

TOWER HAMLETS COMMUNITY HEALTH SERVICES

Quarterly Newsletter March 2020

Enhanced Primary Care Team | Foot Health | Continence Service |
Admission Avoidance & Discharge Service | Continuing Health Care



Welcome to the Community Health Services Newsletter. Our aim is to provide you with service updates and information that we hope will be of interest to you.



Covid-19 update & Easter /Spring Bank Holidays

We are managing well. Our services are open as normal with the use of telephone or virtual sessions where appropriate.



Protecting your skin

It is important to protect your skin, whatever your skin type. You might enjoy a tan or deliberately use the sun cream a bit sparingly. But getting sunburnt can be serious, and increase your risk of skin cancer.

Sun exposure and vitamin D

Although it's important to protect your skin, some direct exposure to the sun is essential for the production of vitamin D.

Vitamin D deficiency is linked to cognitive impairment, cardiovascular disease and bone problems such as osteoporosis.

How to avoid dehydration

Make sure you're drinking plenty of fluids. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot. Eat a balanced diet to help your body replace any salt you lose by sweating.

Ramadan

If you are diabetic and using insulin, you must consult your doctor or diabetes specialist nurse before deciding on fasting. If you take regular medication, speak to your doctor or pharmacist about changing your regime to suit the needs of Ramadan."



Carer Academy Activities

For many of you, the stresses of your caring role plus the COVID-19 pandemic lockdown are still very much present. At the Carers Centre, we are doing everything we can to continue to support you during these trying times, so if you need advice, information or time out and some 'me' time, please give us a call on **020 7790 1765** or email us at: enquiries@ccth.org.uk.

We are supporting all unpaid carers to access the COVID-19 vaccine. Go to www.ccth.org.uk and complete the Carers Covid-19 Vaccine Registration form. Or you can call the Carers Centre Covid-19 Vaccine Registration line **020 7791 5559**.

Don't forget you can find out what is coming up on our:

