

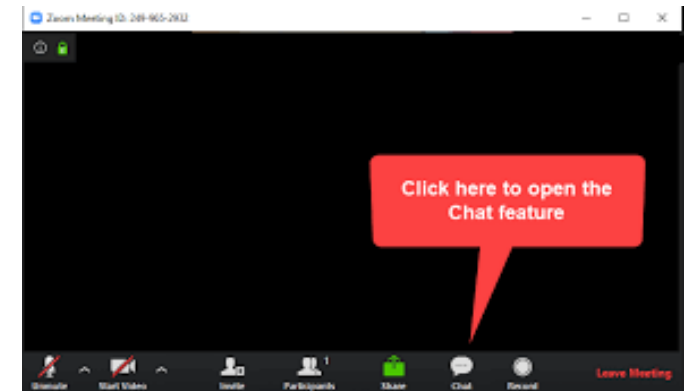
# Please follow the instructions below

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 10**

Monday 5<sup>th</sup> July 2021  
10.30 -11.30 am

Julie Armstrong Wilson & Ginny Allen,

# Plan

1. Welcome and Introduction

2. Update –

- Variants
- Vaccinations
- Long Covid
- Care Home Update

3. Wellbeing

4. Next Support Call

# Media Headlines

BBC Ginny Home News Sport Weather iPlayer Sounds

## NEWS

Home | Coronavirus | Brexit | **UK** | World | Business | Politics | Tech | Science | Health | Family & Education

UK | England | N. Ireland | Scotland | Alba | Wales | Cymru | Isle of Man | Guernsey | Jersey | Local News

## Covid: Boris Johnson upbeat about easing lockdown in England on 19 July

By Becky Morton  
BBC News

2 days ago | Comments

Coronavirus pandemic



Double Covid jabs will be "a liberator", Boris Johnson says

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### Coronavirus

## Singing celebrities make film urging Britons to get Covid jab

David Walliams, Jim Broadbent, Nicola Roberts and Asa Butterfield among stars performing in short film

Coronavirus - latest updates  
See all our coronavirus coverage

Mattha Busby

Sat 3 Jul 2021 12:55 BST



Nicola Roberts performing in film urging Britons to get Covid-19 vaccination group picture. Photograph: BBC/PK

Celebrities including the comedian David Walliams and actor Jim Broadbent have called on their fellow Britons to "get back to the rhythm of life", by getting vaccinated against Covid.

In the film, which is to the tune of a song from the 1966 musical Sweet Charity, Broadbent enters an empty theatre before celebrities including Walliams, actors Asa Butterfield, Colin Salmon, Derek Jacobi and Don Warrington, and singer Nicola Roberts take the stage to perform the song.

Before the launch, Little Britain co-creator Walliams said: "The NHS has done an absolutely fantastic job rolling out Covid-19 vaccines at such speed and, as we do in the film, I want to implore everyone to get their vaccine when called so we can get back to the all-singing, all-dancing, rhythm of life that we love."

Oscar-winning Broadbent added: "Thank you to the millions who have already received their vaccinations and please 'just get your vaccine' to the rest. Vaccines are helping us get back to everything we love and every industry - including the arts - couldn't be more grateful to each and every person for getting their vaccine."



### Most viewed

Hidden London tram station opens to public for first time in 70 years



# Media Headlines

[illegible]

# WHO- Global view

Globally, as of 3:28pm CEST, 19 May 2021, there have been 163,869,893 confirmed cases of COVID-19, including 3,398,302 deaths, reported to WHO. As of 18 May 2021, a total of 1,407,945,776 vaccine doses have been administered.

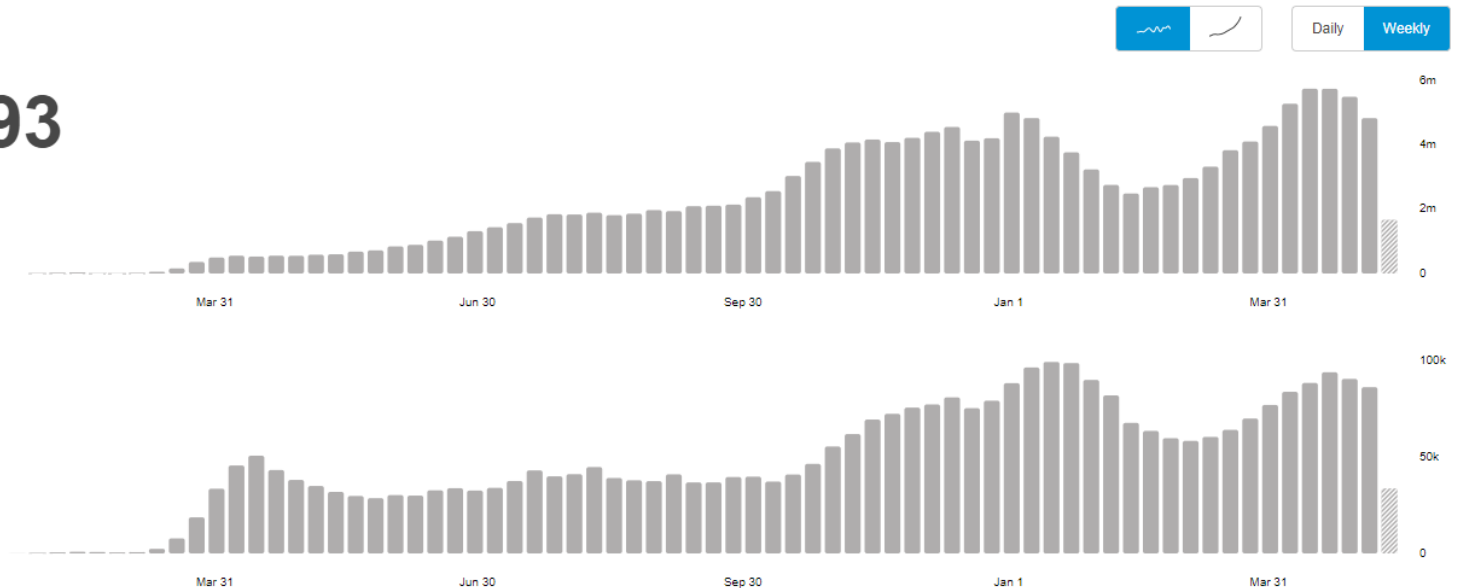
## Global Situation

**163,869,893**  
confirmed cases

**3,398,302**  
deaths

Source: World Health Organization

▨ Data may be incomplete for the current day or week.



# WHO- Global view

Globally, as of 5:41pm CEST, 2 July 2021, there have been 182,319,261 confirmed cases of COVID-19, including 3,954,324 deaths, reported to WHO. As of 1 July 2021, a total of 2,950,104,812 vaccine doses have been administered.

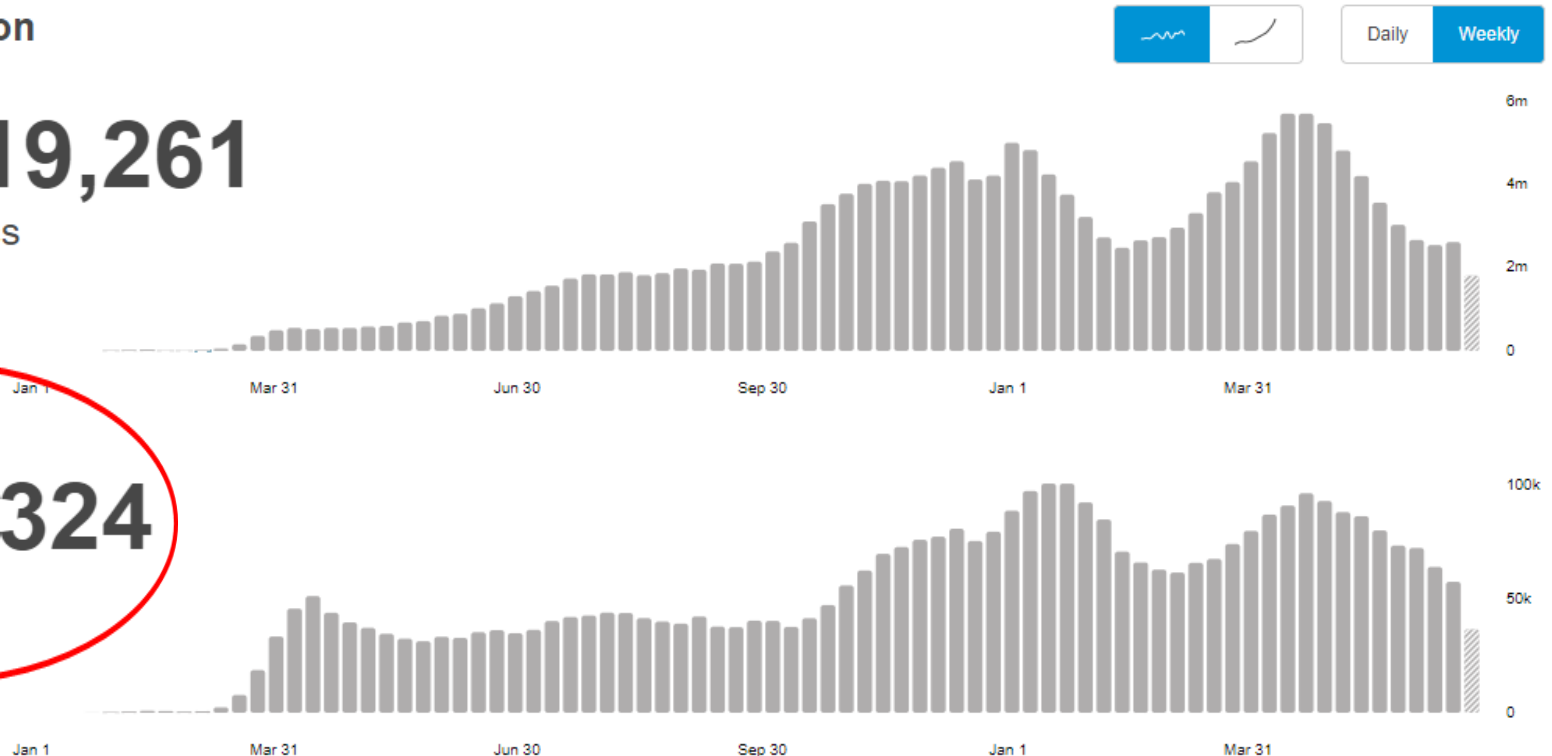
## Global Situation

**182,319,261**  
confirmed cases

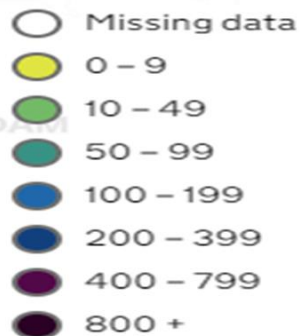
**3,954,324**  
deaths

Source: World Health Organization

Data may be incomplete for the current day or week.



#### UTLA rate



## Gateshead

Seven days to 15 May 2021

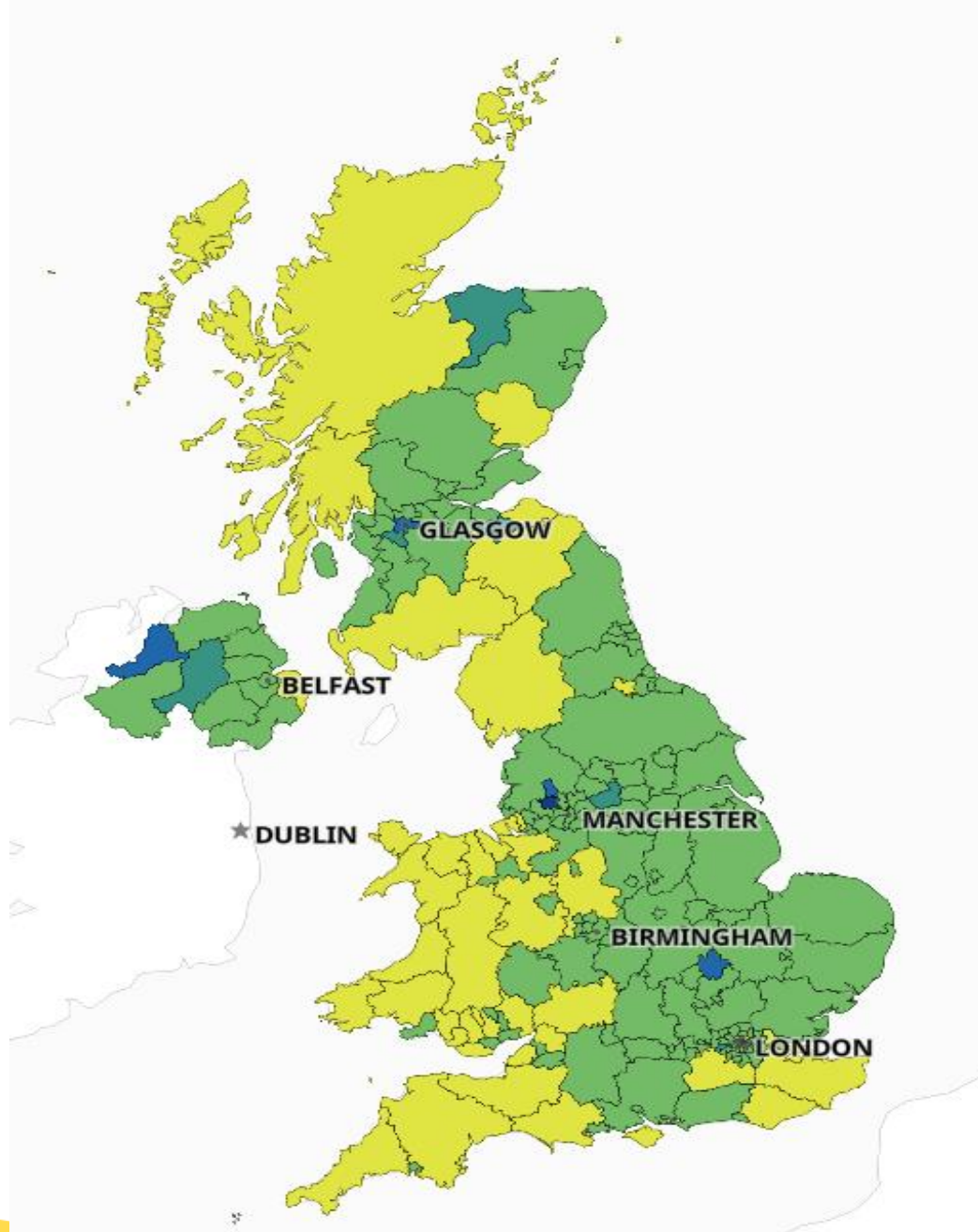
Total cases

**26** ↑ 2 (8.3%)

Rolling rate

**12.9**

Case rate compared to  
the UK average





Case rate per 100,000 people for 7-day period ending on 28 June 2021:

