### Please follow the instructions below

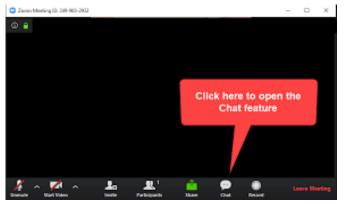
Please can you make sure you are on mute as you join the call



Write in the chat room your name, your care

home and location

The care home support call will start promptly at 10.30 am







### **GSF Care Homes COVID -19 Support Call 9**

Monday 12th April 2021 10.30 -11.30 am

Julie Armstrong Wilson & Ginny Allen,



### Plan

### 1. Welcome and Introduction

- 2. Update
  - Covid-19 data
  - One Year On
  - COVID-19 in relation to sleep and burnout
  - Vaccinations
  - Long COVID
  - Bereavement
- 3. Wellbeing
- 4. Next Support Call



### Media Headlines

Vaccine confidence fears as under-30s in UK offered AstraZeneca alternative

Experts warn of impact after advice changes blood clot cases out of 20m vaccinations

- Jab fears may play into hands of anti-vaxx
- Coronavirus latest UK updates

### Covid wave intensifies Europe

① 10 Marc





Covid-19: India reports record surge in cases amid vaccine shortages

World wrap: New Zealand suspends travel from India, Italy plans for Covid-free islands

@ about 7 hours ago

Updated: about 6 hours ago



A woman gets a dose of a Covid-19 vaccine in New Delhi, India. Some 11 million have received two doses in India as the country tries to build immunity to protect its population of nearly 1.4 billion people. File photograph: EPA

India has recorded its highest-ever number of daily Covid-19 cases as its fight to curtail a renewed wave of infections is beset by vaccine shortages in several states and cities, including Mumbai.

New coronavirus cases in India hit a daily record of 126,789 on Thursday, as prime minister Narendra Modi got his second vaccine dose and urged others to follow suit, saying "vaccination is among the few ways we have to defeat the virus".

