



COVID-19 briefing 24 April 2020

This is the next Frimley COVID-19 briefing; aimed to provide you with the latest information on the measures we are putting into place across Frimley Health and Care to mitigate the impact of Covid-19 on our local health and care services.

The pace of change and level of expectations to respond are increasing each day and 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. **Update position and need to access care**
2. **Preparing for Ramadan**
3. **Frimley Health and Care wellbeing app support**
4. **Learning Disabilities– explaining Covid-19**
5. **How people can help**

1/ **Update position this week**

Over the last few weeks we have been planning for the possible surge in case numbers, and have worked hard to ensure we have enough critical care capacity across our hospital sites. We have also been re-arranging our other services to ensure we can deliver the right care and support to our communities in response to Covid-19 and for people who require non Covid-19 care.

While we have been working at pace to support our patients, adopt new technology and respond to the demands of today we are also considering how we might embed best practice identified during this period in the longer term, through the coming months and post-Covid-19.

Across Frimley Health and Care ICS, our health and care services are working together to ensure that people can still access urgent healthcare for other conditions, not just the coronavirus. We are hearing that fewer people are seeking help for their immediate health needs. Our message is that 'the NHS is open for business and that people should not hesitate to seek medical support when they need to. There are a range of services open which mean we can still protect the NHS and get people the support they need.

Our Workforce Bureau, set up as part of the system response to Covid-19, has re-allocated 87 people to support critical roles across the system in the last week, and we have now allocated 241 additional people in total. This includes doctors, nurses, physios, dentists, and student nurses, physios and Occupational Therapists.

2/ **Preparing for Ramadan**

The month of Ramadan is the holiest month of the Islamic year. Muslims around the world fast during daylight hours, meaning they abstain from eating, drinking for the





duration of their fast. We acknowledge that Ramadan this year will be a very different experience for Muslims due to the Covid-19 pandemic and would like to share some information to support people during this time.

In line with government guidelines for people to stay at home unless absolutely necessary, it is advisable that there should be no public congregational acts of worship for Muslims during the holy month of Ramadan this year, which takes place between 23/24 April and 23/24 May (depending on moon sightings).

This means a change from the norm with no prayers at local mosques or anywhere outside of people's homes, no spiritual talks in the community or Iftars with friends and family. These are elements of Ramadan that members of the Muslim community really look forward to.

NHS commissioners have launched a short video featuring a local Muslim GP to help explain how the COVID-19 pandemic will impact on the holy month of Ramadan.

Filed in English, with an Urdu version soon to be released, Dr Azma Ali, who works in Berkshire, explains how Ramadan will be different for fellow Muslims this year due to the coronavirus which continues to affect almost every aspect of everyone's day to day lives. You can watch the short film from the link below.

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

The holy month can still be observed both spiritually and socially while adhering to the social distancing measures in place:

- Members of our Muslim community may be able to access services livestreamed by their local mosque, or online sermon and prayer sessions hosted by Imams. These will allow people to take part safely. They may also find community virtual Iftars, or set up their own with friends and family using video conferencing facilities
- It is important that people stay connected with their loved ones during the month of Ramadan for their own good health and wellbeing
- For those fasting, it is important that they eat at least two meals a day and stay hydrated during Suhoor and Iftar
- Fasting is not obligatory for those who are old or unwell, and in light of the pandemic, it is particularly pertinent that those who would be putting their health at risk by fasting, observe caution, and refrain from doing so
- It is important that people with Diabetes who are thinking about fasting are aware of the associated risks in doing so - <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>
- It is important to stay hydrated during the month of Ramadan especially when fasting for several hours a day. Dehydration can lead to tiredness, headaches, lack of focus/concentration and Urinary Tract Infections

Further information can be found on: <https://mcb.org.uk/resources/ramadan/>





3/ **Frimley Health and Care wellbeing app support**

Formerly launching across our system this week, a range of trusted health apps is now available to residents of Frimley Health and Care to support people during the coronavirus lockdown – and beyond.

Bad advice can be worse for people than no advice at all, and with so many sources of information now available online, it can be confusing for people to know which apps they can trust.

Covering physical and mental health, the apps include all manner of conditions and concerns, from asthma to stress, with advice just a click away. Because the apps have all been tested and approved, people can be sure that the information they're getting is reliable. There are also apps to help people manage specific conditions such as their asthma or diabetes.

Examples of the apps that it has approved are:

- WYSA: Offering a mental health and wellbeing package to support the population not only now, but when this pandemic passes and the emotional effect remains. NHS front line staff can register free for access to premium tools and custom COVID-19 anxiety packages.
- Sleepio: A digital programme scientifically proven to help you sleep well without taking medication. Supporting the COVID-19 efforts. Sleepio is also currently free for all NHS staff.

The App Library can be found at: <https://www.frimleyhealthandcare.org.uk/orcha/>

4/ **Learning Disabilities & Dementia**

ICS system partners Surrey and Borders Partnership NHS Foundation Trust have put together some information specifically aimed at supporting people with Learning Disabilities or the people caring for them.

One of their therapies teams created some short videos to explain the coronavirus and social distancing:

<https://www.youtube.com/watch?v=X5BiTc5RgK0&feature=youtu.be>
<https://www.youtube.com/watch?v=VcP7JeFOARc&feature=youtu.be>

5/ **How people can help**

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.

