

5 on Friday: 2nd June 2023

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2nd June 2023

Hello and welcome

Welcome to 5 on Friday, our stakeholder bulletin for Leicester, Leicestershire and Rutland.

The bulletin will help you to keep up to speed with what is happening in the local NHS. Please do share with your networks to help us reach as many people as possible.

At the end of this issue you will find our communications e-toolkit which provides you with the opportunity to support us by sharing our campaigns and messages.

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: llricb-llr.pressoffice@nhs.net

1. Time is running out to get your Covid-19 vaccine

#GetVaxxedStayOnTrack

**COVID
Vaccination
is back**

**Age 5, or over, with
a weakened
immune system?**



NHS

leicesterleicestershireandrutland.icb.nhs.uk

The image is a promotional graphic for COVID-19 vaccination. It features a light blue background. On the left, the text '#GetVaxxedStayOnTrack' is in white. Below it, 'COVID Vaccination is back' is written in large, bold, yellow letters. Underneath that, the question 'Age 5, or over, with a weakened immune system?' is written in bold, orange letters. On the right side, there is an illustration of three people: a young girl with pink hair ties wearing an orange hoodie, a man with a beard wearing a yellow sweater, and an elderly man with white hair wearing an orange vest over a blue shirt and holding a blue cane. The NHS logo is in the top right corner. At the bottom right, the website address 'leicesterleicestershireandrutland.icb.nhs.uk' is written in small white text.

The NHS in Leicester, Leicestershire and Rutland (LLR) is urging those who have yet to take up the offer of a Covid-19 vaccination or the latest spring booster to come forward as soon as possible, before the spring vaccination programme ends on 30th June 2023.

People aged 75 years and older, residents in care homes for older people, and those aged five years and over with a weakened immune system are currently being offered a spring booster of the coronavirus (Covid-19) vaccine.

Covid-19 is more serious in older people and in people with certain underlying health conditions which weakens their immune system, so it's especially important that they protect themselves.

This spring vaccination campaign is also the very last chance for healthy individuals aged five and over to get either their first or second doses of the vaccine if they have missed any. After 30th June, the vaccine will only be available to those at increased risk from Covid-19 and during seasonal campaigns, the next of which is expected to be in the autumn.

We have created a selection of videos from local GPs, in a range of languages, reminding people of the importance of getting the spring booster. Please share these videos within your local communities and networks. All videos are available to download in this week's NHS communication toolkit. You can also access the videos by visiting <https://leicesterleicestershireandrutlandhwp.uk/partner-toolkit/>.



How to get a vaccine

If you are eligible and as long as it's been 3 months since your last dose, you can book online using the [national Covid-19 booking service](#) or you can go to a [walk-in vaccination clinic](#). If you do not have access to the internet, you can call 119 instead. In some cases, people will also be invited for a vaccination by their GP practice, but you don't need to wait for this.

If you have a weakened immune system, you can also book your vaccination at specialist clinics at Leicester Royal Infirmary's Vaccination Hub, located outside Accident and Emergency. The clinics are available to book using the [National Booking Service](#), but you can also contact the local hub directly by emailing vachubhl@uhl-tr.nhs.uk or calling 0300 303 1573. Health professionals at the clinic will ask you for more information about your specific condition to confirm whether it is suitable for you, before proceeding with your vaccination.

Over the coming week, the Covid-19 mobile vaccination service will also be visiting the following sites, providing vaccines for those who are eligible.

Tesco Ashby (Resolution Road, Ashby-De-La Zouch, LE65 1TE)

- Tuesday 6 June 2023
- Between 10am-4pm
- Age 18+
- No appointment necessary

Iceland Saffron Lane (549 Saffron Lane, Leicester, LE2 6UL)

- Tuesday 6 June 2023
- Between 9am-1:30pm
- Age 18+
- No appointment necessary

Centre Project (1 Alfred Pl, Granby Street, Leicester, LE1 1EB)

- Tuesday 6 June 2023
- Between 2pm-4pm
- Age 18+
- No appointment necessary

Wigston (Bell Street, Wigston, LE18 1AD)

