@carersfederation.co.uk) or leave a message on 0115 962 9310.

Carers are being urged to complete a



carer's emergency plan. This a document which they can keep at home and be used for those situations where the main carer is for example taken ill and is therefore unable to continue to provide caring support. See end of bulletin for the emergency plan.

## Carers Surveys

Nottinghamshire Healthcare Foundation Trust want to know how things are for carers, and carer's thoughts on how we care for your loved one. They also want to know how current circumstances have impacted on the support you and your loved one have had from them.

How to share your feedback and experiences:

- Fill in **[their online survey](#)** – you can choose to give feedback about the care of your loved one (on their behalf), or about your own support as a carer
- Go to **[Care Opinion](#)** - you can share your story in a bit more detail and receive a response from their service

Unpaid carers for those with Dementia are invited to take part in a survey by Imagine Artsdem Broxtowe whose purpose is to support carers and people with dementia in ways that best suit their needs. Further details about the organisation behind the survey, and the dementia day centre that it runs at Padge Road, Beeston can be found here: <https://www.thebeestonstudio.uk/>

To take part in the survey, click [here](#).

Anyone who would prefer a paper copy to complete by post may leave their address on the voicemail for The Studio at this number: 07543 534336.

## Dementia Awareness

**Here's an opportunity to join a free course on Dementia Awareness.**

Discover better ways to support people with Dementia. Explore signs and symptoms, interventions, support networks and more. To get involved, click [here](#).



## Digital Services Update

### NHS App

Continued thanks and appreciation goes to all of those involved in ensuring our Integrated Care System (ICS) remains with the highest number of registered users for the NHS App in the country; we now have over 43K patients registered to use the NHS App.

Increasing the uptake of NHS App users across Nottingham and Nottinghamshire has never been more important. Especially now with the exciting new developments in place for simplifying the PKB registration process through single sign on (see below).

### Patients Know Best (PKB)

As of Friday 5<sup>th</sup> June, patients whose GP practice were live with PKB and had completed the subsequent



technical steps could register for their PKB record via the NHS App. The single sign on update is such a significant step in streamlining the registration process for patients to claim their PKB account.

Patients within our ICS are now be able to access additional services on top of what the NHS App provides nationally; all brought to them by PKB, for example:

- Secure messaging - message your GP surgery or health professional online

Healthcare Providers and teams start to use the PKB system, individual patient registration will be so much simpler. This is a great milestone which has been delivered ahead of schedule by PKB and the NHS App team.

Patients and our workforce are welcome to ask questions about the NHS App, PKB or what support is available to help people to get online or access online services through the generic email [sfh-tr.nottsnhsapp@nhs.net](mailto:sfh-tr.nottsnhsapp@nhs.net).



- Online consultations - consult a GP or health professional through an online form and get a reply
- Library of resources - view useful links your doctor or health professional has shared with you
- Appointments and care plans
- With many more features coming in the following weeks and months.

Previously, patients could only access PKB from the NHS App if they had received an invitation to register via text or email by their practice. As other

The website for the Notts NHS App – Personal Health and Care Record continues to be populated with new material to support our population and healthcare professionals – [www.nottsnhsapp.nhs.uk](http://www.nottsnhsapp.nhs.uk).

## Blidworth on the Move

Blidworth on the Move is a voluntary transport scheme where a team of volunteer drivers provide transport for vulnerable or isolated people to <sup>4</sup> go to GP surgeries or attend hospital appointments.

This scheme is available to residents in Blidworth. For more info, visit their website: <https://www.blidworth-onthemove.co.uk/>

To book a trip, please ring the booking line on 07915929936.

## Survey for Ashfield Residents

Discover Ashfield and Ashfield District Council are currently conducting a survey to understand what effect covid-19 has had on residents and businesses in Ashfield.

The results of the survey will be used to determine specific areas of support required in the recovery phase of covid-19. Ashfield Health and Wellbeing partnership will also reflect this in their new strategy for 2021 and beyond.

To take part in this survey, click [here](#).

## Loneliness and Isolation

The Local Government Association and Association of Directors of Public Health (ADPH) have produced a guide on practical advice for those leading the response to loneliness and social isolation issues arising from the COVID-19 pandemic.

To view this guide, click [here](#).



## Your Health Your Way

As of 1st June 2020 Your Health, Your Way will be delivering all elements of Nottinghamshire's integrated wellbeing service, this means they will be accepting referrals for:

- Weight Management
- Smoking Cessation
- Physical Activity
- Brief Alcohol Support

All interventions can be delivered remotely in accordance with social distancing guidelines. YHYW will be able to provide both one to one and group based support via telephone and online support (Zoom). Third party and self-referrals can be made online by visiting

<https://yourhealthnotts.co.uk/>.



## Early Years and food childhood obesity Trailblazer project

Recently there have been many initiatives and ideas fast tracked as part of the need to get food to the most vulnerable. This includes many different versions of the food box/bag initiatives that are being looked at and tested out as part of the trailblazer. Members of the Trailblazer are part of a large national network involved in sharing different ideas so they will be using this learning to help refine the model in Notts aimed at families with children aged 0-5. A Nutritionist from Nottinghamshire's newly commissioned Integrated wellbeing service "Your Health, Your Way" will be working with Nottingham County Council to come up with innovative recipe ideas based on the contents so those who are shielding can still maintain a well-balanced diet.



