

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](mailto:PressOfficeLLRCCGs@leicestershire.nhs.uk).



## 1. Covid-19 vaccine announced

On Wednesday we had the long anticipated news that a vaccine – Pfizer/BionTech has been approved for use in the UK. This is of course great news.

LLR CCG's communications team were inevitably inundated with media calls, ranging from the local newspapers such as the Melton Times to CNN. It is understandable that both the media and public are keen for more information. We should be in a position to provide more details in the coming days. We have had a great response from our GPs, partners and colleagues working on the programme and work streams to plan our vaccine delivery programme. There has been a huge effort and thanks to everyone involved.

Caroline Trevithick, Executive Director of Nursing, Quality and Performance for the Leicester, Leicestershire and Rutland clinical commissioning groups, said: "We are delighted that the vaccine has been approved. Extensive planning and preparation has already been taking place in Leicester, Leicestershire and Rutland, in readiness for this. Now the vaccine has been approved by the MHRA we have more work to do to finalise our local plans .

"We are awaiting further details about what today's approval means for the local distribution and delivery of the COVID vaccine programme and will announce details as soon as we are in a position to do so. Members of the public and health and social care staff will be contacted and invited to attend for vaccinations and should not take any action until then. In the meantime, we all need to continue to protect ourselves and others by washing our hands often, wearing a face covering and keeping 2 metres apart."

### Further information:

Government announcement: <https://www.gov.uk/government/news/uk-authorises-pfizer-biontech-covid-19-vaccine>

Details of the priority groups for vaccination  
<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-2-december-2020>

Further information about Pfizer/BionTech COVID-19 vaccine

## 2. Free flu vaccination for 50-64 year olds

The NHS is prioritising vaccinations for those who are most at risk from flu ; people aged 65 and over, and people of all ages who have a health condition that makes them more at risk from flu.

For the first time, people aged 50 to 65 are now able to get a flu vaccine. Your GP practice will send you an invite, or you can speak to your local pharmacy.

If you are invited for a flu vaccination, make sure you get it done.

If you know someone who has been offered the flu vaccine but hasn't had it yet, please encourage them to do so. This year, it's more important than ever, as both flu and COVID-19 will be in circulation.

[Click here](#) for more information about the flu vaccine.

The graphic features a dark blue speech bubble shape on a white background. Inside the bubble, the text 'JUST THE FLU?' is written in large, bold, red capital letters. The NHS logo is in the top right corner of the bubble. Below the bubble, there is a block of text: 'The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.' followed by 'JUST GET YOUR FREE FLU JAB' in red, and 'Ask your pharmacist or GP if you're eligible.' in smaller black text. To the right of this text is a small logo that says 'Flu vaccine help us help you'.

## 3. 17 days left to have your say on NHS transformation

The clock's ticking for people who want to have their say on £450 million proposals to transform acute hospital and maternity services in Leicester, Leicestershire and Rutland.

A public consultation which launched on 28th September closes on 21st December giving residents just 17 days to give their feedback.

The consultation focuses on plans to improve patient care and achieve better patient outcomes. It's based on 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

There are still a number of online events throughout December, where you can find out more about the proposals. For more information and the full details for each event visit: <https://bit.ly/3mYf9kl>.

You can find out more about the public consultation and take the survey by visiting <https://bit.ly/3g1PFjM/>.

**Building  
Better  
Hospitals**  
For the future

The opportunity to  
Have your  
say

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



Public consultation about proposed  
£450 million improvements  
to transform acute and maternity  
services at Leicester's hospitals

Find out more and fill in our questionnaire

[www.betterhospitalsleicester.nhs.uk](http://www.betterhospitalsleicester.nhs.uk)

28th September to 21st December 2020



#### 4. Relaunch of NHS MSK Support App for patients

Physiotherapy and podiatry teams at University Hospitals of Leicester NHS Trust and Leicestershire Partnership Trust have collaborated to improve the support available to people with conditions related to muscle and joint pain and injuries, to help them manage their condition at home. The improved MSK app will allow people to access a range of up to date information and exercise videos, as well as guiding them on when they may need to seek healthcare. This includes the option to self-refer to local physiotherapy services if their condition does not improve. The app can be downloaded by searching 'NHS MSK' in the Apple app store or Google Play store or by scanning the QR code.

To find out more visit: <https://bit.ly/39EtMFZ>.



#### **Musculoskeletal (MSK) Self-Care Mobile App**

- Helping patients pre, during and post care
- Condition specific advice
- Exercise videos
- Local information
- Patient leaflets



[www.leics-his.nhs.uk/musculoskeletal-msk-app](http://www.leics-his.nhs.uk/musculoskeletal-msk-app)

#### 5. Have your say on local obesity strategy

Leicestershire residents, professionals, partner organisations and providers are being encouraged to have their say on Leicestershire County Council's proposals for the new Healthy Weight Strategy for Leicestershire 2021-2026.

An eight-week consultation, is seeking your views on the draft strategy which sets out our commitment to increase the number of adults, children and families who are at a healthy

Maintaining a healthy weight is important for overall wellbeing. Being overweight or obese increases the risk of having long-term conditions like type 2 diabetes and reduces expected lifespan. There is also emerging evidence that being obese increases the risk of developing complications of COVID-19.

To read the draft strategy and complete the consultation questionnaire please visit <https://bit.ly/37qwmwA>

The deadline for consultation responses is midnight on Sunday, 27 December 2020.

If you need help to complete the questionnaire, or have any questions about the consultation, please email [HealthyWeight@Leics.gov.uk](mailto:HealthyWeight@Leics.gov.uk) or call 0116 305 0705.



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