EPA d infection are asymptomatic

et AstraZeneca vaccine

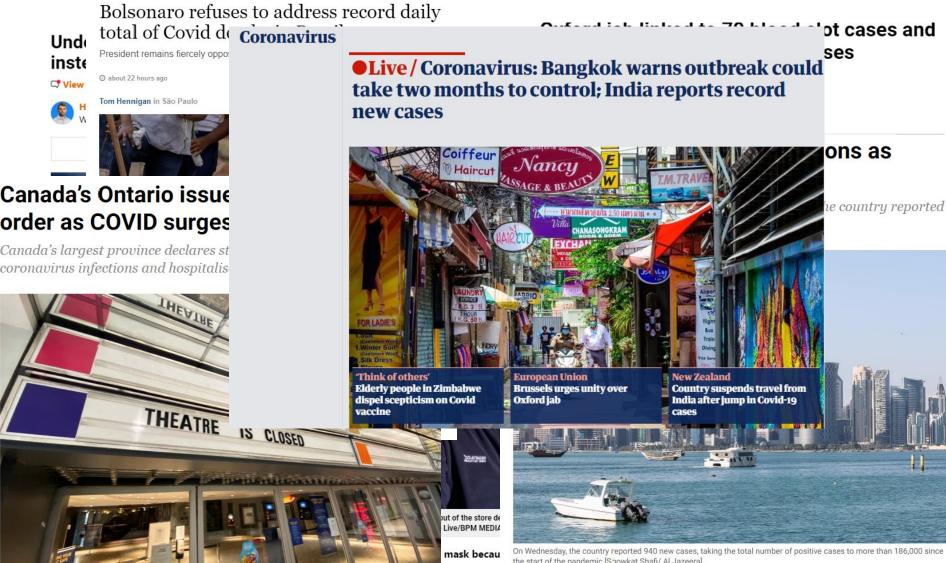


518 SHARES

On Tuesday a Czech patient arrived in Poland for treatment

### **Media Headlines**





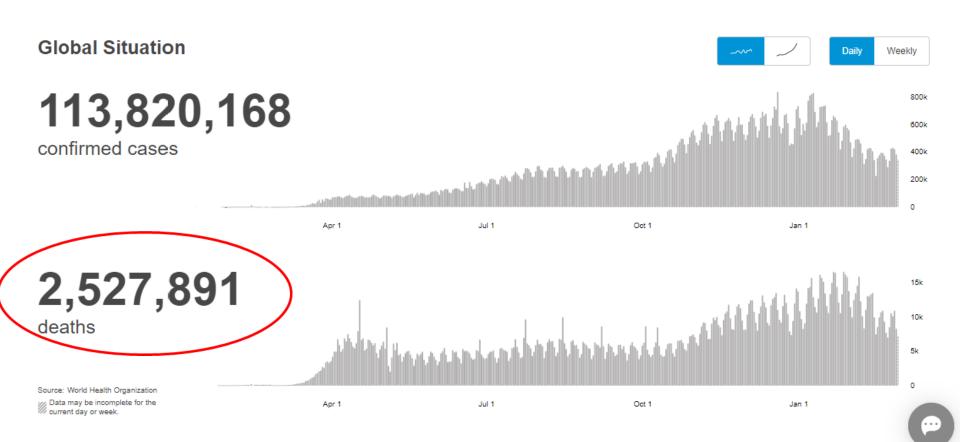
or not cover

the start of the pandemic [Snowkat Shafi/ Al Jazeera]



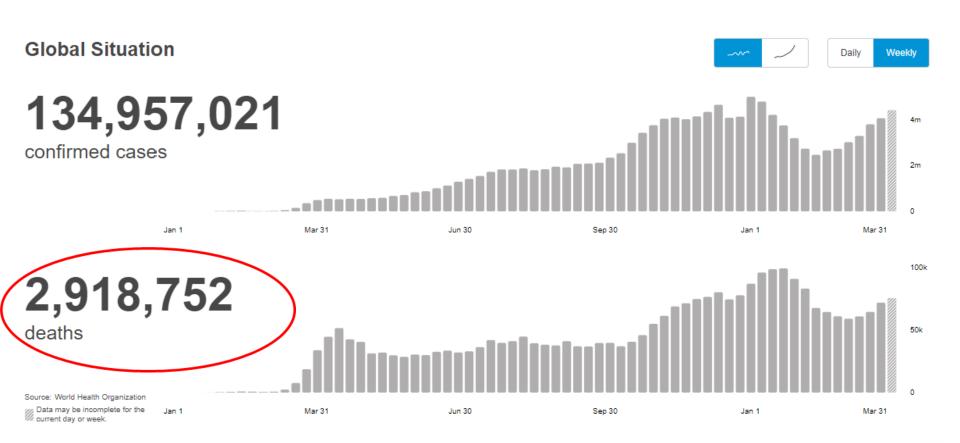
### WHO- Global view

Globally, as of 4:03pm CET, 1 March 2021, there have been 113,820,168 confirmed cases of COVID-19, including 2,527,891 deaths, reported to WHO.

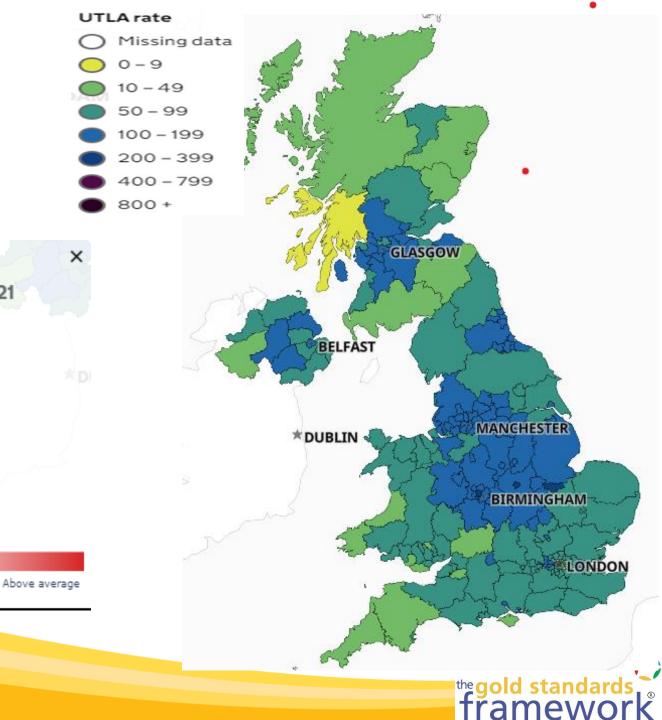


### WHO- Global view

Globally, as of 2:08pm CEST, 11 April 2021, there have been 134,957,021 confirmed cases of COVID-19, including 2,918,752 deaths, reported to WHO. As of 8 April 2021, a total of 669,248,795 vaccine doses have been administered.