Feb

Mar

Apr

Ma

UTLA rate

○ Missing data

0 – 9

10 – 49

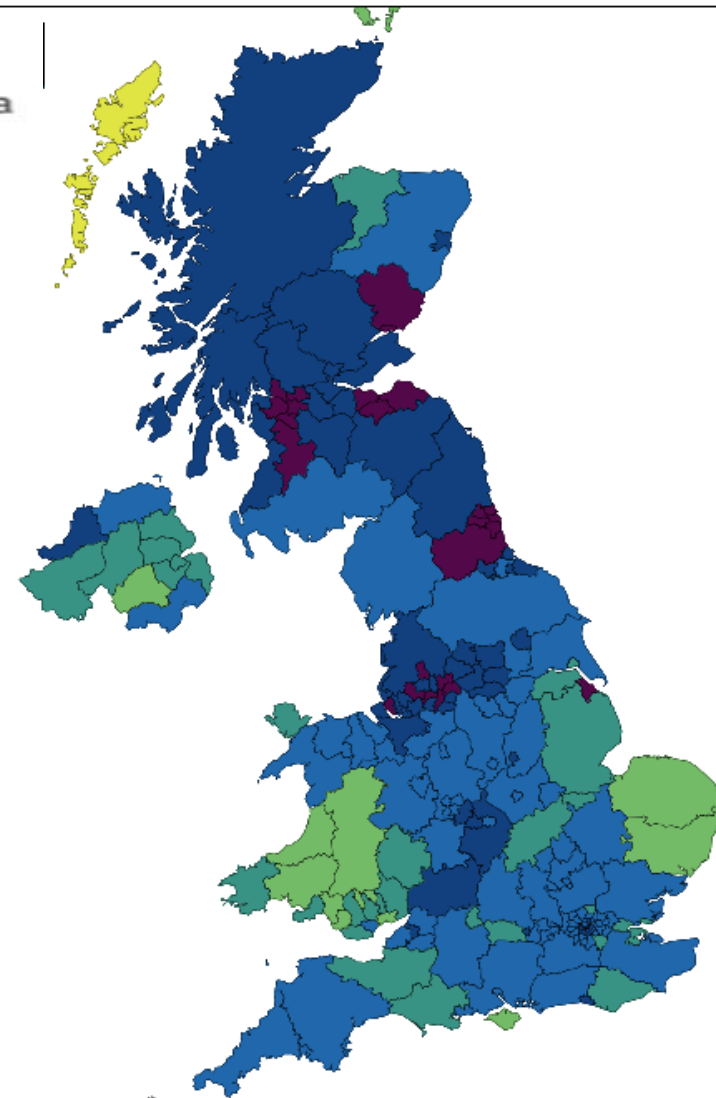
50 – 99

100 – 199

200 – 399

400 – 799

800 +



Gateshead

UTLA

Seven days to 28 June 2021

Total cases

**914** ↑ 531 (138.6%)

Case rate per 100,000 people

**452.4**

# P.H.E. data from our last call/and current – admissions

Healthcare

## Patients admitted

Latest data provided on 15 May 2021

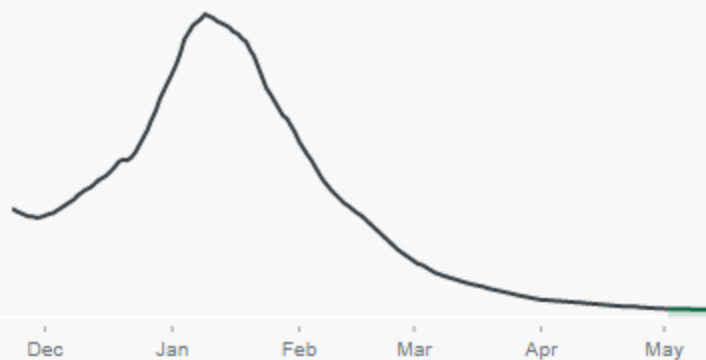
Daily

89

Last 7 days

709

↓ 79 (-10.0%)



All healthcare data

Healthcare

## Patients admitted

Latest data provided  
on 29 June 2021

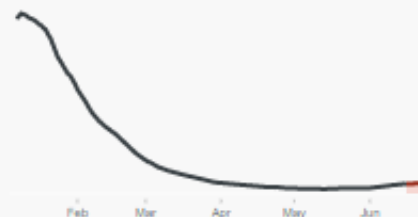
Daily

358

Last 7 days

1,953

↑ 380 (24.2%)



All healthcare data

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

### Deaths

#### Deaths within 28 days of positive test

Latest data provided on 19 May 2021

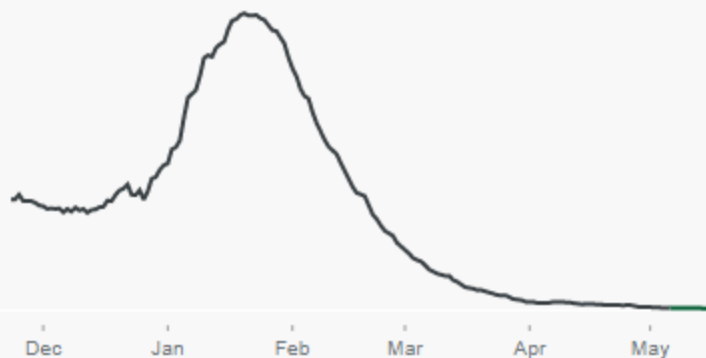
Daily

3

Last 7 days

54 ↓ -16 (-22.9%)

▶ Rate per 100,000 people: 0.1



All deaths data

### Deaths

#### Deaths within 28 days of positive test

Latest data provided on 3 July 2021

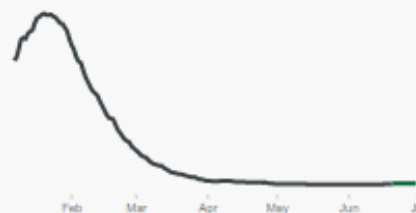
Daily

18

Last 7 days

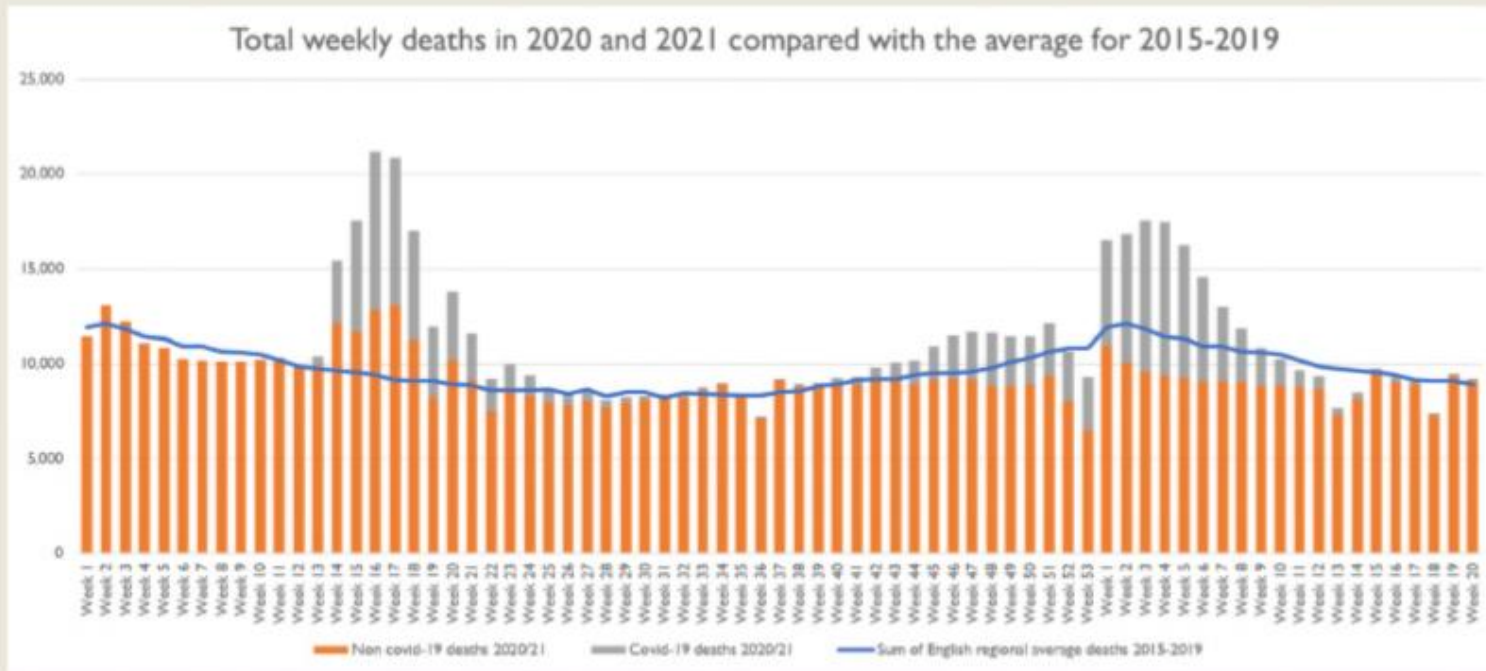
118 ↓ -1 (-0.8%)