Website calendar <https://ccth.org.uk/calendar/>

Our regular weekly blog <https://ccth.org.uk/carers-action-blog/>

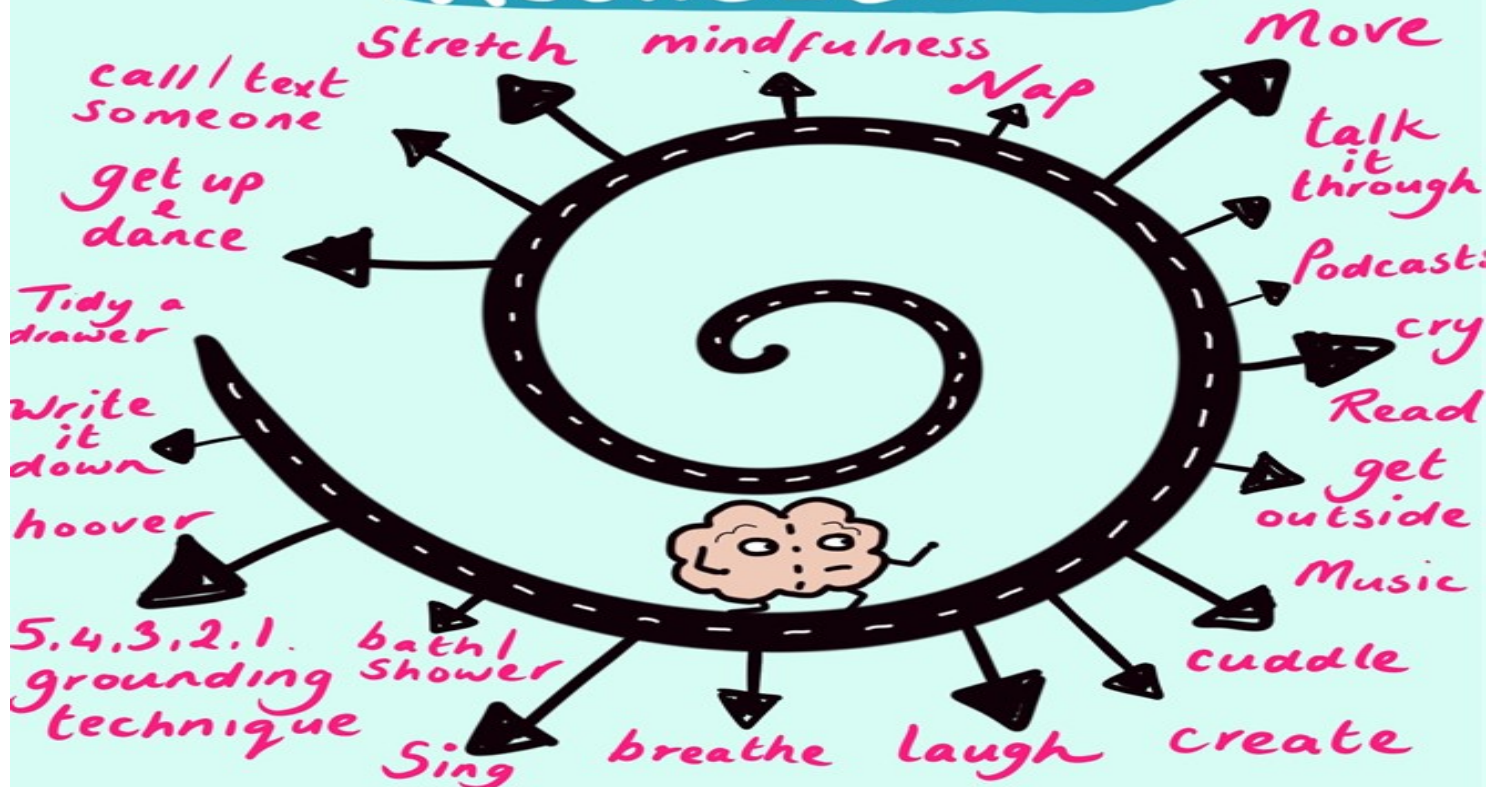
Or email tony@ccth.org.uk

People Participation - More Patient and Carer Members Wanted

People Participation provides a strong voice to patients and carers to improve our services. More than that, it is about working together, in partnership, to continually provide care that of high quality that meets the needs of all.

Contact John Louis Kauzeni (People Participation Lead) on 07939 931650 or john.kauzeni@nhs.net to find out more.

Routes off the Anxiety Roundabout



Source: How to Stay Calm in a Global Pandemic. Dr Emma Hepburn

Tower Hamlets Crisis Line

24 hour Mental Health Crisis Helpline **08000730003**. Available 24 hours a day including weekends and bank holidays. Other useful numbers and websites:

NHS 111

Sane Line: **03003047000**. (6pm-11pm everyday) www.sane.org.uk.

Samaritans: **08457909090** (24hours everyday) www.samaritans.org

The Friends and Family Test

"We need your feedback"



What it is: The Friends and Family Test (FFT) is being used across the NHS to understand how people experience using our services. Locally we use the feedback to identify areas which require improvement and change.

How to take part: Your healthcare professional may ask you to complete the FFT when they see you next but you can also ask to fill it in. Family and carers can also complete the FFT.

Contact Numbers by Service:

Rapid Response

Open 8am-8pm
7 days



0300 033 5000 *

Continence Service

Open 9am -5pm
Mon- Friday



020 7771 5795

Continuing Health Care

Open 9am-5pm
Mon-Fri



020 7771 5680

Enhanced Primary Care Team

(Community Health Teams)

Open 24 hours
7 days



0300 033 5000 *

Foot Health Service

Open 8.30am—
5.00pm
Mon- Fri



020 7771 5775

* The Single Point of Access (SPA) is the first point of contact for patients and referrers for these services