

## Bi-weekly stakeholder update

Welcome to this stakeholder update, please note that these updates will now be sent out on a fortnightly basis rather than weekly.

### The Rule of 6

This week has seen news about some new restrictions that are coming into force from **Monday 14 September 2020** when the Government introduces **the rule of 6**.

- This means that people must not meet socially in groups of more than 6. Those that do so are breaking the law.
- This will apply in any setting, indoors or outdoors, at home or in the pub etc.
- The ban will be set out in law and it will be enforced by the police – anyone breaking the rules risks being dispersed, fined and possibly arrested.
- This single measure replaces both the existing ban on gatherings of more than 30 and the current guidance on allowing 2 households to meet indoors. There will be some limited exemptions. For example, if a single household or support bubble is larger than 6, they can still gather.
- COVID Secure venues like places of worship, gyms, restaurants and hospitality venues can still hold more than 6 people in total. Within those venues however, there must not be individual groups larger than 6, and groups must not mix socially or form larger groups.
- Education and work settings are unaffected, COVID Secure weddings and funerals can go ahead, up to a limit of 30 people, and organised sport will still be able to proceed.
- The Prime Minister stated that he understood that these new restrictions i.e. the rule of 6, will cause difficulties for some e.g. two whole households will no longer be able to meet if they would together exceed the limit of 6 people. Mr. Johnson also stated that the Government will keep the rule of 6 under constant review and only keep it in place as long as it's necessary.
- Mr. Johnson was also clear that these measures do not constitute a new national lockdown.

Follow the relevant links to read the full [speech](#) and the [slides](#) that accompany the presentation.

### Testing

The Government is working to increase national testing capacity to 500,000 tests a day by the end of October 2020, expanding the network of testing sites and laboratories as well as investing in new testing technologies. Whilst this scaling up is happening, the service is currently very busy and we know there are times when the National Portal is showing no available bookings or people are being directed to testing facilities many miles from their homes.

Anyone who tries to book a test via the National Portal and is unable to do so, or who is offered a location or time which is not convenient, is advised to please wait a few hours and then try again. It seems that 8am or 8pm is a good time to book for the following day. Alternatively, anyone with symptoms (high temperature, new continuous cough or loss of taste or smell) can consider one of the Local Testing Sites where there are a limited number of tests available to allow people to turn up without an appointment.

We have two local testing sites at:

- Ryecroft, Newcastle, ST5 2AF (old Sainsbury's site)
- Cannock Civic Offices, Beecroft Rd, WS11 1BG

There is also a Mobile Testing Unit at Sir Robert Peel Hospital in Tamworth until Sunday 13 September where anyone with symptoms can book an appointment on the National Portal.

Three new coronavirus pilot test centres are to open from Monday 14 September to respond to a continued increase in demand for coronavirus testing. The pilot will be housed at the Fenton Manor Sports Complex on Monday and Tuesday, at the Red Lion Community Centre and St Chad's Church in Burton on Wednesday and Thursday and the Kingston Centre in Stafford on Friday

All sites will be open from 9.30am and 2pm and as there are a limited number of tests available initially, booking is by appointment only and limited to Staffordshire and Stoke-on-Trent residents who are showing symptoms of coronavirus. Attendees are being asked for proof of residency such as a photo Driving Licence, bank statement within a month, most recent council tax statement and a utility bill dated within 3 months. These can be in hard copy or via a mobile device but please don't turn up without an appointment or you will be turned away.

Before trying to book at the pilot site, you should first try to get a testing appointment through the national system via [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus), or 119 where help is available in other languages. If unsuccessful, you can then book at one of the local pilot sites from Saturday morning on [stoke.gov.uk](http://stoke.gov.uk) for Fenton Manor bookings and on [staffordshire.gov.uk](http://staffordshire.gov.uk) for Burton and Stafford.

Those who do get an appointment should follow COVID guidelines when they visit including following social distancing advice, wearing a face covering and using hand sanitiser. If successful, more tests will be made available across both the city and county.