▶ Rate per 100,000 people: 0.1



All deaths data

# ONS data on all weekly deaths in England (COVID and non-COVID) compared with the average for 2015-2019



Source: ONS COVID/non-COVID 2020 and 2021 death data:

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/causesofdeath/datasets/deathregistrationsandoccurrencesbylocalauthorityandhealthboard>  
and 2015-2019 death data from:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/adhocs/11674fiveyearaverageweeklydeathsforenglishregionsandwalesdeathsthatoccurredbetween2015and2019>

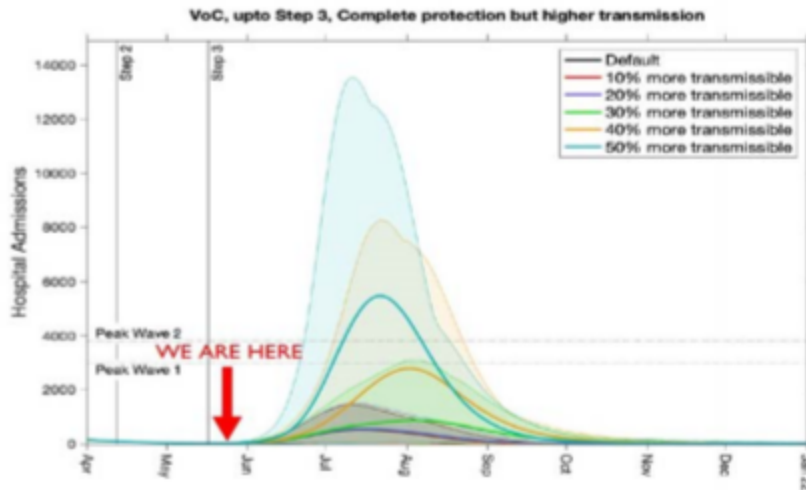
Week 20, 2021: week ending 28 May 2021

# Variants

- The **delta variant** is an 'improved' version of the alpha variant – making it more easily transmissible
- Cases were expected to rise at least a little as restrictions eased, but the new delta variant seems to have complicated matters.
- Research indicates that delta is associated with an estimated 60% higher risk of household transmission than the alpha variant
- Now very clear that we will have a substantial third wave of covid infections. The big question is how much that wave of infections is going to translate into hospitalisations



# Delta Indian Variant



SAGE's "worst case" scenario modelling suggests that if B.1.617.2 were 40-50% more transmissible than B.1.1.7 it could cause an increase in hospitalisations worse than Jan 2021, and if it also escapes the vaccines more, the level could be considerably greater.

244 doctors have died in India

3% fully vaccinated



Prof. Christina Pagel @chrisc... · 13h ...

Replying to @chrischirp

The study estimates that both vaccines are 33% at preventing symptomatic B.1.617.2 disease after 1 dose (vs 51% against B117 ("Kent")) and 81% effective after 2 doses (vs 87% for B117).

Too little data on preventing severe disease to say much but v likely to be better. 2/16



Prof. Christina Pagel @chrisc... · 13h ...

So the vaccines do mostly work against B.1.617.2 - especially after 2 doses. That's good news - but not surprising.

# Delta ~~Indian~~ Variant

thebmjopinion

Latest

Authors ▾

Topics ▾

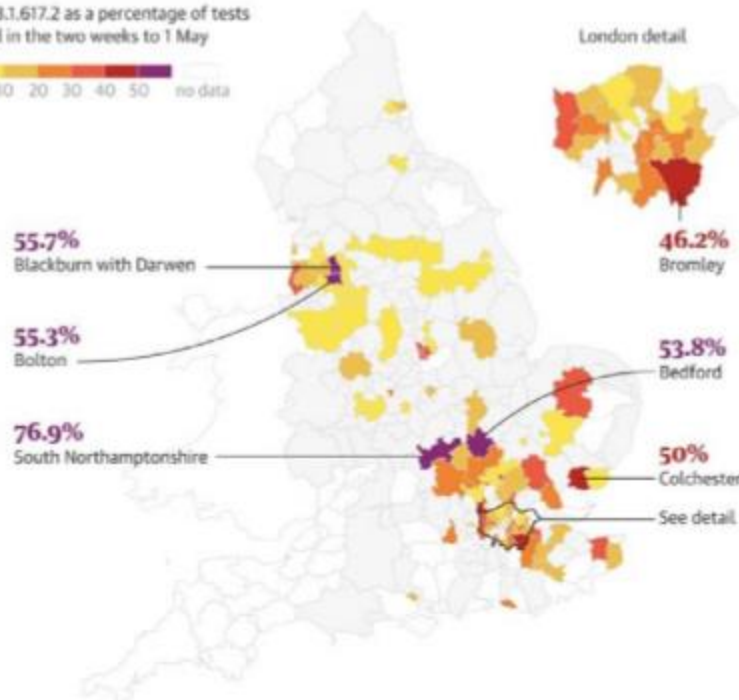
Covid-19: What should we do about B.1.617.2? A classic case of decision making under uncertainty

May 17, 2021

## In some English local authorities, a majority of positive Covid tests analysed were of a variant first detected in India

Variant B.1.617.2 as a percentage of tests analysed in the two weeks to 1 May

0% 10 20 30 40 50 no data

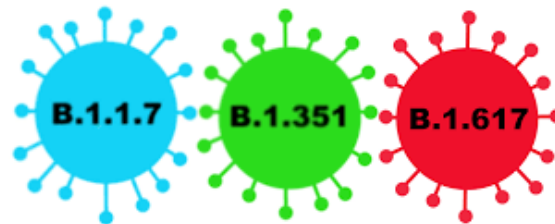


Source: Public Health England, Wellcome Sanger Institute

- spreading fast (roughly doubling each week in the UK and nearly tripling last week from 520 to 1313 cases)
- becoming established in a number of areas across the country, and that it is already the dominant variant in places such as Bedford, Bolton, and Blackburn. Compared
- more transmissible and that it might be better able to transmit between people who are fully vaccinated.
- We don't yet know ... ability of vaccines to protect us against infection, hospitalisation, and death or to stop us transmitting infection to others.
- We don't yet know whether this variant causes more severe disease.

