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The bulletin will help to keep you up to speed with what is happening in the local NHS.  Please do share with your networks to help us reach as many people as possible.   At the end of this issue you will find our communications e-toolkit which provides you with the opportunity to support us by sharing our campaigns and messages.  Please give us feedback and tell us what you want to know more about. If you have any questions or would like to ask about a topic please email us at:  [llricb-llr.pressoffice@nhs.net](mailto:llricb-llr.pressoffice@nhs.net) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **1. Get set for spring by topping up on your eligible vaccinations** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Spring is firmly on its way, with many of us on countdown to longer, sunnier days but it’s important to remember to protect yourself, and others, from viruses such as flu and RSV.  With temperatures still relatively low, viruses are still circulating in our communities. Health leaders in Leicester, Leicestershire, and Rutland (LLR) are reminding all eligible people that vaccinations offer the best protection available from the spread of harmful viruses and to ensure they have all their NHS recommended vaccinations.  Pregnant women are eligible for the flu vaccine before the end of March and are advised to have their RSV and whooping cough (pertussis) vaccinations when eligible all year round, to help protect them and their babies.  There are many ways to get vaccinated in LLR including GP practices, community pharmacies or walk-in clinics. [A local online clinic finder](https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/vaccinations/how-to-get-your-vaccine/) shows a list of all walk-in clinics available across LLR, eligible people can attend these clinics with no appointment necessary.  Please be aware that seasonal flu vaccinations are available until the 31 March 2025.  For more information, visit: [www.leicesterleicestershireandrutland.icb.nhs.uk/vaccinations](https://leicesterleicestershireandrutland.icb.nhs.uk/vaccinations/) | | |  |  |  | | --- | --- | | |  | | --- | | A poster of a family with a dog  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **2. Celebrating our women for International Women’s Day** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | International Women’s Day takes place on Saturday 8 March 2025, and we are marking the day by celebrating the valuable contribution of our women in health and social care.  This year’s theme is ‘For ALL women and girls: Rights. Equality. Empowerment’, and calls for action that can unlock equal rights, power and opportunities for all.   Alice McGee, Chief People Officer, Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) has issued a short message, which you can read in the graphic below. | | |  |  |  | | --- | --- | | |  | | --- | | A purple and white text on a purple background  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **3. Local GP offers advice to people with diabetes during Ramadan** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The Holy Month of Ramadan is underway, and a local diabetes expert is offering important information for people with diabetes who are fasting.   If you have diabetes and are fasting during Ramadan, it’s important to do it safely, therefore Professor Azhar Farooqi, Leicester GP and Co Clinical Director, Midlands Diabetes Clinical Network, has produced a series of short videos sharing his fasting advice.  The videos focus on four topics, offering advice on:   * Medical advice * Blood sugar levels * Food choices * Staying hydrated   For more information and to view all the videos, visit: <https://www.england.nhs.uk/midlands/2025/02/27/nhs-diabetes-expert-offers-fasting-advice-to-diabetics-in-the-east-midlands-for-ramadan/>  If you are fasting and need any help or advice during Ramadan, please contact your healthcare provider. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | [A person sitting in a chair with a red play button  AI-generated content may be incorrect.](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DDGNzWG2F4bs&xid=ea60011b88&uid=40890353&iid=44927cca83&pool=cts&v=2&c=1741260991&h=9064b172c6042fe34cb5c751823f0aa5405e574c5b942561fc90fc3b1b11ef8b) | | Professor Azhar Farooqi provides advice for people with diabetes: monitor your blood sugar. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **4. First medicines amnesty for LLR** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Health experts are asking members of the public to return unused and unwanted medicines to pharmacies in the first medicines amnesty for Leicester, Leicestershire and Rutland.  