### **An update on the COVID-19 position in some of our local areas is below:**

- Customers who visited Bonds Bar in Church Street, Tamworth on Sunday 30 August are being urged to book a test for COVID-19. Two people who went to the bar that evening have since tested positive for coronavirus and are now self-isolating. The bar has provided a detailed register of visitors from last Sunday and Staffordshire County Council staff are contacting everyone on it. Bar staff have also been advised to book a test. Anyone who visited the venue on August 30 between 5pm and midnight should book a test online at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by phoning 119.
- There is some new advice as efforts to curb the Covid-19 outbreak in Burton are stepped-up. People living in COVID-19 hit areas of Burton are being urged to follow new guidelines in a bid to curb the spread of infection and avoid compulsory "lockdown" in the town and more testing has been provided in Burton to help curb current outbreak. The updated guidance covers ten points which everyone in Anglesey, Shobnall, Horninglow and Eton Park should now follow. You can read the full press release [here](#).

### **Please follow the guidance**

The fight against COVID-19 is not over and it remains important to follow the guidance to stay safe and protect your family and others by:

- Washing your hands regularly with soap and hot water
- Covering your face on public transport and in shops

- Making space, at least 2m, if you do need to go out
- Leave your contact details if you are eating or drinking out
- Stay home for 10 days and book a test if you have symptoms
- Follow the advice of the Test and Trace service if contacted



### Better Health – Every Mind Matters

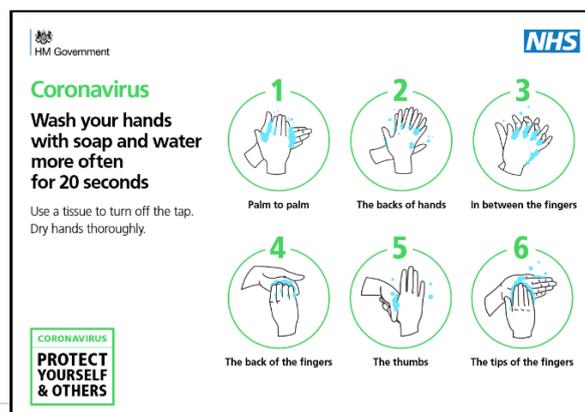
Most families have experienced upheaval in their daily lives during the pandemic and research has revealed that the coronavirus outbreak has caused an increase in anxiety in young people and over a third of children report being more worried, sad and stressed than before lockdown.



With children and young people now back at school or college, Public Health England (PHE)'s new Better Health – Every Mind Matters campaign provides tips and advice to look after children and young people's mental wellbeing. The advice available on the website is designed to help parents and carers spot the signs that children may be struggling with their mental health and show the actions they can take to support them. In addition to the advice for parents and carers the site also provides tools to help young people build resilience and equips them to look after their mental wellbeing. For more information search [Every Mind Matters](#).

### Flu Vaccination

The most programme ever month with more NHS vaccine. At-risk by their GP practice vaccine will be year 7, shielding their household and date.



comprehensive flu begins to be delivered this people eligible for the free patients will be contacted in the first instance. The offered to school children in patients and anyone in those aged 50-64 at a later

It's likely that flu viruses and the virus that causes COVID-19 will both spread this autumn and winter and healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19, there are many important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalisation, and death and getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

### **Be Clear on Cancer**

Although things are slowly beginning to go back to a 'new normal', some people appear to still be unwilling to attend, or nervous about attending, hospital and GP appointments. During the initial lockdown phase of COVID-19, locally we saw a worrying fall in the number of people attending our Emergency Departments for suspected strokes and heart attacks. This is slowly balancing out to a normal figure, but people are still not coming forward to their GPs early with worrying symptoms that may be linked to cancer.



We are urging anyone that is worried about symptoms to contact their GP straight away. Although things might look a little different at the moment, the NHS is still very much here to look after you, so please do not delay seeking help.

