

Leicester City Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group



Your weekly NHS update for Leicester, Leicestershire and Rutland

5 on Friday



Hello and welcome

Welcome to 5 on Friday. This is our new look stakeholder bulletin replacing Novel Coronavirus (COVID-19): Leicester, Leicestershire and Rutland Stakeholder Bulletin.

Please give us feedback and tell us what you want to know more about. If you have any questions or would like to ask about a topic please email us at:
PressOfficeLLRCCGs@leicestershire.nhs.uk.

1. Public invited to Building Better Hospitals consultation events

A series of online events has been arranged to help people find out more and ask questions about proposals to spend £450 million transforming acute hospital and maternity services in Leicester, Leicestershire and Rutland.

The events have been arranged as part of the Building Better Hospitals for the Future public consultation, which launched at the end of September and runs until 21 December 2020.

The consultation concerns the services delivered at the three main hospitals in Leicester, run by University Hospitals of Leicester (UHL) NHS Trust, as well as services delivered at the midwifery-led unit at St Mary's Hospital, Melton Mowbray.

The consultation events will take place online, using Microsoft Teams, due to the restrictions imposed by the COVID-19 pandemic. To ensure people who aren't online are still able to participate, there is an option to listen in by telephone and submit any questions in advance.

Details of all the online events and how to join are available on the consultation website:
<https://bit.ly/3jMBIq1>.



2. 'It's down to us'

The drive - backed by the NHS, local authorities, Leicestershire Police, universities and Leicestershire and Rutland Sport – is called 'it's down to us' and encourages people whether they're on the school run, travelling to work, in the office or going out for a drink, to change their behaviour during the pandemic.

To find out more about the 'It's down to us' campaign visit: <https://bit.ly/2SCpHZk>



3. Flu vaccine

Flu vaccine supplies and why you need to wait for your vaccine

People who are most at risk from complications of flu are recommended to get a flu vaccine every year. This winter, it is especially important with flu and COVID-19 both in circulation. Research shows that if you get both at the same time you may be more seriously ill.

You can get a free flu vaccine if you:

- are 65 years old and over (including those aged 65 by 31 March 2021)
- have certain health conditions
- live with someone who is on the NHS Shielded Patient List
- are pregnant
- receive a carer's allowance
- are the main carer of an older or disabled person who may be at risk if you get sick

Children aged 2 to 11 on 31 August 2020 are also eligible for the flu vaccine (with 2- and 3-year-olds offered it in GP surgeries and school-aged children offered it in school).

This year the free flu vaccine will be offered to healthy 50- to 64-year-olds later in the season. People in this age bracket with a health condition that makes them more at risk from flu will be offered it sooner.

Even if you are in one of the listed groups, you may be asked to wait to have your flu vaccine. Overall, there is enough flu vaccine for everyone who is eligible to get vaccinated before the flu season starts, which is usually in December. Flu vaccine is delivered to GP practices, pharmacies and other services in batches in the run-up to and over flu season.

This has meant that while a lot of people have been able to get vaccinated, some people have not been able to get vaccinated straight away as some GP practices and pharmacies have used their early supplies of flu vaccine, due to the level of demand.

If you are eligible and haven't been able to get your vaccination yet, you will still be able to have it before flu season starts.

To read more around the government guidance visit: <https://bit.ly/3iJidON>.

You can visit <https://bit.ly/3daAW4H> to check whether you are eligible for a free flu vaccination.

Vaccines and porcine gelatine

To find out more about the use of porcine gelatine in vaccines and to understand how and why it is used in vaccines for immunisation programmes visit <https://bit.ly/3jLqumu>.

4. LPT's swift mental health aid through pandemic hailed in national innovation showcase

Swift action to provide a 24-hour response for people with urgent mental health needs through the pandemic has been hailed in a new report from NHS England.

Leicestershire Partnership NHS Trust (LPT) set up a dedicated 'mental health urgent care hub' for people of all ages in just 11 days.

Based on the Glenfield Hospital site, the hub is part of the system-wide COVID-19 response for Leicester, Leicestershire and Rutland, providing urgent mental health assessments and support, and reducing Emergency Department attendances, allowing hospital staff to focus on COVID-19 patients.

Individuals are referred to the hub by a range of agencies including police, NHS 111, GPs, Emergency Department staff and other LPT services, including the new Central Access Point 24-hour urgent helpline service launched by LPT in April.

The hub has now been showcased as a national example of rapid innovation, resilience and resourcefulness in the [latest report from NHS Providers](#) published this week.

The Central Access Point can be accessed directly by patients 24/7 for urgent mental health support by calling: 0116 295 3060.



5. World Sight Day 2020

Yesterday was World Sight Day. The COVID-19 pandemic has presented many challenges across the NHS, including organ and tissue donation. There are currently half as few corneas available than are needed for patients in the UK.

Currently only one in 10 people when joining the NHS Organ Donor Register currently choose not to donate their corneas. Compared to one in 50 choosing not to donate their heart, corneas are still the most common part of the body chosen not to donate. More people are needed to agree to donate their corneas, in order to give the gift of sight to those who need it.

Most people are able to donate their corneas when they die. Even people who may be unable to donate their organs can usually become cornea donors. There is no age restriction and donors with cancer are still able to donate their sight due to there being no blood supply to the cornea.

By donating your corneas, you can enable a person to see their loved ones, care for themselves and others, restore their confidence and independence, enabling them to resume work, driving and other things that we may often take for granted.

You can sign up to the NHS Organ Donor Register online at <https://bit.ly/3lulH8t>

Extra, extra...

No change to rules in Leicester.

There has been no review of Leicester's COVID-19 regulations this week. We're expecting a government announcement early next week instead. It is widely anticipated that they will make changes to the way local lockdowns operate, introducing a three-tier system across the whole of England. This would not necessarily mean a change to our current restrictions but it could mean that the rules are more consistent across areas and easier to understand.

[Click here](#) to read the latest COVID-19 guidance for Leicester.



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