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**COVID-19 update**

**30 March 2020**

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**Attachments**

* Referral Process for Community Palliative Care V2.docx

**RSS COVID-19 page – links to important updates added today**

* [Clinical guide for front line staff to support the management of patients with a learning disability, autism or both during the coronavirus pandemic – relevant to all clinical specialities](https://www.valeofyorkccg.nhs.uk/seecmsfile/?id=3503&inline=1)
* [Chief Coroner's Office Summary of the Coronavirus Act 2020](https://www.valeofyorkccg.nhs.uk/seecmsfile/?id=3502&inline=1&inline=1)
* [Safeguarding key messages for Primary Care practitioners regarding children, young people and adults at risk of harm during COVID-19](https://www.valeofyorkccg.nhs.uk/seecmsfile/?id=3501&inline=1&inline=1)
* [Update for Partners from TEWV re:COVID-19 Contingency Arrangements](https://www.valeofyorkccg.nhs.uk/seecmsfile/?id=3504&inline=1)

**EOLC in the community – referral process**

In response to COVID 19 contingency requirements and addressing the EOLC demand from patients and families in the community setting,  YFT’s Specialist Community Palliative Care Team has collocated with the St Leonards Hospice at Home team and developed a referral process - attached.  If you have any questions please contact

Jenny Brandom, Director of Clinical Services Jenny.Brandom@stleonardshospice.nhs.uk

**Community equipment**

If you are a prescriber or authoriser and have an issue that relates to the ordering of community equipment please email voyccg.nytces@nhs.net. Alternatively phone Medequip Assistive Technology that delivers the Community Equipment Service on 01423 226 240. The latest bulletin and statement from Medequip is [available here](https://www.valeofyorkccg.nhs.uk/seecmsfile/?id=3500&inline=1&inline=1).

**Yorkshire Fatigue Clinic**

The Yorkshire Fatigue Clinic is working remotely with staff working from home. The only issue is receiving mail. The team can only collect mail infrequently therefore please use email for any referrals you may need to send. If you have any queries please email Dr Sue Pemberton at sue@yorkshirefatigueclinic.co.uk

**A message for Registered Managers from the local CQC Relationship Owner**

I am the CQC relationship owner for your practice and wanted to make contact with you during this difficult and stressful time; mainly so that you have my contact details and direct channel of communication should you need any advice or guidance regarding regulatory compliance during this period. I have also included a link to information on our internet relating to Covid-19. <https://www.cqc.org.uk/news/providers/coronavirus-covid-19-information>

We understand that you will be working under enormous pressure at this time, but please do not hesitate in contacting me if you require any advice or to notify me of any Covid-19 related issues.

We also understand that your CCG has shared information with you in respect of the CQC statutory notification arrangements. To reiterate, if you need to close any surgery for a short period of time (for example for a deep clean or temporary staffing issues) please notify me by email - you do not need to submit a statutory notification for this. If you close for longer i.e. more than 4-5 days (for example closing branches) you will need to submit a statutory notification. However, we appreciate this may not be an immediate priority for you so as minimum please email me until such time you can complete the notification. For ease, the link to do so is as follows: <https://www.cqc.org.uk/guidance-providers/notifications/events-stop-service-running-safely-properly-notification-form>.

If you have any questions please contact Michele.Fearon@cqc.org.uk or phone 03000 616 161 or 07789 875 460

**Nightingale Hospital programme**

We understand there is currently a lot a speculation, including on social media, surrounding the national NHS Nightingale Hospital programme and potential future sites including in Yorkshire and the Humber.  As it stands three sites have been announced nationally, London, Midlands in Birmingham and the North West in Manchester.  Whilst planning work maybe underway, no other locations have been announced. If further locations are announced we will ensure you are made aware.

**ZOOM users - please be aware of the privacy settings issue**

While we are working differently we are all making use of online channels to communicate and meet, with some of these meetings taking place via Zoom. Please be aware of default  privacy settings if you are using this platform. <https://www.theguardian.com/technology/2020/mar/27/trolls-zoom-privacy-settings-covid-19-lockdown?CMP=share_btn_link>

**RSS COVID-19 page**

To make it easier to find the resources you need, the COVID-19 section on RSS has been updated and categorised under the headings below.  Resources previously sent to practices as part of the daily updates will be added to this page <https://www.valeofyorkccg.nhs.uk/rss/home/infections-and-microbiology/covid-19/>

**CCG updates to Primary Care**

**NHS England and NHS Improvement updates**

**National guidance for health professionals**

**Online triage and consultations**

**Prescribing updates**

**Safeguarding**

**Updates from providers**

**Information for the public**

**New psychological self-help Apps for NHS staff**

NHS England and NHS Improvement is offering free access to wellbeing apps for NHS staff.

**Unmind -** a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.  They are offering free access to NHS staff until the end of December 2020.

1. Go to <https://nhs.unmind.com/signup>

2. Sign up with your NHS email address

3. Download the Unmind app from your app provider – (the organisation name is NHS).

**Headspace**

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

NHS staff can access the service for free with an NHS email address until 31 December.

1. Go to <https://www.headspace.com/nhs> and select clinical or non-clinical staff to start enrolling

2. Sign up with your NHS email address

**Sleepio** is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

1. Visit <https://www.sleepio.com/signup/start/plus/?showCodeInput=true&signUpPageReference=redeem> on your laptop or desktop computer

2. Enter redeem code NHS2020 and sign up for an account using your name and email address

3. Complete the sleep test

4. Get started!

**Daylight** is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation. Free access to Daylight is active now until 31 December.