# Variants

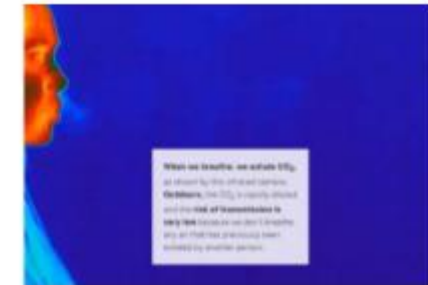
- Almost all new cases of covid-19 are the delta variant
- PHE data show that delta variant in the UK have risen by 79%
- The data also show that 58830 positive test results were recorded between 11 and 17 June which represents an increase of 33.7% on the previous seven days.
- As of 14 June, a total of 806 people had been admitted to hospital with the delta variant of the virus—an increase of 423 since last week.



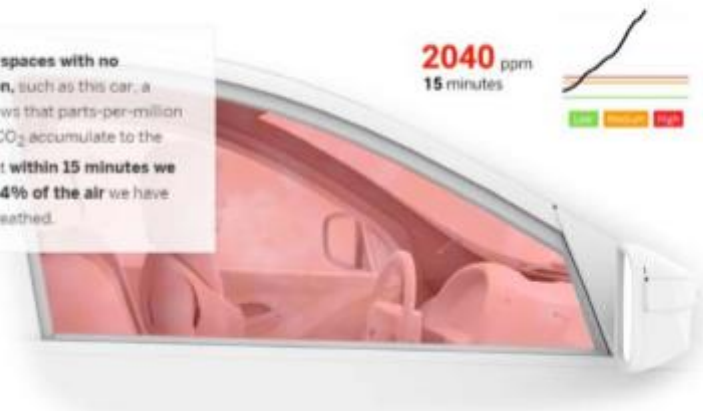
# Avoiding coronavirus infection in indoor spaces: don't breathe other people's air

El Pais

MARIANO ZAFRA | JAVIER SALAS  
29 MAR 2021 - 20:07 CEST



In closed spaces with no ventilation, such as this car, a meter shows that parts-per-million (ppm) of CO<sub>2</sub> accumulate to the extent that **within 15 minutes we re-inhale 4% of the air** we have already breathed.



If the car is shared and there is no ventilation, **within the space of 10 minutes, 8% of the air we breathe in will have already been exhaled** by the other passenger. That means we are sharing the air with another person and **the risk of transmission is high.**



**3559** ppm  
10 minutes



If one of the two people in the car is Covid-positive, **the risk of the other catching the virus is 30% in 30 minutes or 71% in an hour.**



**71 %**  
60 minutes



Just as the sun can melt ice, so good ventilation can **renew the air up to nine times every minute**. The exhaled air disappears and **the probability of transmission is low.**



**624** ppm  
9 minutes

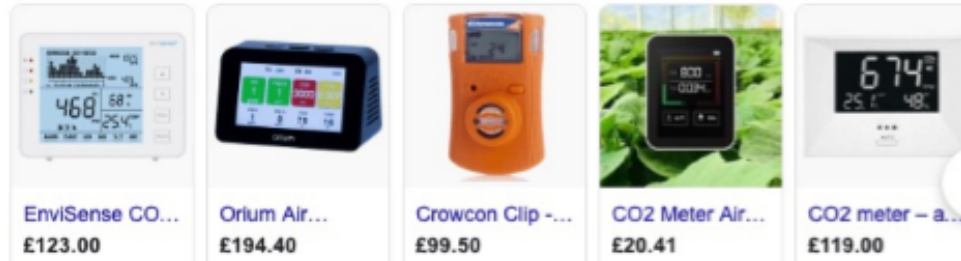


	Opening two windows	Renewals per minute
<b>Stationary vehicle</b>	10 cm	1.2
<b>50 km/h</b>	5 cm	6.6
<b>100 km/h</b>	2 cm	2.1

Source: Calculations of air renewal obtained by David Higuera, an industrial engineer and expert in installations, using an anemometer.



Ads · carbon dioxide monitors



## Summary

Overall, the relationship between CO<sub>2</sub> levels in an occupied space and the risk of COVID-19 transmission is weak due to the various factors that can influence each independently. Even so, the low cost of implementing CO<sub>2</sub> monitoring and the use of strategic action levels to trigger ventilation can help to improve indoor air quality overall. It can also help to educate occupants about actively managing indoor air quality. However, although digital CO<sub>2</sub> sensors are easy to read, they are also easy to misinterpret, and jurisdictions considering this technology should also consider how its use affects occupants' understanding of and actions around COVID-19 transmission risk.

[Are CO2 monitors a reliable COVID proxy?](#)

<https://ncceh.ca/content/blog/can-co2-sensors-be-used-assess-covid-19-transmission-risk>

# Dogs Can Detect COVID-19 'With High Accuracy': Study

- People infected with SARS-CoV-2 emit a distinct odour that can be detected by specially trained dogs, UK scientists have reported.
- Results from a phase 1 trial involving six dogs found a sensitivity range of between 82.1% and 94.3%, and a specificity range of 76.4% to 92.0%.



[https://www.medscape.com/viewarticle/951691?src=WNL\\_ukmdpls\\_210530mscpedit\\_wir&uac=401495PJ&impID=3404679&faf=1](https://www.medscape.com/viewarticle/951691?src=WNL_ukmdpls_210530mscpedit_wir&uac=401495PJ&impID=3404679&faf=1)

# Government publishes COVID-19 Events Research Programme report

- Phase one of the ERP programme involved a total of 58,000 participants at venues across the country including Liverpool, Sheffield and London. It required all attendees to prove a negative lateral flow test as the condition of entry into the events. All attendees were also asked to take a voluntary pre and post event PCR test to aid the programme's research.



# Cases of COVID-19 re-infection in England

- Almost 16,000 cases of possible SARS-CoV-2 reinfection have been reported in England since June 2020, new data from Public Health England (PHE) show.



- There were 478 probable reinfections - where sequencing of the second sample identifies a variant known to be circulating now and/or that was not circulating at the time of the first test.

[https://www.univadis.co.uk/viewarticle/cases-of-covid-19-re-infection-in-england-746213?uuid=24e1dbab-f0f2-3a16-948e-6eb89c102a28&uac=401495PJ&u=g7Nnk16ewgsdPwMx8w/CtOhPYOfg9L4HD8f57u2pz3SEkxbxvhfPA bBAVShifkUXQ&ecd=dnl\\_spe\\_210622\\_uniday\\_MUDUK\\_4621655&utm\\_source=newsletter%20email&utm\\_medium=email&utm\\_campaign=medical%20updates%20-%20daily%202.5%20specialists&utm\\_content=4621655&utm\\_term=automated\\_daily&sso=true](https://www.univadis.co.uk/viewarticle/cases-of-covid-19-re-infection-in-england-746213?uuid=24e1dbab-f0f2-3a16-948e-6eb89c102a28&uac=401495PJ&u=g7Nnk16ewgsdPwMx8w/CtOhPYOfg9L4HD8f57u2pz3SEkxbxvhfPA bBAVShifkUXQ&ecd=dnl_spe_210622_uniday_MUDUK_4621655&utm_source=newsletter%20email&utm_medium=email&utm_campaign=medical%20updates%20-%20daily%202.5%20specialists&utm_content=4621655&utm_term=automated_daily&sso=true)

# Vaccinations

- The PHE found that the Pfizer-BioNtech vaccine was 88% effective and the Oxford-Astra Zeneca 60% effective against the delta variant two weeks after the second dose, but both vaccines were only 33% effective against symptomatic disease from delta three weeks after the first dose.
- However, the most recent PHE analysis of 14019 delta cases (14June) indicates that two doses of either vaccine are still highly effective against hospital admission: 96% for Pfizer-BioNTech and 92% for Oxford-Astra Zeneca.