Gateshead

Total cases

Rolling rate

101.0

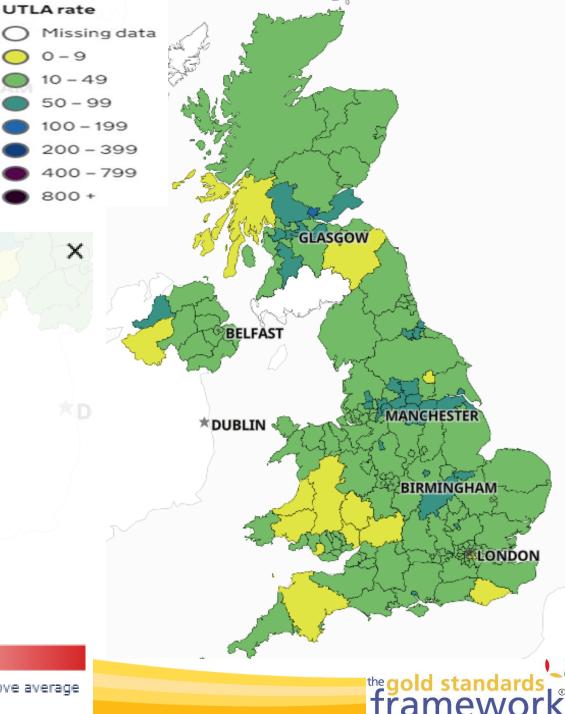
Below average

Seven days to 24 February 2021

**204** ↓ ·21 (·9.3%)

Case rate compared to

the UK average



### Gateshead

Seven days to 06 April 2021

Total cases

↓ -40 (-44.4%) 50

Rolling rate

24.7

Case rate compared to the UK average

#### Healthcare

#### **Patients admitted**

Latest data provided on 23 February 2021

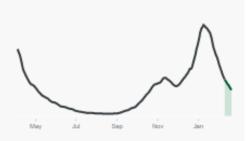
Daily

1,112

Last 7 days

8,460

**√-2,406** (22.1%)



All healthcare data

#### Healthcare

#### Patients admitted

Latest data provided on 6 April 2021

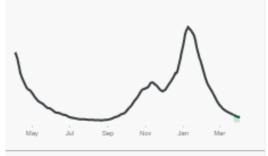
Daily

221

Last 7 days

1,606

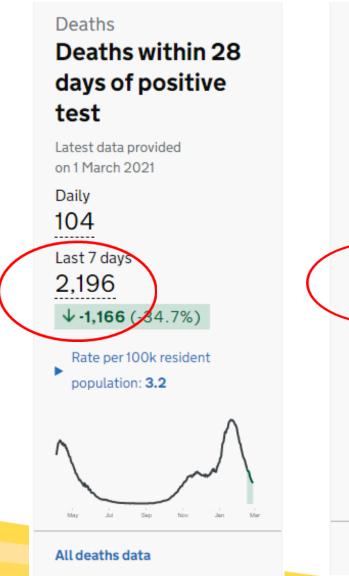
**√-428** (-21%)



All healthcare data



### P.H.E. data from our last call/and todays date - deaths







#### Vaccinations in United Kingdom ▼

#### People vaccinated

Vaccinations given

First dose total 32,121,353

Second dose total 7,466,540

Total

39,587,893

People who have received 1st dose vaccinations, by report date 

UK total

By nation

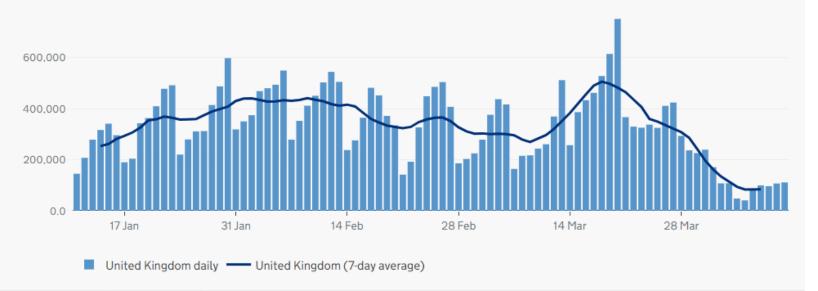
The number of people who have received a first dose COVID-19 vaccination, shown by date reported. Daily figures include all vaccines that were given up to and including the date shown, and that were entered on the relevant system at the time of extract.

Daily

Cumulative

Data

About





## One Year on From the Start of a Pandemic

- In the 12 months since then, the UK, like the rest of the world, has experienced what public health experts had feared for decades
- 2020 began with the scientific and medical communities knowing almost nothing about the mysterious virus afflicting the Chinese city of Wuhan
- In-between we witnessed the daily toll of tragic deaths that rose from the first in Berkshire in early March last year.





