

# SOUTH Primary Care Network News

Edition 4 – April 2020.



*This edition is dedicated to COVID 19 and support that is available locally and nationally - we can get through this together.*

## COVID 19 & Social distancing:

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). **They are to:**

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport when possible
3. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information
4. Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
6. Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is practicable.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- ☒ are over 70
- ☒ have an underlying health condition
- ☒ are pregnant.

Please follow this advice.

## Family Carer information- Covid 19:

As the situation with coronavirus evolves, it's important to know what support is available to you as a carer. Are you new to a caring role? Have your caring duties changed recently? Do you need to talk to someone about your caring role? Carer support gives you the opportunity to find out about help available locally and to help make plans for the future.

Please contact Doncaster Carer Reach Out Service in office time (or leave a message outside these times and we will call you back) on 01302986900 or 07713 089 678. You can also email [DoncasterCarers@makingspace.co.uk](mailto:DoncasterCarers@makingspace.co.uk) we will utilise social media as an alternative way to communicate via Twitter @CarersDoncaster and Doncaster Carer Reach Out Service Facebook page. The links below hold vital information to help and assist at this extremely challenging time. Useful links:

<https://makingspace.co.uk/services/centres/doncaster-carers-reach-out>

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19/coronavirus-mental-wellbeing>

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>



## Alcohol Advice:

Please find advice on alcohol during the COVID-19 outbreak with tips for managing drinking, links to support you can access even whilst self-isolating and guidance for professionals

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

Please contact Julie Magee, Neighbourhood Project Coordinator (South) on email [julie.magee4@nhs.net](mailto:julie.magee4@nhs.net) or call 07387 885207

## Mental Health and Resilience Information:

There are lots of amazing resources to support our Mental Health & resilience.

Here is a selection:

- ✓ <https://www.mentalhealth.org.uk/coronavirus>  
<https://www.mentalhealth.org.uk/your-mental-health>  
Designed to give you more information about mental health and to help you to look after your mental health. We have podcasts, videos, inspiring stories and information about getting help if you're struggling
- ✓ <https://www.mentalhealthandmoneyadvice.org/>  
Clear, practical advice and support for people experiencing issues with mental health and money.
- ✓ <http://www.resilientpractice.co.uk>  
Free audio guided meditation to help people achieve mindfulness.
- ✓ [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)  
An NHS site which offers advice and practical tips to look after your mental health and wellbeing.
- ✓ [www.stem4.org.uk](http://www.stem4.org.uk)  
A platform which offers support to teenagers with mental health conditions. It also has a variety of supporting apps.
- ✓ [www.youngminds.org.uk](http://www.youngminds.org.uk)  
A website which offers advice for parents, friends and of young people and children.
- ✓ [Calm App](#)  
An App for Sleep, Meditation and Relaxation

## 5 Ways to Well being:



Please check out:

<https://www.doncaster.gov.uk/services/health-wellbeing/ideas-to-stay-well-5-ways-to-wellbeing>

## Well Doncaster Update:

Well Doncaster is launching peer support groups online for any people who live with **Diabetes, Fibromyalgia and chronic pain** or **COPD**. COVID-19 has brought a lot of changes to our lives which can be hard to manage, especially if you are already trying to manage a long term condition. It is really important to stay connected during the lockdown measures so join these **free**, fortnightly online groups and find ways to improve and maintain your wellbeing through various speakers and mindfulness and movement sessions.

Launching on **15th April** which will be on every **Wednesday fortnight** and below are the times and links to their Zoom:\* Zoom is an App which can be downloaded free onto your phone or computer

<https://zoom.us/j/473449462?pwd=QXljNGVmOWIFVEUrQkJPUDk3d3pMdz09>

Meeting ID: 473 449 462

Password: Diabetes20

*Fibromyalgia and Chronic Pain, 11am*

<https://zoom.us/j/334796693?pwd=VHZudUc1L0VsWGJPSFdIWFFWWnFtZz09>

Meeting ID: 334 796 693

Password: Fibro20

*COPD, 1pm*

<https://zoom.us/j/510777054?pwd=d2Z0djJVNGpxcnNwUks1eXNXZHRPUT09>

Meeting ID: 510 777 054

Password: COPD20

**Dates: 15<sup>th</sup> April, 29<sup>th</sup> April, 13<sup>th</sup> May, 27<sup>th</sup> May**

For more information, please contact Well Doncaster [WellDoncaster@doncaster.gov.uk](mailto:WellDoncaster@doncaster.gov.uk) or via Facebook or twitter.



## Chair based exercise with Faye:

The Well Doncaster team are keeping spirits up with two chair based exercise classes every week led by one of our officers, Faye. It is so important we continue to move around and chair-based exercises can help to maintain and improve your health. It is suitable for everyone including those less mobile, in a wheelchair and older people. Head over to [www.dnconnects.com](http://www.dnconnects.com) channel to get involved this Thursday from 10am! Grab a chair, take 15 minutes out of your day and have some #funwithFaye#StayinWorkout @CoronavirusDoncaster



## The Community Hub:

Doncaster Council Community Hub Frequently Asked Questions found at:

<https://bit.ly/2UKrDiW>

The Government advice on Corona Virus can be found at:

<https://www.gov.uk/coronavirus>



## Volunteers:

There are lots of amazing volunteers out in the community supporting us all.

Below is a link to the Doncaster Volunteer Guide during COVID-19, this is a great resource for people volunteering in the current climate to support them. Check out:

<https://indd.adobe.com/view/9b6515a3-7509-4e0f-b193-4fba44ea2980>

## Suicide Prevention



**The Zero Suicide Alliance** is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support. Doncaster CCG is a member of the Zero Suicide Alliance.

Everyone can access the **FREE** e learning and resources: [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)



## Family Hubs and Corona Virus:

The Family Hubs are working hard to support families and children during this time, by staying in touch with families.

Interactive stories, activities and learning can be found on their Facebook pages.

Take a look at Mexborough, Denaby, Rossington and Edlington Family Hub Facebook pages.



And finally – please like and share our Facebook page, where you can find local information from the South Primary Care Network:



Doncaster South Primary Care Network.