## Cancer Research UK

Cancer Research UK have issued guidance on what you should do if you believe you have symptoms of Cancer during the Coronavirus outbreak. Click [here](#) to gain more information and watch their video.

## NHS Nottingham and Nottinghamshire CCG Update

### **Veterans help distribute over 2.5 million items of PPE**

Military Veterans are helping during the pandemic by using their skills to support the NHS. They have helped the NHS Nottingham and Nottinghamshire CCG in delivering over 2.5 million items of PPE during the Covid-19 pandemic.

Sarah Carter, Nottingham and Nottinghamshire CCG Executive Lead for Covid-19, said: "The work that volunteers have undertaken for the NHS and within the community throughout the pandemic has been outstanding. I would like to thank them for their hard work and dedication in helping us to keep our services running smoothly."

To read more from Sarah and learn more about this work, click [here](#).

## Response from Notts Fire and Rescue Services

On-call fire crews have been helping across the system to support food and medicine deliveries. The service has made 1,121 medicine deliveries and 4,695 food parcel deliveries across Nottinghamshire since the pandemic hit.

A number of firefighters have also been trained for EMAS as outpatient support ambulance drivers and further firefighters have been trained to support mortuaries should the need arise.



## Public Guidance on GP appointments

The CCG have published a page on our website to address Frequently Asked Questions (FAQs) in order to help patients prepare for any face to face or remote consultations they may have.

These FAQs include:




- guidance on face coverings and social distancing in practices
- information on video and telephone appointments
- advice on routine appointments
- signposting for symptoms of coronavirus.


To read more about this, visit our webpage: <https://nottsccg.nhs.uk/covid-19/gp-appointment-guidance/>




## HOW TO MAKE YOUR OWN FACE COVERING

**YOU WILL NEED:** A bandana and elastic bands (or hair ties)

1.
Fold bandana in half

2.
Fold top and bottom thirds into the centre

3.
Place elastic bands or hair ties about 15cm apart

4.
Fold sides into the middle and tuck

5.
To wear face covering, stretch bands over ears and secure over your nose and mouth


STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

## Community and Voluntary Services Updates

Below are links to your local Community and Voluntary Services. Visit their websites or sign up to their bulletins to stay up to date with events in your community.

### **Nottingham Community and Voluntary Service:**

<https://www.nottinghamcvs.co.uk/news-and-events/sign-up-to-our-e-bulletins>

### **Ashfield Voluntary Action**

<https://www.ashfieldvoluntaryaction.org.uk/news/>

### **Mansfield Community and Voluntary Service**

<https://www.mansfieldcvs.org/news>

### **Rushcliffe Community and Voluntary Service**

<http://www.rushcliffecvs.org.uk/>

### **Newark and Sherwood Community and Voluntary Service**

<http://www.nandscvs.org/resources/e-bulletin/>

## East Midlands Academic Health Science Network

The East Midlands Academic Health Science Network have released their June 2020 newsletter. To view this newsletter and subscribe, click [here](#).

To unsubscribe or for further queries regarding the information in this bulletin, kindly contact Sasha Bipin via [sasha.bipin@nhs.net](mailto:sasha.bipin@nhs.net)



# CARERS EMERGENCY PLAN



Consider things you would need to put on an emergency care plan for the person you care for if you were incapacitated for any reason.  
 e.g. Medications  
 Meal time routines  
 Allergies  
 Bedtime routines  
 NOK details / Family / Friends / Care professionals

Consider where would be the most appropriate place to leave copies of this 'Carers Emergency Plan' e.g. with a neighbour, family member, a copy on your kitchen wall etc.

CARERS EMERGENCY PLAN			
Your name:			
Cared for name(s):			
Cared for DOB:			
Condition or diagnosis:			
Heart (heart problems)	Yes / No	Breathing (respiratory problems)	Yes / No
Epilepsy	Yes / No	Gastric Disorders	Yes / No
GP Surgery		Contact details	
Mental Health Team	Yes/No	Contact details	
Care Agency	Yes/No	Contact details	
Supportive information and Contact details	1. Social Services 2. Carer Hub 3. 111		
Suggested back up support e.g. family, friends			
Medications prescribed, location of medications and times administered:			

(Attach a separate sheet if necessary)

**Warfarin/Apixaban prescribed: Yes / No**

**Routines e.g. waking up, washing, meal times, bed time etc.:**

**Any issues with communication (hearing aid, spectacles, speech, behaviour etc.):**

**Any issues with personal care and/or continence:**

**Likes and dislikes e.g. Meals, drinks, allergies, TV programmes, pets:**

**Any other information:**

Nottinghamshire Carers Hub, Carers Trust East Midlands, 19 Pelham Road, Nottingham, NG5 1AP  
Email: [hub@carerstrustem.org](mailto:hub@carerstrustem.org) Tel: 0115 824 8824 Fax: 0115 962 3110