## One Year on From the Start of a Pandemic

- In the last 12 months we have seen health services and staff under unimaginable pressure and stress, learnt what it was like to live in lockdown, washed hands while singing happy birthday, clapped for carers, discovered the meaning of furlough, home schooled our children, bought masks, familiarized ourselves with support bubbles and learnt more about eye testing in Barnard Castle.
- The Health Foundation estimated that up to 1.5 million potential years of life have been lost, with those who died losing up to 10 years of life on average. Almost three quarters of those who died were aged over 75, with people in this age group losing an average 6.5 years of life.

the gold standards framework

## One Year on From the Start of a Pandemic

- Dr Susan Hopkins, Public Health England's strategic response director for COVID-19, said: "This virus has left no one untouched and it has been the most challenging time both personally and professionally that many of us have ever faced."
- Chief Medical Adviser Professor Chris Whitty was asked if the virus could be eliminated. He told a Downing Street briefing: "I regret to say that I think the chances of eradicating this disease, which means getting rid of it absolutely everywhere, are as close to zero as makes no difference."

## The lost colleagues



No official list of COVID-related health and care staff deaths but there have been at least 247 frontline health and care worker deaths, according to the PA news agency.



## Families of those who died in care homes in the last year remembered the lives lost to Covid-19

- Over 40,000 care home residents in England and Wales have Covid-19 recorded on their death certificate since the pandemic began.
- Care homes in Wales have turned their care home grounds into a sea of yellow in honour of those who died of Covid-19.





## COVID-19 illness in relation to sleep and burnout

- Front- line healthcare workers (HCWs) are at high risk of COVID-19 infection, caused by SARS- CoV-2
- Sleep habits and stress have been shown to increase risk of infectious diseases
- In this study, exposed HCWs from six countries, longer sleep duration at night was associated with lower odds of COVID-19.



High level of burnout was associated with longer duration and severity of COVID-19-like illness.



## Predictors of UK healthcare worker burnout during the COVID-19 pandemic

Conclusion of the study found that :-

Independent predictors of burnout were being younger, redeployment, exposure to patients with COVID-19, being female, and a history of depression



The authors said: "With burnout currently present in the majority (79%) of survey participants, employers risk losing staff during subsequent waves if not supported adequately. As current health and wellbeing interventions do not appear to be optimised, employers should aim to revise the support offered through thorough evaluation with intended service users and target future interventions to staff groups most at risk."

the gold standards framework

## Staff Quitting in 'No-win Cycle'

An NHS Confederation report warns
 of a risk that thousands of NHS staff will
 leave unless they are given the time and
 space to recover from the pandemic.



- Commenting, Dr Sarah Clarke, Royal College of Physicians (RCP) clinical vice president, said: "Scheduled time off when the worst of the pandemic is over will give staff the strength to face the next challenge of tackling the immense backlog of non-COVID-19 care and may stop the NHS losing staff at this critical time."
- The Care Quality Commission's board met, and Chief Executive Ian Trenholm wrote in a report: "As the pressures on health and social care systems begins to ease, it is incumbent upon us to consider our role in supporting providers in developing recovery plans, taking into account the needs of teams in recovering from the pandemic, and patients waiting for treatment. It is essential that any recovery plan includes both factors."

framework

### **Vaccine hesitancy**

 Urged to offer COVID-19 jabs again to people who have previously refused, after a study suggested vaccine hesitancy has declined sharply since December.



- Researchers found that finding that 25- to 35-year-olds were almost nine times more likely to think about refusing a COVID-19 jab compared to people aged over 75.
- The study found that older adults in England and Wales were less likely to have concerns about safety of the vaccine, and more likely to be concerned about contracting COVID-19 than people in younger age groups.



## Under 30's offered alternative to AstraZeneca Vaccine

- MHRA state evidence was 'firming up' of a link between the vaccine and extremely rare clots.
- The benefits of vaccination with the AstraZeneca COVID-19 vaccine continue to outweigh the risks for the vast majority of people.
- 79 cases of clots and 19 deaths have been reported in the UK after more than 20m doses of the AstraZeneca vaccine.



infestations/article/1712073?bulletin=mims\_prescribing\_update&utm\_medium=EMAIL&utm\_campaign=eNews%20Bulletin&utm\_source=20210408&utm\_content=MIMS%20Prescribing%20Update%20(36):: &email\_hash=



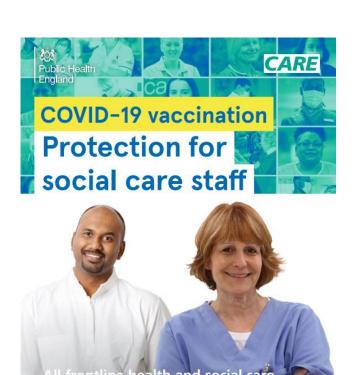
### COVID-19 Vaccine AstraZeneca

While the MHRA continues to investigate these cases, as a precautionary measure anyone that develops symptoms after vaccination is advised to seek prompt medical advice, such as:

- shortness of breath, chest or persistent abdominal pain, leg swelling
- blurred vision, confusion or seizures
- unexplained pin-prick rash or bruising beyond the injection site

Furthermore, anybody with new onset of severe or persistent headache that does not respond to simple painkillers starting four days or more after vaccination should speak to their doctor.

- All frontline social care workers are being offered the COVID-19 vaccine which will help protect you against the COVID-19 disease.
- This leaflet is for social care workers and includes information on the COVID-19 vaccine.
- Translated copies are available.





https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/951763/PHE\_COVID
19 vaccination\_guide\_for\_social\_care\_workers\_English\_v2.pdf



Resources to encourage and reassure staff about having the COVID-19 vaccine.



https://docs.google.com/document/d/1EsrwYE3REE8-7glusFCbRmok4ZXkLV-B/edit? cldee=Z2lubnkuYWxsZW5AZ3NmY2VudHJlLmNvLnVr&recipientid=contact-3fa0309587f5e91180e0005056877cb9-

a18b3a5304b84c6bbce0c71af9a10f86&esid=a4e83445-1592-eb11-b1ac-000d3a87020b



## Vaccination alone unlikely to control COVID-19 in the UK

 Vaccinating all adults in the UK is unlikely to achieve herd immunity and fully contain the virus, according to researchers at University of Warwick

- Measures, such as test, trace, and isolate, good hand hygiene, mask-wearing in high-risk settings, and tracing from super-spreader events, may also be necessary for some time
- Predictions from the study highlight the risks associated with early or rapid relaxation of non-pharmaceutical interventions. Although novel vaccines against SARS-CoV-2 offer a potential exit strategy for the pandemic, success is highly contingent on the precise vaccine properties and population uptake, both of which need to be carefully monitored.

the gold standards framework

### **Jabs cut Care Home Infections**

- Study found infections in elderly care home residents dropped by 62% from 5 weeks after a COVID-19 vaccine first dose, and 56% after 4 weeks.
- Vaccination reduces the total number of people who get infected, and analysis of lab samples suggests that care home residents who are infected after having the vaccine may also be less likely to transmit the virus.



The study also found any residents in England who were infected after having the vaccine may also be less likely to transmit the virus.

### To curb socialising after vaccination

- Evidence of a rise in infections shortly after vaccination
- Among over 80s who had received their first dose of a vaccine in the previous three weeks, 41% reported having met up with someone other than a household member, care worker, or member of their support bubble indoors since vaccination, thereby breaking lockdown regulations.
- A You Gov survey in December suggested that 29% of people would follow pandemic related rules and restrictions less strictly once they were vaccinated

Day, March 2021





# Adherence to the test, trace and isolate system

 Evidence suggests that men and younger age groups are less adherent to covid-19

restrictions

• Financial hardship, multiple deprivation, lower socioeconomic status, and having a dependent child in the household shows lower adherence to full self-isolation, not requesting a test, and poorer symptom recognition.

 Results indicate that about half of people know the symptoms of covid-19, and that adherence to each stage of test, trace, and isolate is low but improving slowly.



### The main symptoms of coronavirus



a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- a new, continuous cough this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

### What to do if you have symptoms

If you have any of the main symptoms of coronavirus:



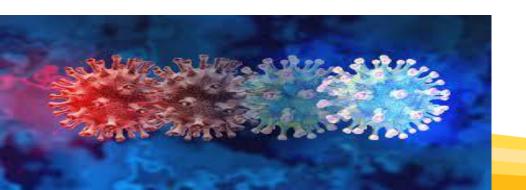
- Get a test to check if you have coronavirus as soon as possible.
- You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.

Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.



### Variants?

- A highly infectious variant of COVID-19 that has spread around the world since it was first discovered in Britain late last year is between 30% and 100% more deadly than previous dominant variants. Known as the B.1.1.7
- B.1.351 is the name of the variant found in South Africa
- P1 for the variant first detected in Japan but is circulating in Brazil
- India reported a novel variant of the coronavirus.
- A new coronavirus strain has been identified in Israel







#### Guidance

## Discharge into care homes: designated settings

Updated 1 April 2021

#### Contents

- 1. Summary
- 2. Introduction
- Locating and designating settings
- 4. Discharge arrangements
- Clinical and social support and meeting care needs
- Support for care providers and providers of designated settings
- 7. Information collection and

Please read this guidance with <u>national lockdown: stay at home guidance</u>, which provides information about what you can and cannot do, now that England is in a new period of national lockdown.

Some of the rules on what you can and cannot do changed on 29 March.

However, many restrictions remain in place. Find out what you can and cannot do

https://www.gov.uk/government/publications/designated-settings-for-people-discharged-to-a-care-home/discharge-into-care-homes-designated-settings



### **Contents**

- Hospital discharge
- Designated settings
- 14 day isolation and preventing COVID-19 exposure
- 90 day timeframe and testing
- Severe immunosuppression
- COVID-19 symptoms in care home residents
- New variant
- Vaccinations
- Outbreaks in care homes
- Support for Care Homes





Discharge to Designated Settings / Care Homes –

Frequently Asked Questions

Issued on 25th February 2021



## **Long COVID**

University of Leicester's <u>preprint</u> PHOSP-COVID study involving 1077 discharged COVID-19 patients found that at 6-month follow up:

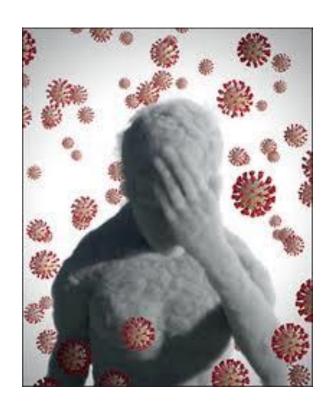


- 29% felt fully recovered
- 20% had a new disability
- 19% experienced a health-related change in occupation



# Factors associated with a failure to fully recover were:

- □ Female
- Middle-age
- ☐ White ethnicity
- ☐ Two or more comorbidities
- More severe acute illness





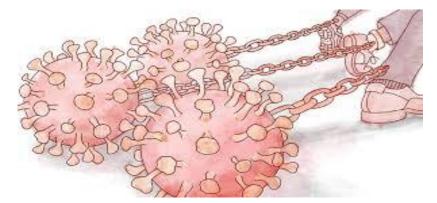
# Long COVID & Multiorgan Dysfunction

COVID-19 patients discharged from hospital had increased rates of multiorgan dysfunction compared with the general population, according to a UCL study of 47,780 individuals published in The BMJ.

After 140-day follow-up:

29.4% were readmitted

12.3% died after discharge



Rates of respiratory disease, diabetes, and cardiovascular disease were significantly raised

Rates of multiorgan dysfunction were greater among patient's under-70 compared with over-70s, and higher in Ethnic Minority groups than in White patients



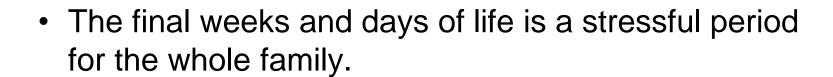
## Bereaved relatives' end of life experiences during the COVID-19 pandemic

 Meeting the needs of relatives when a family member is dying can help facilitate better psychological adjustment in their grief.



- End of life experiences for families are likely to have been deleteriously impacted by the COVID-19 crisis.
- In the absence of direct physical contact, it was important for families to have a clear understanding of their family member's condition and declining health, stay connected with them in the final weeks/days of life and have the opportunity for a final contact before they died.

# What is already known about the topic?



 Families cope and adjust better in bereavement when they are involved in the end-of-life experience of a dying family member and are provided with detailed information from health and social care professionals about their relative's condition.



### What this study found

- As a result of restricted visiting to hospital and care home settings during the pandemic, relatives relied on connecting virtually with their family in their final weeks of life, which could only happen when they were facilitated by health and social care professionals.
- Due to visiting restrictions imposed during the pandemic, relatives reported increased communication needs, such as more holistic information about their dying family member's wellbeing, and psychological support.





- Relatives highlighted their need for practical and emotional support when a family member was at end of life, however for some families this need often outweighed observing the lockdown restrictions that were in place as a result of COVID-19.
- As a result of restricted visiting to hospital and care home settings during the pandemic, relatives relied on connecting virtually with their family in their final weeks of life, which could only happen when they were facilitated by health and social care professionals.





## The study made the following recommendations

- Prioritise connectedness between patients and relatives using video and telephone calls.
- Provide relatives with regular telephone updates about personal aspects of care.
- Offer advice and guidance on how to prepare children for the death of a loved one.
- Facilitate opportunities for relatives to say goodbye in person before death wherever possible.