Community pharmacies will ensure the medicines are disposed of safely, as part of the amnesty campaign that runs throughout March 2025.  To find out more, visit: <https://www.leicspart.nhs.uk/news/first-medicines-amnesty-for-leicester-leicestershire-and-rutland/>. | | |  |  |  | | --- | --- | | |  | | --- | | A pile of pills in blisters  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **5. Covid-19 Day of Reflection** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The Leicester, Leicestershire and Rutland Integrated Care Board will be joining people across the country, to mark this year’s Day of Reflection for the Covid-19 pandemic, on Sunday 9 March 2025.  This year marks five years since the pandemic began and provides an opportunity to remember those who lost their lives since the pandemic began and also to pay tribute to the health, social and frontline workers and volunteers who showed tremendous dedication to their roles and patients and our local communities for their acts of kindness.   People and communities are invited to come together on the Covid-19 Day of Reflection, to mark the day in ways that feel meaningful to them.   To find out more, visit: <https://dayofreflection.campaign.gov.uk/>. | | |  |  |  | | --- | --- | | |  | | --- | | A group of people standing around a fountain  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Extra** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Health and care careers and jobs event**  This week is Careers Week and if you’re interested in a career in the NHS come down to our free health and care careers and jobs event, where you can visit more than 70 stands and ask questions to people working in our sector.  The event takes place on Saturday 8 March at The Kube, Leicester Racecourse, Oadby, LE2 4AL between 9:30am-2pm.  Register for the event by visiting: [bit.ly/HealthcareCareers25](https://forms.office.com/pages/responsepage.aspx?id=slTDN7CF9UeyIge0jXdO4_Vr3QQKrdRDv0p3IVTvC1RUNVJRWFFQWllPNDlUMkI2SkI2WlNQNzZQWi4u&origin=QRCode&route=shorturl). | | |  |  |  | | --- | --- | | |  | | --- | | A poster for a job fair  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Have your say**  **Have your say on Adult and Communities Strategy**  People are being asked for their views on Leicestershire County Council’s refreshed Adults and Communities Strategy for 2025-29. The Adults and Communities Department covers a wide range of services including libraries, heritage, museums and collections, cultural participation, adult learning and adult social care.  Leicestershire County Council wants to hear residents views on these services, to help shape how they can continue to support wellbeing and the best possible outcomes for people in Leicestershire. Even if people are not currently using these services, they may need to in the future, so it’s important that people provide their views on what they think.   The consultation is open until Monday 14 April 2025. View the draft strategy and respond by visiting [www.leicestershire.gov.uk/adults-and-communities-strategy](https://www.leicestershire.gov.uk/have-your-say/current-engagement/draft-adults-and-communities-strategy-2025-2029). | | |  |  |  | | --- | --- | | |  | | --- | | Colorful speech bubbles with white text  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **NHS communication e-toolkit**  This e-toolkit provides you with the opportunity to support us by sharing our campaigns and messages. The toolkit, which will be updated every week, includes all our latest assets for you to use across your communication channels, such as social media messages and graphics. | | |  |  |  | | --- | --- | | |  | | --- | | In this weeks e-toolkit. Get in the know this winter. NHS 111. Urgent care services in LLR. NHS recommended vaccines. 'Help us help you' Cancer campaign. Improving inhaler technique. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Click here**](https://leicesterleicestershireandrutlandhwp.uk/partner-toolkit/) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.facebook.com%2FNHSLeicester&xid=ea60011b88&uid=40890353&iid=44927cca83&pool=cts&v=2&c=1741260991&h=45bcf6f1ee654a9a1ed152a8fe2880fd01f105a0d4ff052e8a5b08528784db9b) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Ftwitter.com%2FNHSLeicester&xid=ea60011b88&uid=40890353&iid=44927cca83&pool=cts&v=2&c=1741260991&h=02f8eec5ae3505a3ef70703d2b1559d36ebf9762985ba7a6399046037de9fad3) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.leicestercityccg.nhs.uk%2F&xid=ea60011b88&uid=40890353&iid=44927cca83&pool=cts&v=2&c=1741260991&h=0769342e7d24f9baa2cb38404d3d72e82d33072fd38086b3575693e0397c11e9) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |