



COVID-19 briefing 1 May 2020

The Frimley Health and Care briefing aims to provide you with the latest information on the measures we are putting into place across Frimley Health and Care to respond to the impact of Covid-19 on our local health and care services and provide you with a key issues update of what is happening across the system.

We are working together across our organisations and with the NHS England team to ensure our communications are consistent and timely. For the latest local position on Covid-19 please visit this link <https://www.gov.uk/government/publications/covid-19-track-coronavirus-cases>

Today's update covers:

1. **Help us help you get the treatment you need**
2. **Changes to our walk-in and minor-injury services in Berkshire**
3. **Mayathon – Be active, stay well and support a friend**
4. **COVID-19 staff testing and new test centre at Farnborough**
5. **Bereavement support**
6. **Communications – Ramadan and Maternity**
7. **How people can help the Covid-19 effort**

1/ **Help us help you get the treatment you need**

Don't delay in getting urgent treatment if you need it – that's the message to members of the public in a major new NHS campaign. People's concerns about coronavirus and a fear of being a burden on health services have led to a significant drop in the numbers of people seeking treatment in recent weeks.

GP practices have seen a reduction in contact from patients, while around one million fewer people have attended hospital Accident and Emergency departments nationwide this month compared to last April.

The risk is that if people with potentially serious conditions don't seek help when they first notice symptoms, their condition can deteriorate and pose significant problems to their long-term health, or worse..

While NHS staff have pulled out all the stops to deal with coronavirus, the NHS is still there for patients without coronavirus who need urgent and emergency services for stroke, heart attack, and other killer conditions. And it is safe to access care.

The newly launched NHS 'Help us Help you to get the treatment you need' campaign has been created to help address this issue by giving people permission to access NHS services and reassuring them that they won't be a burden on the NHS.

We are asking people to help us to share the following messages:



Frimley Health and Care



You should continue to attend your appointments, unless you have been told not to attend. **If you need medical help** from your GP practice, contact them either online, by an app or by phone to be assessed. You can order your **repeat prescriptions** on the NHS App and through your GP surgery or pharmacy's online service, where available.

People should contact their GP or the 111 service (phone and online – 111.nhs.uk) if they have **urgent care needs** – or 999 in emergencies – and to attend hospital if they are told they should. If you or a loved one have the symptoms of a heart attack or stroke, are a parent worried about their child or have concerns about conditions such as cancer, you should seek help in the way you always would.

If you are **pregnant** it is important that you still attend your antenatal appointments and continue to seek advice from your midwife or maternity team. If you are worried about your health or the health of your unborn baby, please contact your midwife or maternity team.

It is important that you or your baby or child still have routine **vaccinations**. They protect against serious and potentially deadly illnesses and stop outbreaks in the community. If the person needing vaccination has coronavirus symptoms or is self-isolating because someone in the household is displaying symptoms, they should contact their GP practice for advice.

For further information and to find further information on this campaign as it rolls out please do to our Frimley Health and Care website:

<https://www.frimleyhealthandcare.org.uk/news/posts/2020/april/the-nhs-is-here-for-you/>



2/ **Changes to our walk-in and minor-injury services in Berkshire**

As part of the national effort to combat Covid-19 and to ensure we are using our NHS resources most efficiently, the following temporary service suspensions are being implemented:





Slough walk in centre - The minor illness and injury unit at Slough Walk-in Centre has been temporarily suspended from Wednesday, 29 April. Staff from the centre are being redeployed to support other urgent care services in East Berkshire. We are working closely with local authority colleagues as well as partners in the voluntary and community sectors to ensure that residents are made aware, both within Slough and its neighbouring areas, including the most vulnerable in our population. Onsite signage will be made available in a number of the languages spoken locally.

Minor injury unit at Brants Bridge, Bracknell - Friday 1 May, will be the last day of service for walk-ins at the Minor injury unit at Brants Bridge, Bracknell. Other services provided by Royal Berkshire Foundation Trust will continue to be provided on the site, such as phlebotomy and also maternity appointments provided by Frimley Health. This will be made clear in all communications to local residents. Staff from OneMedicare will be re-deployed across the Frimley Health and Care to support other urgent care services in community and acute care.