1. Click <https://onboarding.trydaylight.com/daylight/access/100#2/1?utm_campaign=C19_FreeAccess&utm_medium=Employers&utm_source=NHSE_Daylight>

2. Answer a few short questions to tailor the programme to you

3. Sign up for an account using your name and email address

4. Download the Daylight smartphone app (search 'Daylight - Worry Less')

5. Get started!

**Useful resources (updated 30 March 2020)**

* The government has translated guidance for self-isolation and social distancing for all ages and for vulnerable people. This is available in the following languages - Arabic, Bengali, Cantonese, Mandarin, French, Gujarati, Polish, Portuguese, Punjabi, Urdu. Go to  <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance> and <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>
* Public Health England has produced [PHE easy read campaign materials](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnhsjoinourjourney.org.uk%2F%3Fmailpoet_router%26endpoint%3Dtrack%26action%3Dclick%26data%3DWyIxMjAiLCIxODg5ZDEiLCIyMiIsIjAyMWYxYTk0OGI0NyIsZmFsc2Vd&data=02%7C01%7Csteve.nash%40volsag.org%7C836e8fc363ea4210ec4908d7d02301c7%7Ce1f02f7212694a8086706e6614e20efb%7C1%7C0%7C637206721082361784&sdata=dqavb4GJOn31c8QEnm5eBTjdW48PqDxWr5h1LyEz6p0%3D&reserved=0)
* Healthwatch is building up a lengthy list of links to information about coronavirus, and its effects on different health conditions and on a variety of other topics, plus updates regarding organisations in North Yorkshire. <https://healthwatchnorthyorkshire.co.uk/coronavirus-links/>
* The CCG publishes public facing information on its website and social media channels.  The web link is <https://www.valeofyorkccg.nhs.uk/coronavirus-covid-19-information/>
* The link to the CCG’s clinical updates is available on RSS at <https://www.valeofyorkccg.nhs.uk/rss/home/infections-and-microbiology/covid-19/>
* NHS England’s latest bulletin summarises many national resources. Go to <https://www.england.nhs.uk/email-bulletins/general-practice-bulletin/>
* The dedicated NHS England and NHS Improvement COVID-19 web page is <https://www.england.nhs.uk/coronavirus/primary-care>.
* The RCGP website has links to useful resources: <https://www.rcgp.org.uk/policy/rcgp-policy-areas/covid-19-coronavirus.aspx>
* GP Rammya Mathew in Islington shares a suite of resources at <https://drive.google.com/drive/folders/19nzcxWxCXD2DBFVsG3JiwJHskP1oLRWa> Thank you Dr Paula Evans!
* National Autistic Society – guidance and helpline for parents’, young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.autism.org.uk%2Fservices%2Fnas-schools%2Fvanguard%2Fnews%2F2020%2Fmarch%2Fcoronavirus-(covid-19)-advice.aspx&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684920098&sdata=X0p0IpfwmQXowcaQVRflamskU%2FNmdKpAYqUIn6RYxjI%3D&reserved=0)
* Mencap - Easy Read guide to Coronavirus: [https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mencap.org.uk%2Fsites%2Fdefault%2Ffiles%2F2020-03%2FInformation%2520about%2520Coronavirus%2520ER%2520SS2.pdf&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684920098&sdata=S5Q3Tzb8p6P6AOsa%2BeDPP8PQceazwG2xEK6T65DQ%2Fng%3D&reserved=0)
* Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: [https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoungminds.org.uk%2Fblog%2Ftalking-to-your-child-about-coronavirus%2F&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684930090&sdata=hCT6wVcFSacio7qNOvk6eX8YRRm0uKSOa4QvPTitEMg%3D&reserved=0)
* Carers UK - Guidance for carers: [https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersuk.org%2Fhelp-and-advice%2Fhealth%2Flooking-after-your-health%2Fcoronavirus-covid-19&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684940084&sdata=RPeTq3k0bpsI1zGIjDqchzAvM%2F7CO2FZ16o%2BrlK4Kns%3D&reserved=0)
* Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: [https://www.mindheart.co/descargables](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mindheart.co%2Fdescargables&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684940084&sdata=H2glY%2Bfie1Tk3b6lnXcKEmKtZs%2Bf%2BCSQIydH2LaaCgI%3D&reserved=0)
* Free training GPCPD.com- If you are not currently a GPCPD member, go to[gpcpd.com/login\_register](https://redwhale-gpupdate.cmail20.com/t/d-l-mjidjkl-yhjidluru-y/) and enter the activation code **RWGIFT**. If you are already a GPCPD member, go to [gpcpd.com/my-account](https://redwhale-gpupdate.cmail20.com/t/d-l-mjidjkl-yhjidluru-j/), choose the ‘Manage your membership/subscriptions’ and enter **RWGIFT** into the ‘Top up and upgrade codes’ box. For step-by-step video instructions of how to redeem the code go to [www.gpcpd.com/activate-your-code](https://redwhale-gpupdate.cmail20.com/t/d-l-mjidjkl-yhjidluru-t/).
* Free training Headspace - Three months free access to Headspace is now available for NHS workers. Email Health@headspace.com for registration information.
* Free training COVID-19 e-learning programme-Health Education England e-Learning for Healthcare (HEE e-LfH) has created an [e-learning programme in response to the Coronavirus (COVID-19) global pandemic](https://www.e-lfh.org.uk/free-open-access-to-covid-19-e-learning-programme-for-entire-uk-health-and-care-workforce/) that is free to access for the UK health and care workforce, including those working in the NHS, the independent sector and social care.  The programme currently includes limited resources, but more content will be added in the coming days and weeks.

Thank you

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**My emails are written in Arial, point 12 font and in black. Where possible I use plain English. I also work flexibly and send emails out of hours – either early in the morning or late at night. Unless an urgent response is specified please reply at a time that suits you.**