### Guidance

# The use and regulation of pulse oximeters (information for healthcare professionals) – Published 26/03/2021

 All medical devices on the UK market must meet stringent requirements for safety and performance under the UK Medical Device Regulations 2002 (SI 2002 No 618, as amended). Pulse oximeters intended for clinical use are regulated as medical devices and should display a valid CE, CE UKNI or UKCA mark.

https://www.gov.uk/guidance/the-useand-regulation-of-pulse-oximetersinformation-for-healthcareprofessionals



# Factors which can affect the accuracy of pulse oximeters

 These devices work by shining a light into the skin and measuring how this is absorbed by the blood to estimate how much oxygen is present.

#### Factors that can alter the result produced include:

- it is possible that patients with lighter skin may have small differences in the result reported when compared to those with darker skin.
- low perfusion
- movement
- nail polish
- henna dye
- > tattoos
- probe mispositioning
- ambient lighting hitting the sensor





### Beat COVID, but keep the masks?

- Many Japanese citizens wear masks in public. They usually wear a mask when they are in a shared space such as trains, buses, or shops. They wear them when they aren't feeling well and want to prevent others from catching their sickness...
- The Japanese 'office for pandemic influenza and new infectious diseases preparedness and response' - 'Masking, washing hands, and avoiding crowds during the epidemic are required'

Japan has the lowest rates of SARS-CoV-2 infections and deaths relative to most of the world.

So, in global regions where community COVID lurks and during upper respiratory infection season, should we always "mask up."



On top of common difficult feelings about going into work, being in health/social care or the emergency services may pose further difficulties. For example, you may have to:



- Make lots of tough decisions. This could be about what or who to prioritise in your work, which can be difficult when you already feel stressed or tired.
- Do extra, unfamiliar tasks. These might not have been part of your normal work before coronavirus, which can feel hard.
- Work in a completely new job or role. This can feel overwhelming when you weren't expecting to do so.
- Enforce coronavirus control measures. If you're in the police, you might feel stressed by working with the public.





Many of us are worried about ourselves and those close to us – the job involves caring for people who are very unwell – this includes providing end of life care.

Working in this environment can be distressing or traumatic and you may feel:-

- Sad or depressed. You might feel this way about what has happened, or what's currently happening.
- Shocked and numb. This may happen as your mind tries to protect you from pain or feeling overwhelmed.



- Panic and confusion. This might be caused by sudden changes and news.
- Overwhelmed. You might be starting to wonder why you're going through this.
- Worried. You might worry about how you will cope with your work and your own wellbeing.
- Anger, hostility or frustration. You might be looking to blame something for what's happening, to help make sense of it.





It may feel hard to take care of your physical health if you're feeling busy or stressed by work. But looking after your physical health can have a big effect on your mental health

Small changes you can try to improve your overall wellbeing:-



- Eat regularly
- Stay hydrated
- Get active indoors and outdoors
- Think about your sleep



#### **Getting support**

If you're struggling with your mental health, it's ok to ask for help. There is often support available inside and outside of work.



- Support from your work
- Helplines or Listening services
- Support for trauma and Bereavement



### Support for Health and Social Care Workers

- •<u>The Care Workforce COVID-19 app</u> offers practical information, plus health and wellbeing support. It was created by the Department of Health and Social Care.
- •<u>The Queen's Nursing Institute listening service</u> provides emotional support to registered nurses working in the community.
- •Open Change offers visual resources about coronavirus for health and social care workers. It covers stress, resilience, hard conversations and care homes.
- King's Health Partners offer staff health and wellbeing resources for coronavirus.



### MONDAY

#### WEDNESDAY

#### THURSDAY 4



#### SATURDAY

#### SUNDAY



Eat healthy and natural food today and drink lots of water



Turn a Do a body-scan regular activity meditation and into a playful really notice how game today your body feels

Commit to being more active this month. starting today

Get natural

light early in

the day. Dim

the lights in

the evening

Listen to your body and be grateful for what it can do

Give your

body a boost

by laughing

or making

someone laugh

Spend as much time as possible outdoors today

**Turn your** 

around your

local area

and notice

new things

10

Have a day free from TV or screens and get moving instead

Be active

seeds

Set yourself an exercise goal or sign up to an activity challenge

Move as much as possible, even if you're stuck inside

14 Make sleep a priority and go to bed in good time

Relax your body & mind with yoga, tai chi or meditation

Get active by singing today (even if you think you can't sing!)

housework or outside. Dig up weeds or chores into a fun form of plant some exercise 18 Go exploring