# The UK has highest vaccine confidence

- The UK population has the highest confidence in covid-19 vaccines and its health authorities, while Japan and South Korea have the lowest, a survey of 15 countries shows
- The survey included more than 68 000 people from Australia, Canada, Denmark, France, Germany, Israel, Italy, Japan, Norway, Singapore, South Korea, Spain, Sweden, the UK, and the US.
- Almost nine in 10 people in the UK (87%) said they trusted the vaccines, while 83% said the same in Israel. But in South Korea and Japan just 47% said they trusted the vaccines.

# NEWS

Home | coronavirus | Brexit | UK | world | Business | Politics | Tech | science | Health | Family & Education

world | Africa | Asia | Australia | Europe | Latin America | Middle East | US & Canada

## Brazil Covid: Deaths plunge after town's adults vaccinated

21 hours ago



Coronavirus pandemic



In February the BBC looked at how the whole town of Serrana would be vaccinated

A Brazilian town has seen a 95% drop in covid-19 deaths after almost all adults were vaccinated as part of an experiment, researchers say.

Serrana, with 45,000 inhabitants, saw cases plunge after a mass vaccination with the Chinese-developed Coronavac.

The team said those who had not been vaccinated were also protected by the reduction in the virus's circulation.

The findings suggest the pandemic can be controlled after 75% of people are fully dosed.

Brazil has been hit hard by the pandemic, with nearly 463,000 deaths.

Serrana 45,000 inhabitants  
57 deaths

**When 75% of adults fully vaccinated**

- Deaths fell by 95%
- Hospitalisations 86%
- Symptomatic cases by 80%
- No COVID deaths 14 days after second dose

Coronavac is an inactivated vaccine

Mass vaccination impact

# COVID-19 vaccination in pregnancy

- The Joint Committee on Vaccination and Immunisation (JCVI) has advised that pregnant women should be offered COVID-19 vaccines at the same time as people of the same age or risk group.
- In the USA, around 90,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and no safety concerns have been identified.
- Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization and the regulatory bodies in the UK, USA, Canada and Europe.
- Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.
- Anyone who has already started vaccination and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.
- The JCVI has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization
- DOH updated June 2021

# COVID boosters to start alongside flu jabs from September in high-risk groups

- Over-70s, clinically vulnerable patients and health and care staff could be offered COVID-19 booster jabs from 1 September alongside flu vaccination, the government has said.
- The campaign will then widen to cover all people aged over 50, 16- to 59-year-olds in flu or COVID-19 at-risk groups and household contacts of some at-risk patients.



[https://www.gponline.com/covid-boosters-start-alongside-flu-jabs-september-high-risk-groups/article/1721004?bulletin=bulletins%2F60secondgp&utm\\_medium=EMAIL&utm\\_campaign=eNews%20Bulletin&utm\\_source=20210701&utm\\_content=60-Second%20GP%20\(89\)::&email\\_hash=](https://www.gponline.com/covid-boosters-start-alongside-flu-jabs-september-high-risk-groups/article/1721004?bulletin=bulletins%2F60secondgp&utm_medium=EMAIL&utm_campaign=eNews%20Bulletin&utm_source=20210701&utm_content=60-Second%20GP%20(89)::&email_hash=)

# Long Covid

- Persistent pulmonary disease after acute covid- 19
- Data shows that the lungs are often physiologically and radiologically impaired 3-4 months after hospital discharge
- Pulmonary emboli are common in patients in hospital with covid-19. Analysis of healthcare claims in the US also found an increased incidence of venous thromboembolism 200 days after the acute illness





# Long Covid

- As many as 376 000 people in the UK report symptoms more than 12 months after the first onset of covid-19
- Often experiencing extreme fatigue along with a wide range of other symptoms
- It's hard to know what treatment path to put them on
- Gentle activity to avoid deconditioning and not triggering post-exercise malaise



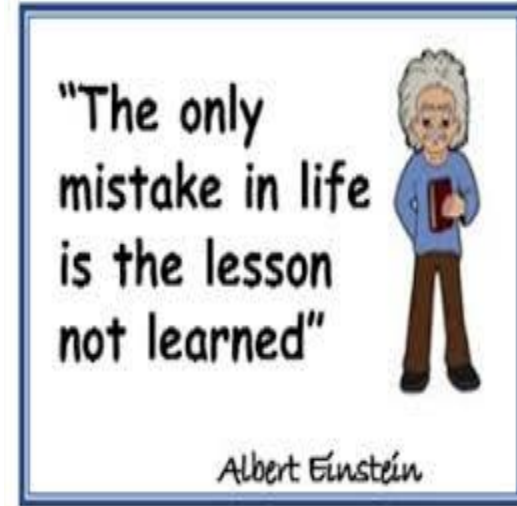
# Long Covid

- Long Covid: One in six middle aged people with Covid-19 reported long-lasting symptoms
- This number fell to one in 13 (7.8%) among younger adults, suggesting that the risk for long Covid symptoms increases with age.
- The researchers also found that women are 50% more likely to report experiencing long Covid symptoms than men.

[https://healthcareleadernews.com/news/long-covid-one-in-six-middle-aged-people-with-covid-19-reported-long-lasting-symptoms/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=hcl%20bulletin](https://healthcareleadernews.com/news/long-covid-one-in-six-middle-aged-people-with-covid-19-reported-long-lasting-symptoms/?utm_source=newsletter&utm_medium=email&utm_campaign=hcl%20bulletin)

# Pandemic Lessons Learned

1. The wellbeing of NHS staff is paramount
2. Staff shortages must not persist, now is the time to invest in workforce
3. We need increased critical care capacity across the UK
4. Appropriate and timely supply of PPE is key
5. Perioperative care has a critical role to play in the NHS recovery and beyond
6. We should maintain pandemic skills
7. Collaboration and information sharing are critical for a successful pandemic response
8. Local decision-making works
9. The healthcare system must be better prepared for future pandemics
10. There is huge potential for digital innovations



# Care Home COVID-19 Testing Guidance

For testing of staff and residents

It provides guidance for regular resident testing using PCR, and regular staff testing using PCR and The rapid lateral flow test.

**If you are testing care home residents** please refer to the guidance on PCR testing beginning on pg. 10, or the guidance on rapid lateral flow testing of residents in an outbreak situation on pg. 46

**If you are testing care home staff**, please refer to the guidance on PCR testing beginning on pg. 9 or the guidance on rapid lateral flow testing beginning on pg. 26 as appropriate.