3/ **Mayathon – Be active, stay well and support a friend**

It's never been more important for everyone to stay physically active, mentally well and to support our friends. That's why Frimley Health and Care ICS is supporting Mayathon.

We would like as many of you as possible to get involved as well. We know how beneficial being active can be and that this campaign will inspire you to do more in May.

What is the Mayathon challenge? The Mayathon challenge is to complete an unbroken streak of 26 minutes of exercise a day for 26 days, virtually with a friend, family or colleague, starting on the 1st May.

It can be any activity and any intensity - it's not about how far or how fast. The aim is be active, stay well and support a friend while we're at home. The number 26 is because it's the number of miles in a marathon and the finish line is the 26th May. We would also love staff to share their stories with us and help keep us all motivated.

Use the free mayathon app (available via the [App Store](#) and [Google Play](#)) to help you buddy-up, log your activity (and see your buddy's!), track your mood, and easily access free playlists and work-out videos.

Please do take a look at <https://www.frimleyhealthandcare.org.uk/mayathon> to find out more about taking part.

4/ **COVID-19 staff testing at Farnborough**

Frimley Health and Care has been further developing its offer of COVID-19 tests to health and care staff working in the Frimley Health and Care Integrated Care System and their household members who have symptoms.





We have been looking to expand our sites so have been developing a testing site in the south of the patch. Work is underway with our system partners to launch a new testing site in place in Farnborough for next week. It is a real boost to have additional testing facilities as it supports more key workers and it reduces the distance that they have to drive, when by definition they may not be feeling well.

We would like to thank the owners of the test sites and our local authority partners for their invaluable support in preparing the facilities.

5/ Bereavement support available

As the number of those who have tragically died rises across the country, support and guidance continues to be available to the bereaved. The Government has recently published advice specifically for:

- [mourners who are clinically vulnerable or in a shielded group who wish to attend,](#)
- [mourners who are showing coronavirus symptoms](#)
- [mourners who are self-isolating due to a possible case of coronavirus in their household](#)
- [professionals on how bodies should be handled](#) or [those who wish to perform rituals or practices that bring them into close contact with the deceased.](#)

6/ Communications – Ramadan and Maternity

On Friday 24th April we launched a Frimley Health and Care campaign to support people through **Ramadan** during the Covid-19 pandemic. The response on our websites has been significant over the first few days with 4 posts over 30,000 reach and nearly 1,000 views of the Youtube video message from a local GP.

<https://www.frimleyhealthandcare.org.uk/news/posts/2020/april/ramadan-during-covid-19/>

In addition, we have noted that the **Frimley Health and Care Maternity microsite** to support local women and families on their journey from family planning to parenthood is gathering increasing attention with the site receiving nearly 11,000 visits last month.

The site - www.frimleyhealthandcare.org.uk/maternity - provides people living across the area with a 'one-stop shop' for all the resources and information that they might need.

Local women helped midwives and doctors to design and test the site to ensure that it has the right information, is focused on a maternity journey and is presented in a simple and accessible way.





The website is divided into sections covering the different stages of pregnancy, from the planning stage, through the pregnancy itself, to labour and birth and then advice to new mothers on how they can care for their babies and themselves.

The site covers physical, mental and emotional health aspects of pregnancy to ensure that expectant mothers and their families know what can arise and what they can do in certain situations.

7/ How people can help the Covid-19 effort

We need people to continue to follow the government advice and comply with social distancing rules and self-isolating where necessary.

If you do leave home for any reason, use hand sanitiser gel if you have it, or wash your hands thoroughly with soap when you have the opportunity - at the very least when you get home again. NHS staff are doing all they can to care for patients with coronavirus and to prepare for the surge in cases we know is coming - but we need your help: Stay home, save lives.

Are you following Frimley Health and Care social media accounts?

Can't wait for our briefings to hit your inbox? Stay up to date with our latest information by following us on social media...

Frimley Health and Care website: www.frimleyhealthandcare.org.uk/

Twitter - @FrimleyHC twitter.com/FrimleyHC

Facebook – Frimley Health and Care Integrated Care System

<https://www.facebook.com/FrimleyHealthandCare>

