

Dear Colleagues, we want to keep you all updated on the latest local health news without sending out large amounts of emails each day.

For the next few weeks, we will be collating all the latest updates and sending them together once a week.

The Figures

Nationally

As of 9am on 29 April 2020, a total of 818,539 tests have been carried out, of which 165,221 were confirmed positive.

As of 5pm on 28 April 2020, of those hospitalised in the UK, who tested positive for COVID-19, 26,097 have died.

(The figures for test results and for deaths are compiled from different sources. This is why the figures for deaths are reported from an earlier point in time than the figures for test results.)

These numbers are the latest figures available at the point this update was sent – for the most up to date figures please check on [this page](#).

Locally – by Upper Tier Local Authority

Peterborough – 223 confirmed cases

Cambridgeshire – 718 confirmed cases

GP Bank Holiday Opening Hours

On Friday 8 May, a bank holiday in the UK, your GP practice should be open as usual to help you with all of your health needs. We will confirm full details next week.

Don't delay seeking medical treatment

NHS organisations across Cambridgeshire and Peterborough are reminding local residents that they are still open 24 hours a day, seven days a week to provide urgent medical treatment and support healthcare concerns.

The amount of people going to Emergency Departments has significantly reduced compared to last year, and clinicians are concerned that some patients are not seeking the urgent and emergency help they need for important conditions such as strokes, heart attacks, meningitis, sepsis and cancer. Many GPs are also finding that fewer people are contacting them to flag early signs of cancer, which would need urgent investigations to take place, or to report deterioration in their long-term conditions, both physical and mental.

We want to remind the public that the NHS is still open for business and that the sooner we see you, the more we can help you.

The NHS is still open 24/7 to provide urgent medical treatment for everyone – it is important that you don't ignore the signs of a potentially life-threatening condition such as a stroke, heart attack or cancer.

Your local GP surgery is still open and there to offer support. You can speak to your GP from the comfort and safety of your own home via the telephone or an online service. If the GP decides you need to be seen in person, you will be offered a face-to-face appointment, in a safe environment for you and your GP or Practice Nurse.

If you are not sure where to go for medical support, we would recommend you visit <https://111.nhs.uk/> in the first instance.

If you think you have symptoms of Coronavirus visit www.111.nhs.uk/covid-19

Do not go to a GP, pharmacy or hospital.

If you are unable to manage your Coronavirus symptoms, have been instructed to do so or do not have access to the internet, then please call NHS 111.

For the latest information and advice visit <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Ely Minor Injury Unit extends hours for urgent treatment

During the Coronavirus outbreak, more people can get treatment for minor illnesses and injuries at the Minor Injury Unit (MIU) in Ely, which is now open seven days a week from 8am to 10pm.

Minor Injury Units (MIUs) offer treatment and advice on illnesses and injuries that need attention urgently but are not critical or life threatening. No appointment is required, and patients are assessed by nurse or paramedic practitioners.

The Ely MIU based at the Princess of Wales Hospital is always on hand to treat minor illnesses and injuries such as sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, cuts, bites and stings. X-Ray services are also available from Monday to Sunday between 8am and 8pm.

Pharmacy Bank Holiday Opening Hours.

On Friday 8 May, a bank holiday in the UK, your local pharmacy should be open from 2pm to 5pm. There may be some slight local variance in these opening hours.

You can find out the opening hours of your local pharmacy online [HERE](#)

Testing or Swabbing for COVID-19

Testing or swabbing is an important part of the COVID-19 plans to ensure that people can return to work as quickly as it is safe to do so and take the appropriate actions if they test.

For all of the latest information about who is eligible to access a testing, and how to book a test at one of the national testing facilities located in Cambridgeshire and Peterborough please visit <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> **Please note, all tests must be booked in advance.**

Now we're talking - coming together in isolation

Organisations across the county have joined forces to launch a wellbeing campaign and additional mental health support for people during the coronavirus outbreak.

'Now We're Talking', encourages people to get talking to combat loneliness whilst self-isolating, and to seek help if they are struggling with their mental health.

The campaign, led by the local authority, NHS and third sector also directs people to increased mental health support available including:

- **Lifeline Plus** - a mental health and wellbeing helpline for people aged 18 and over living in Cambridgeshire and Peterborough, is available **Monday-Friday between 9am and 2pm** via freephone 0808 808 2121. The line will support people to manage their wellbeing, provide self-help advice or signpost to other organisations for particular concerns.

7 days a week, between 2pm and 11pm the same number is Lifeline, managed by Lifecraft who provide support for those in mental health distress: 0808 808 2121.

- **Qwell** - an online wellbeing support, including educational and self-help articles and peer-to-peer support via forums. Adults are also able to receive help from qualified counsellors via drop-in or scheduled online chat sessions. www.qwell.io

- **Keep Your Head** – this website brings together all the mental health support available across the county - www.keep-your-head.com/now

Call 111 in a mental health crisis, if you, or someone you are worried about, is at risk of harm, the [NHS First Response Services](#) can help people of any age, at any time of day or night. **Call 111 and select option 2.**

Supporting People with Learning Disabilities During the COVID-19 Outbreak

People with learning disabilities face considerable health inequalities and this has the potential to be exacerbated during the COVID-19 outbreak. Here are a selection of resources that are widely available for people with learning disabilities, their families, their carers, and other supporting professionals, (click on the underlined words to follow the links):

Accessible resources are available on a wide range of issues, including:

1. [symptoms and how to stay safe](#) (Photosymbols)
2. wordless stories to help with [planning](#), [lockdown](#), and [bereavement](#) (Books Beyond Words)
3. [shielding](#) and protecting people who are extremely vulnerable (Public Health England)
4. why it is important to keep a [safe distance](#) from people (Public Health England)
5. COVID-19 [hospital passports](#) (Learning Disability England)

Resources to support families and carers:

6. [Guides, top tips and ideas](#) (Learning Disability Professional Senate)
7. Directory of support services in [Cambridgeshire](#) and [Peterborough](#)
8. [Emergency planning](#) (Dimensions)

Comprehensive, reliable and regularly updated sources of information and resources can be found at the [Learning Disabilities Health Network](#) and [Learning Disability England](#).

Infant feeding help and advice during COVID-19

There are lots of places for help and advice on breastfeeding during this difficult time. This is to support people who have been discharged from our maternity services.

We have a new page on our website with information about all the breastfeeding support available at the moment.

From Facebook chats, to texting for support, virtual support groups, to telephone helplines, we support to suit all needs. <https://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/better-births/coronavirus-advice-and-guidance-for-pregnant-and-postnatal-women/infant-feeding-help-and-advice-during-covid-19/>

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