- Wednesday 7 June 2023
- Between 10am-4pm
- Age 18+
- No appointment necessary

St Georges Retail Park (St Georges Way, Leicester, LE1 1SH)

- Wednesday 7 June 2023
- Between 10am-4pm
- Age 18+
- No appointment necessary

Community Health Centre (Melbourne Road, Leicester, LE2 0GU)

- Thursday 8 June 2023
- Between 10am-4pm
- Age 18+
- No appointment necessary

Loughborough Market (Swann St, Loughborough, LE11 5BJ)

- Thursday 8 June 2023
- Between 10am-4pm
- Age 18+
- No appointment necessary



2. Thought about volunteering? Why not sign – up?

During National Volunteers' Week (June 1-7), NHS leaders in Leicester, Leicestershire and Rutland (LLR) are highlighting the wide range of opportunities for volunteers in local health services.

The Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) recently launched a volunteering campaign to attract people to volunteer and make a real difference to local healthcare in their community.

The campaign has already gathered interest with willing volunteers wanting to support their GP surgery, carers' groups, volunteer in hospitals and support youth groups. There are volunteering opportunities available for people of all ages and from all backgrounds.

Volunteering can be extremely rewarding and can improve your health, as well as a chance to develop new skills. Volunteers who work with their local GP surgery have been creative in setting up coffee and cake mornings and walking clubs to help people keep active and meet others along with many other innovative ways to impact patient care in a positive way. One patient group has introduced a carers' network which includes holding carers' mornings and initiated longer appointments being offered by the GP practice for carers and the person they care for.

To find out more, visit <https://leicesterleicestershireandrutland.icb.nhs.uk/sign-up-to-local-nhs-opportunities-during-volunteers-week/>.



Help make a difference and feel the difference

**Are you interested in healthcare
and improving your GP surgery
and local healthcare services?**

There are lots of opportunities to volunteer and
make a real difference to the way local healthcare
services are provided in your community.



For further
information
scan the QR
code.

To find out more, please visit
www.leicesterleicestershireandrutlandhwp.uk/volunteering/

Image source: NHS Health Check

3. Neighbourhood Mental Health Cafés

The Leicester, Leicestershire and Rutland Health and Wellbeing Partnership (LLR HWP) is expanding from 15 to 25 the number of Neighbourhood Mental Health Cafés (previously Crisis Cafés) in LLR.

Each Neighbourhood Mental Health Cafés aims to provide a safe, supportive and welcoming space for individuals struggling with emotional and mental wellbeing who do not require urgent medical care. They are open to anyone who wants to talk about their mental health, with recovery workers and volunteers available in a cafe setting – all without the need for an appointment. People can simply drop-in to the cafes, so there is no need to get in touch with a GP or other service to make an appointment before getting help.

To find out more and for a list of Neighbourhood Mental Health Cafés, visit <https://www.leicspart.nhs.uk/news/expansion-of-neighbourhood-mental-health-cafes-set-to-open-across-leicester-leicestershire-and-rutland/>.



4. Repeat prescriptions on the NHS App

Did you know you can manage repeat prescriptions from your GP practice in the NHS App?

You can easily choose where your prescriptions are sent. So, if you know you'll be away from home or you are moving house, you can change your nominated pharmacy from within the app.

You can also order your prescription at any time that suits you. There's no need to wait to join a telephone queue or wait until the GP surgery opens.

It's easy to use, and, if you hit a snag, you can go to 'Help' in the top right-hand corner of the app or visit [nhs.uk/helpmeapp](https://www.nhs.uk/helpmeapp).

Find out more about the NHS App at: www.nhs.uk/nhsapp.



The advertisement features a hand holding a smartphone displaying the NHS App interface. The screen shows the NHS logo, 'Access your NHS services', and a 'Continue with NHS login' button. A blue arrow points from the phone to a blister pack of green pills. To the right, the text 'Order repeat prescriptions on the NHS App' is displayed in large blue font. Below this, three icons (location pin, clock, and information) are paired with text: 'easily choose where your prescriptions are sent', 'order at a time that suits you', and 'need help? Access support in the app or visit [nhs.uk/helpmeapp](https://www.nhs.uk/helpmeapp)'. At the bottom, there is the NHS App logo, a QR code, and buttons for 'Download on the App Store' and 'GET IT ON Google Play'. Small text at the bottom right provides trademark information for Apple and Google.