### **Your Health Matters**

Your health matters and there has never been a better time to kickstart a healthier you. [#BetterHealth](#) has a range of tools and support to help you to discover what works best for you. Take a look at [this website](#) and start your journey to better health.

### **Digital Transformation**

With the current pandemic, social media has become a more useful tool than ever. Did you know that a survey found that 90% of adults in the UK have access to the internet, with 64% saying that it is essential to their daily lives? The increased connectivity means people are becoming more reliant on social media platforms as a source of news and information.

Follow [this link](#) to read an article examining the results of a digital transformation project in northern Staffordshire that assisted general practices to set up official Facebook pages for population health messaging.

### **Useful resources available:**

- Coronavirus: reducing transmission – what you can do to help - this week the government has added translations of this guidance in Arabic, Bengali, Chinese (simplified), Chinese (traditional), French, Gujarati, Polish, Portuguese, Punjabi and Urdu.

- Materials are available for the following campaigns; please can we ask for your help to promote them across your networks:
  - Stay Alert to Stay Safe – new youth focused ‘consequences’ social animations are now available on the campaign resource centre. [‘consequences’ social animations](#)
  - Stay Alert to Stay Safe [posters](#): White background easy print for face coverings and distance
  - Stay Alert to Stay Safe [translated posters](#)
  - NHS Test and Trace [posters](#): White background easy print for drive through testing and self-isolate
  - Symptoms [posters](#): White background easy print for taste and smell
- [Wearing a face mask – translations](#) (Arabic/French/Kurdish/Lithuanian/Pashto/Polish/Portuguese/Romanian/Russian/Spanish/Tigrinya)
- Hospital mask and face covering guidance materials:  
<https://coronavirusresources.phe.gov.uk/nhs-resources-facilities/resources/isolate-your-household-nhs-resources-hospital-face-masks/>
- Test and Trace materials are available to use on the Public Health England Campaign Resource Centre: <https://coronavirusresources.phe.gov.uk/Test-and-Trace/resources/>. This includes BSL, easy read and large print formats here:  
<https://coronavirusresources.phe.gov.uk/Test-and-Trace/resources/alternativeresources/>
- Signposting materials with useful information on how people can contact their GP, order repeat prescriptions and manage wellbeing and existing conditions at home:  
<https://coronavirusresources.phe.gov.uk/nhs-resources-facilities/resources/health-at-home/>
- Public Health England guide on how older adults can stay active at home during coronavirus to maintain strength and balance:  
<https://www.twbstaffsandstoke.org.uk/publications/coronavirus/86-phe-active-at-home-booklet-21-may/file>
- Translated information leaflets for parents with new-borns during coronavirus:  
<https://www.england.nhs.uk/coronavirus/publication/maternity-leaflets-translated-versions/>
- Mental wellbeing whilst staying at home: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- North Staffordshire Combined Healthcare NHS Trust mental health support and advice guide:  
<https://combined.nhs.uk/wp-content/uploads/2020/05/Combined-Health-and-Wellbeing-Guidance-Final-Version.pdf>
- Guidance on shielding: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#what-do-we-mean-by-extremely-vulnerable>
- Blood donation materials: <https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/download-digital-materials/>
- Useful videos during coronavirus (including British Sign Language):  
<https://www.youtube.com/channel/UC--BwSA7YoEdcV8Jtt2nLAQ>

- Public Health England has updated its coronavirus guidance in light of changes to the government's advice and continue to ensure guidance for the public is timely and up to date. All guidance for members of the public, as well as for people in clinical and non-clinical settings, is published and updated regularly on the [GOV.UK collection page](#).

For the latest information on coronavirus, please visit the [NHS](#) and [government](#) websites.

**Together We're Better is the partnership of NHS and local government organisations, alongside independent and voluntary sector groups, that is working together to transform health and care services. You can find out more about us on our website: <https://www.twbstaffsandstoke.org.uk/>**