**For outbreak testing procedures**, please refer to the guidance on pg. 41

## Before you do any testing

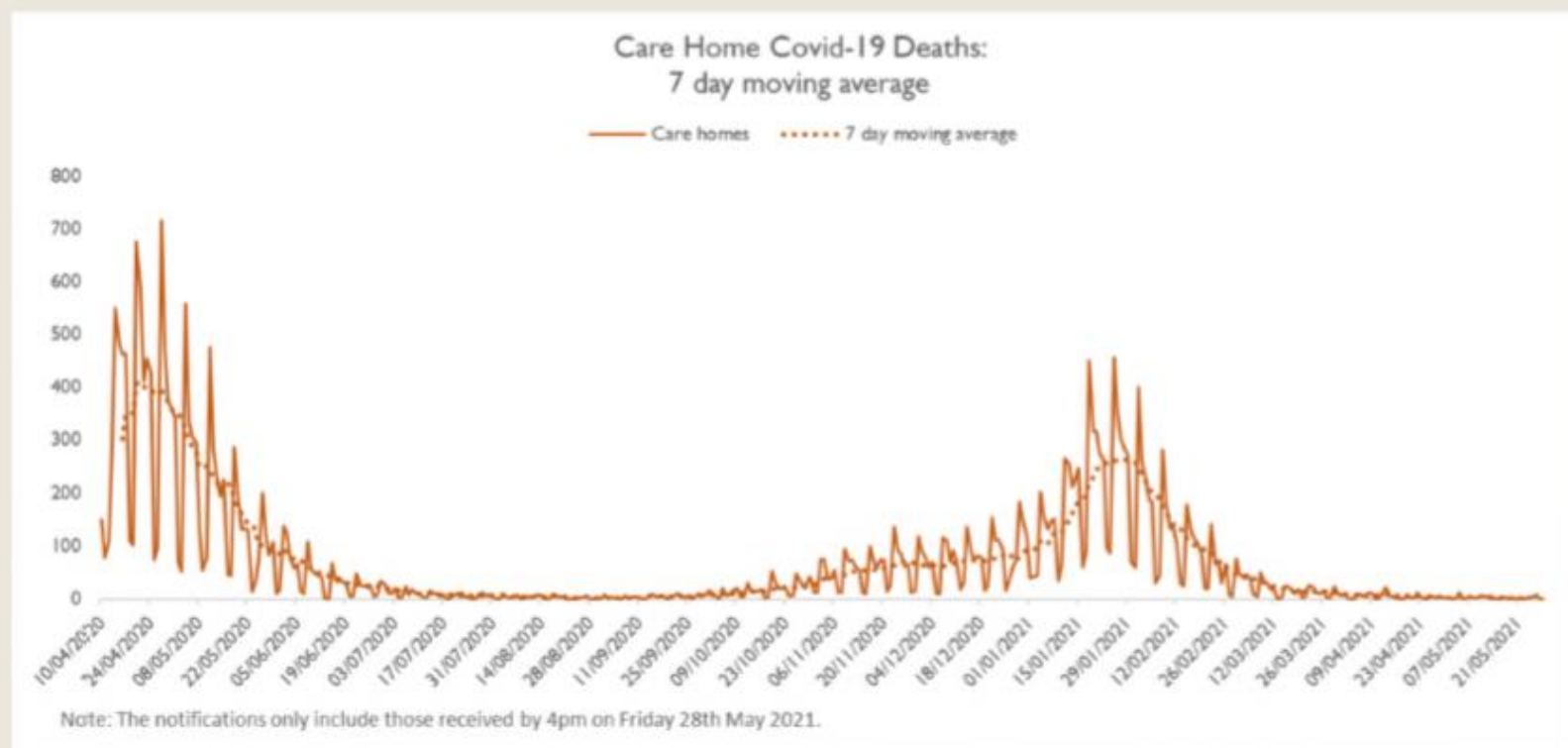
- Read this guidance in its entirety
- Make sure you have booked a courier collection by 7pm the day **before** you start PCR testing. This can be arranged at <https://test-kit-collection.test-for-coronavirus.service.gov.uk/>

May 2021

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/997528/care-home-testing-guidance-england-2906.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/997528/care-home-testing-guidance-england-2906.pdf)

# Care Home Update

## Deaths notified by care homes



The chart shows the number of death notifications of people in care homes flagged with COVID-19 submitted each day up to 28 May 2021, with a seven-day moving average line showing the smoothed trend. The numbers of deaths appear to have peaked in mid-January and have been steadily falling since then.



# Deaths from Hospital Discharges

- Many hospital patients in March and April 2020 were discharged without covid testing, or with positive tests, or with care homes not being notified of test results.
- UK government has admitted that its policy during the early stages of the covid-19 pandemic to have patients moved from hospitals to care homes may have directly led to subsequent deaths.
- PHE report identified 97 care home outbreaks (1.6%) from a total of 5882 outbreaks that were due to “hospital associated seeding,” involving 804 care home residents and 286 (2.1%) deaths

# **PROTECT-CH is a UK-wide clinical trial to identify treatments that can protect care home residents from developing COVID-19.**

- If you are a Care Home Manager and would be interested in hearing more about the trial and potentially taking part, please complete the expression of interest survey.





## **Community Palliative, End of Life and Bereavement Care in the COVID-19 pandemic**

A guide to End of Life Care symptom control when a person is dying from COVID19 care for General Practice Teams, prepared by the Royal College of General Practitioners and the Association for Palliative Medicine

First edition March 2020  
Version 3

[https://elearning.rcgp.org.uk/pluginfile.php/149457/mod\\_page/content/24/COVID%20Community%20symptom%20control%20and%20end%20of%20life%20care%20for%20General%20Practice%20-%20Word%20FINAL%20v3.pdf](https://elearning.rcgp.org.uk/pluginfile.php/149457/mod_page/content/24/COVID%20Community%20symptom%20control%20and%20end%20of%20life%20care%20for%20General%20Practice%20-%20Word%20FINAL%20v3.pdf)

Adapted from Northern Care Alliance NHS Group and the Association for Palliative Medicine of Great Britain and Ireland: COVID-19 and Palliative, End of Life and Bereavement Care in Secondary Care, Version 3

Collated for General Practice Teams by:  
Dr Catherine Millington-Sanders and RCGP COVID-19 End of Life Care Advisory Group

View most recently updated version on the [RCGP COVID-19 Resource Hub](#)

## COVID-19: Guidance for maintaining services within health and care settings

Infection prevention and control recommendations

Version 1.2

Uncontrolled if printed.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/990923/20210602\\_Infection\\_Prevention\\_and\\_Control\\_Guidance\\_for\\_maintaining\\_services\\_with\\_H\\_and\\_C\\_settings\\_1.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/990923/20210602_Infection_Prevention_and_Control_Guidance_for_maintaining_services_with_H_and_C_settings_1.pdf)

**CARE**

## **Supporting excellence in infection prevention and control behaviours**

### **Implementation Toolkit**

Version 1, 09 June 2021



<https://www.skillsforcare.org.uk/Documents/Learning-and-development/Ongoing-learning-and-development/IPC/Every-Action-Counts-Toolkit.pdf>



# I was having panic attacks says care home manager battling to save residents in pandemic

Episodes:



Let's Talk About Care

Manager revealing mental health battle after 9 residents



00:17 | 27:36

<https://www.carehome.co.uk/podcast>

# Well-Being – Mental Health

- Covid-19 has raised the prevalence of anxiety, depression, post-traumatic stress disorder, and psychological and mental distress among the general population.
- Living with young children, pre-existing chronic or mental illness, young age, female gender, and frequent exposure to pandemic news are all risk factors associated with covid-19 related distress.



# The coronavirus pandemic has made things particularly hard for those who are grieving.

There were two key themes highlighted:

## Guilt

- Not been able to be with loved ones when they were dying
- Restrictions due to PPE / screens to be close to a loved one dying

## Loneliness

- Lockdown restrictions
- Public media – difficulties people are facing, personal tragedies, national crisis

Andy Langford, the Clinical Director for Cruse

Real need for individuals to support each other – compassionate communities

# MPs Declare 'Emergency' Over Staff Burnout in the NHS and Social Care

Peter Russell

June 08, 2021



Read Comments



Add to Email Alerts

Workforce burnout across the NHS and social care in England has reached an "emergency level", [MPs warned](#) today.

In a [highly critical report](#), the Commons Health and Social Care Committee said that only a total overhaul of workforce planning could provide a solution to a long-term problem that had been exacerbated by the COVID-19 pandemic.

During an inquiry, initiated in July last year, MPs heard that the pandemic had increased workforce pressures "exponentially", with NHS Providers finding that 92% of trusts had concerns about staff wellbeing, stress, and burnout.

Even before COVID-19 took hold in the UK, a [survey published by the British Medical Journal](#) found that a third of doctors who responded described themselves as 'burned out', with those in emergency medicine and general practice most impacted.

Responding to the report, Dr Layla McCay, director of policy at the NHS Confederation, said: "We've been warning for some time that there are simply not enough staff in the NHS to meet the healthcare needs of our population, both now and in future. "There were close to 90,000 vacancies across the NHS in England before the pandemic and the last 18 months have been brutal on the workforce."

## NEWS

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UK England N. Ireland Scotland Alba Wales Cymru Isle of Man Guernsey Jersey Local News

### NHS and social care staff burnout at an emergency level - report

By Francesca Gillett & Katie Wright  
BBC News

14 hours ago

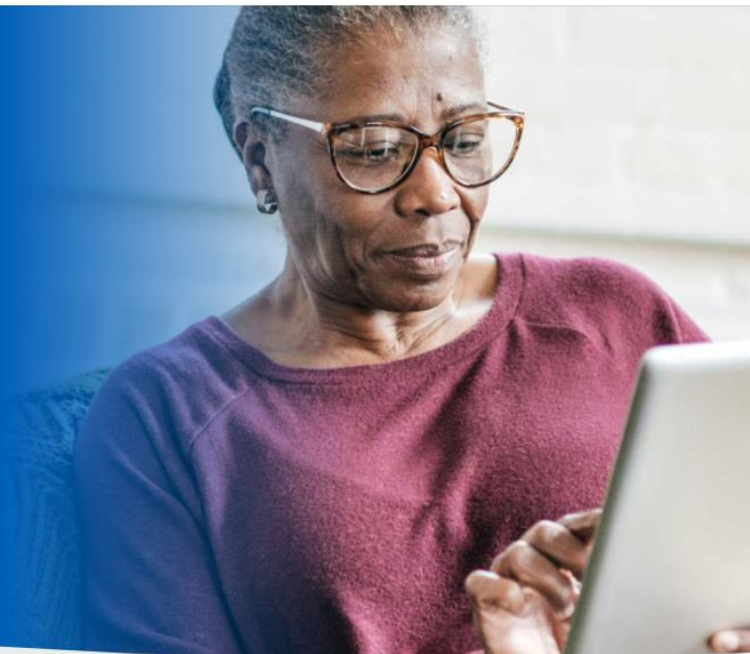


# Supporting your recovery after COVID-19

As you find yourself recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and mind.

These changes should get better over time, some may take longer than others, but there are things you can do to help.

Your COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery.



## Do you have COVID?

Get a free NHS test today to check if you have COVID.

## When to seek help?

Additional medical help may be needed during your recovery.

## What is Long COVID?

Read about the signs and symptoms that can continue or develop.

<https://www.yourcovidrecovery.nhs.uk/>



# The Healing Hub

## Beat stress in just 10 minutes

- An extraordinary journey of self-healing and positive change - Download the FREE App
- Fits in easily to your daily routine
- Helps you to cope with life's challenges
- Increases your confidence
- Improves your relationships with self and others
- Boosts your immune system
- Enhances your energy and mental clarity
- Improves your tolerance and compassion



<http://www.thehealinghub.uk/>

# Jump Back Up July 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY



5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

framework

# On a positive note, what an inspirational lady!

Veteran 80-year-old horsewoman  
honoured

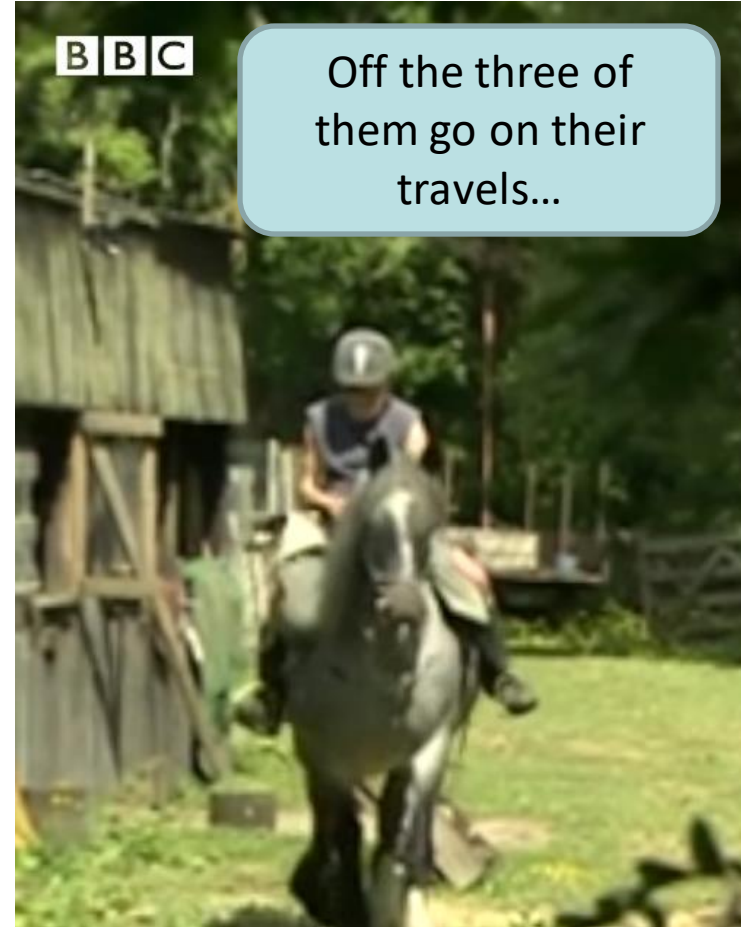


Dog has his own saddle



BBC

Off the three of  
them go on their  
travels...





# 'A great thing': Southgate hails England's Wembley return for Denmark semi-final

- **Players and fans 'fed off each other' in victory against Germany**
- **Crowd of 60,000 expected for Euro 2020 match on Wednesday**



▲ Gareth Southgate, with Kieran Trippier after victory against Germany, says the quarter-final trip to Rome helped his team's focus but he is delighted to be returning to Wembley. Photograph: Tom Jenkins/The Guardian

Gareth Southgate has said that returning to Wembley to feed off a pulsating atmosphere will help England in their Euro 2020 semi-final against Denmark on Wednesday.

# Tour de France 2021: Mark Cavendish wins to close on Eddy Merckx's record

By Steve Sutcliffe  
BBC Sport

🕒 1 July 2021 | Cycling | 💬 656



Mark Cavendish had not claimed a Tour stage win for five years before this year's race

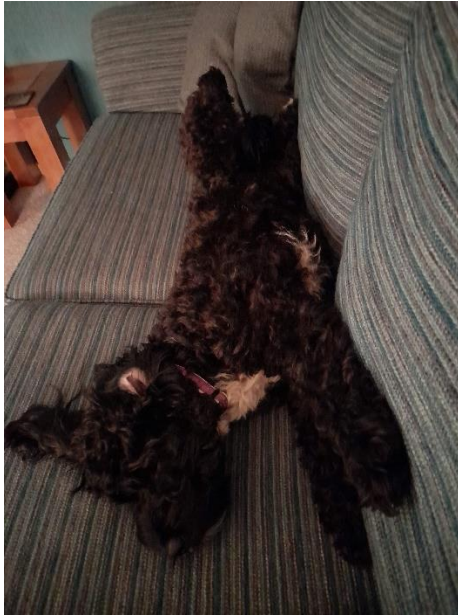
Mark Cavendish's resurgence continued as he claimed his 32nd stage win at the Tour de France to move closer to the all-time record of 34 held by Belgian legend Eddy Merckx.



Any questions?

Thank you

Together we can make a difference !



**Take care and be safe**

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