Order repeat prescriptions on the NHS App

- 📍 easily choose where your prescriptions are sent
- 🕒 order at a time that suits you
- ℹ️ need help? Access support in the app or visit [nhs.uk/helpmeapp](https://www.nhs.uk/helpmeapp)

NHS App

Download on the **App Store** | GET IT ON **Google Play**

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Google Play and the Google Play logo are trademarks of Google LLC.

5. LPT launches new recognition scheme for registered nurses

This week (Thursday 1 June), registered nurses at Leicestershire Partnership NHS Trust (LPT) can be nominated for a prestigious and internationally renowned DAISY Award for Extraordinary Nurses.

The DAISY Award, established by the DAISY Foundation, recognises extraordinary nurses who demonstrate excellence in practice and compassionate care every day.

The DAISY Foundation is a not-for-profit international organisation, established in memory of American, J. Patrick Barnes by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. DAISY is an acronym for Diseases Attacking the Immune System. The care Patrick and his family received from nurses while he was ill inspired the DAISY Award to thank nurses for making a profound difference to the lives of their patients and patients' families.

Anyone who has been a patient or service user of LPT, which provides local community and mental health services in Leicester, Leicestershire and Rutland, can nominate a Trust registered nurse for a DAISY Award.

Families and carers of patients and service users, members of the public and volunteers can also make a nomination to recognise and celebrate the excellent care and support provided by an LPT nurse.

Each month a registered nurse will be honoured with a DAISY Award, chosen by an LPT panel, following a thorough review of all nominations. Each honouree will be celebrated and receive a certificate, a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

To find out more and how you can nominate an LPT nurse, visit <https://www.leicspart.nhs.uk/news/leicestershire-partnership-nhs-trust-partners-with-international-organisation-to-launch-a-new-recognition-scheme-for-registered-nurses/>.



FOR EXTRAORDINARY NURSES

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

Extra, extra

Lung health event coming to Coalville this June

A lung health event is taking place in Coalville on Tuesday 20 June 2023, to raise awareness of the signs and symptoms of lung problems, particularly cancer, and to help get local patients the help they need as quickly as possible. It has been arranged by NHS Leicester, Leicestershire and Rutland, together with the East Midlands Cancer Alliance (EMCA), local GP practices and other health organisations. People are invited to come along to the event in Morrisons' Car Park, Whitwick Road, Coalville, LE67 3JN, between 10am and 2pm.

To find out more, visit <https://leicesterleicestershireandrutland.icb.nhs.uk/lung-health-event-coming-to-coalville-this-june/>.



Lung Cancer Awareness



Come to our
Lung Cancer Awareness Event
on the 20th of June at
Morrison's Car Park in Coalville
for advice and
health information

Have your say!

Below are the current consultations and surveys taking place across Leicester, Leicestershire and Rutland:

LLR ICB Draft 5 Year Joint Forward Plan:

The first Leicester, Leicestershire and Rutland Integrated Care Five Year Forward View Plan sets out how we will improve care and outcomes, reduce inequalities in health, support our workforce and become more financially sustainable.

Our services will need to adapt and transform to achieve our ambitions for health. The Plan is underpinned by 13 Pledges, these are specific outcomes we aim to deliver over the next five years and have been developed from what people have told us are important to them.

Please take a look at the draft 5-year Plan and let us know what you think by responding to <https://lfnhs.questionpro.eu/a/TakeSurvey?tt=/xssiinbbiYYNOtsHOCPGA%3D%3D>.

Share your experiences of local maternity care:

The local NHS wants to know your views about your recent experience of maternity care in Leicester, Leicestershire and Rutland. Click here to share your experiences.



NHS communication toolkit

This e-toolkit provides you with the opportunity to support us by sharing our campaigns and messages. The toolkit, which will be updated every week, includes all our latest assets for you to use across your communication channels, such as social media messages and graphics.



Click Here



www.leicesterleicestershireandrutland.icb.nhs.uk