Make time to run, swim, dance, cycle or stretch today

Have a 'no screens' night and take time to recharge vourself

20 Spend less time sitting today. Get up and move more often

Focus on 'eating a rainbow' of multi-coloured vegetables today

Regularly pause to stretch and breathe during the day

Enjoy moving to your favourite music. Really go for it

Become an

activist for a

cause you really

30

24 Go out and do an errand for a loved one or neighbour

Get active in nature. Feed the birds or go wildlifespotting

26

Try a new online exercise. activity or dance class

Take an extra break in your day and walk outside for 15 minutes

28 Find a fun exercise to do while waiting for the kettle to boil

Meet a friend outside for a walk and a chat

believe in



**Happier** · **Kinder** · **Together** 

# Crisis grants, emergency grants and free mental health support available from the Care Workers Charity

The Care Workers' Charity launched mental health support for people working in social care in February 2021. If you or members of your care team are struggling, they may be able to offer up to 10 hours of counselling with a qualified therapist. Application is quick and easy via the Care Workers Charity website.



https://www.thecareworkerscharity.org.uk/mental-healthsupport-

fund/? cldee=Z2lubnkuYWxsZW5AZ3NmY2VudHJlLmNvLnV r&recipientid=contact-3fa0309587f5e91180e0005056877cb9-a18b3a5304b84c6bbce0c71af9a10f86&esid=a4e83445-1592-eb11-b1ac-000d3a87020b



# **COVID-19 Emergency Grant**

The COVID-19 Emergency Grant is designed to support social care workers through the impact of the pandemic. If you or members of your care team are struggling as a result of lost income, illness, funeral or childcare costs related to COVID-19 - please apply via the Care Workers Charity website.

https://www.thecareworkerscharity.org.uk/covid-19-emergency-fund/?\_cldee=Z2lubnkuYWxsZW5AZ3NmY2VudHJlLmNvLnVr&recipientid=contact-3fa0309587f5e91180e0005056877cb9-

<u>a18b3a5304b84c6bbce0c71af9a10f86&esid=a4e83445-1592-eb11-b1ac-</u>

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### **Crisis Grant**

The Crisis Grant Fund is open to those employed in the UK social care sector in a role that is involved in or supports the provision of adult, elderly or disability care. Applicants must have experienced one of their qualifying circumstances in the past year that has caused significant financial impact. Find out more on their website.

https://www.thecareworkerscharity.org.uk/information-and-tools/apply-for-a-grant/?\_cldee=Z2lubnkuYWxsZW5AZ3NmY2VudHJlLmNvLnVr&recipientid=contact-3fa0309587f5e91180e0005056877cb9-

a18b3a5304b84c6bbce0c71af9a10f86&esid=a4e83445-1592-eb11-b1ac-

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### Free PPE extended

The Government is extending the provision of free PPE to health and social care providers until the end of March 2022. In order to protect the health and wellbeing of health and social care workers, as well as their patients and clients, the continued provision will ensure frontline workers can access rigorously tested and high-quality PPE.







Project ECHO

starting May 2021

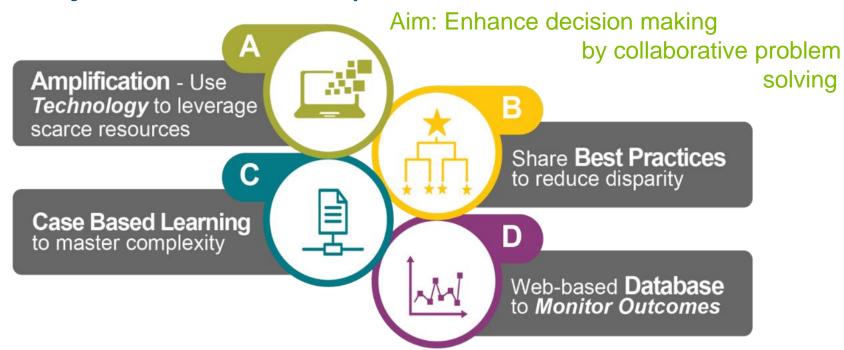
Inviting all accredited GSF homes to take part – providing ongoing learning and support







### **Project ECHO Principles**







#### How does ECHO differ from a webinar or telemedicine?

#### Webinar VS ECHO

- Online meeting/ presentation
- Unidirectional flow of information
- Single expert providing opinion
- Predetermined curriculum & schedule set by lead
- Usually one-and-done, or time-limited/specific

- A movement with an ethos & methodology
- Multidirectional flow of knowledge:
  - encourages learning loops where everyone is a teacher, everyone is a learner
- Based on real-time experiences
- Curriculum, schedule & frequency determined **guided by learners** 
  - Builds a 'Community of Practice' and a safe space to learn and share

### Any questions?



### **Next GSF Support Call**

Date: MONDAY 24<sup>th</sup> May 2021

- Do let colleagues and other non GSF homes know they are welcome to join the support calls
- Resources and power points will be put on the website following the Support Call



### Thank you

### Together we can make a difference!



#### Take care and be safe

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