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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. Spring Covid-19 vaccination campaign to protect local residents** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The free spring Covid-19 programme has launched across Leicester, Leicestershire, and Rutland (LLR) to help prevent the spread of the virus amongst the most vulnerable in our communities. For those that are clinically vulnerable, the spring vaccine offers additional protection that could help to prevent them from becoming seriously unwell or requiring hospital treatment. All eligible people can now get vaccinated.   The eligible cohorts for the spring Covid-19 vaccination programme include:   * People aged 75 years and over (including those who will be 75 by 17 June 2025) * Older adult care home residents * Anyone aged six months to 74 years and have a weakened immune system because of a health condition or treatment.   Getting vaccinated is now quicker and more convenient than ever, people can book a vaccination appointment via the national booking service (NBS). Alternatively, patients can get vaccinated at a walk-in clinic, their GP practice, participating community pharmacy or at a specialist clinic at Leicester’s hospitals.   Some GP practices in LLR may not be providing the spring Covid-19 vaccine at their practice. If you are eligible and would like to get vaccinated, you do not have to wait to receive an invitation to be able to book an appointment or attend a walk-in clinic. For full details of how and where to get vaccinated in LLR and full eligibility information, visit our dedicated online vaccination hub: [www.leicesterleicestershireandrutland.icb.nhs.uk/how-to-get-your-vaccine/](https://leicesterleicestershireandrutland.icb.nhs.uk/how-to-get-your-vaccine/).   **How people in Rutland can get their Covid-19 vaccine this spring**   The free Covid-19 vaccine will not be available at GP practices in Rutland this spring, instead, all eligible residents are urged to attend a walk-in vaccination service located at Oakham Enterprise Park which offers patients a convenient alternative with waiting areas and refreshment facilities and at two further locations in Uppingham. In addition, the roving healthcare unit (RHU), will be offering walk-in clinics at a range of locations and dates.   To find out more about the spring Covid-19 vaccination programme in Rutland, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/spring-covid-19-vaccination-campaign-launches-to-protect-rutland-residents/>. | | |  |  |  | | --- | --- | | |  | | --- | | Spring Covid-19  vaccine now available. All eligible people are now due for their spring Covid-19 vaccine. It offers vital protection for all people that have a weakened immune system or those aged 75 and over. You don't need to wait to be invited. Visit our online vaccination hub to book a vaccine or find a walk-in clinic. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **2. Order repeat prescriptions ahead of the Easter bank holiday** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The NHS in Leicester, Leicestershire and Rutland is asking people to be prepared ahead of the Easter bank holidays (18 – 21 April).  GP practices and many community pharmacies will be closed over the Easter bank holidays, and people on regular medication are advised to avoid being caught short and running out of supplies.  Anyone taking regular prescription medication, should make sure they have enough to last and, if they need more, they should request a repeat prescription immediately. People can order their medication using the NHS App, or through their GP practice, which will also have an online service.   The day before a bank holiday is always a very busy day for GP practices and pharmacies, and last-minute orders put a strain on pharmacy resources, with the risk that people may not be able to get hold of their medication in time. Ordering early will save time and will make sure people can collect their medicine from their nearest pharmacy and not have to travel further. | | |  |  |  | | --- | --- | | |  | | --- | | Order your repeat prescriptions now. It will save you time, minimise dealys and ensure you can pick up your medicine from your nearest pharmacy. Don't get caught short this Easter bank holiday. Order by Monday 7 April. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **3. Text service will help those in mental health crisis** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | People of all ages living in Leicester, Leicestershire and Rutland can now access urgent mental health support directly via a new text message service.  The text messaging service is an extension of the NHS 111 mental health service, which offers 24/7 support over the phone.  People are now able to message the service by texting **0748 063 5199**, where the team will aim to get back to them within 12 hours.  To find out more, visit: [I need help now - Leicestershire Partnership NHS Trust](https://www.leicspart.nhs.uk/mental-health/i-need-help-now/). | | |  |  |  | | --- | --- | | |  | | --- | | A phone with a sign on it  AI-generated content may be incorrect. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **4. Marvellous Medicine Talk: Treating hay fever effectively** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | If you’re starting to struggle with hay fever, join the next Marvellous Medicines Talk, hosted by the local NHS.  The topic for the online webinar is “Treating hay fever effectively: Simple measures that work”.    If you or someone you know is affected by hay fever, come along and learn practical tips and effective strategies to manage hay fever and improve quality of life.  The webinar takes place on Thursday 17 April between 6pm-7pm, via MS Teams.  [Click here](https://www.tickettailor.com/events/universityhospitalsofleicester/1544488?fbclid=IwY2xjawJaL6RleHRuA2FlbQIxMAABHU2c-gGTAwpLpO3Um-kFQ4HDX4P8ghGuuy3hCOgF6hRXzJVCBXyOttujHw_aem_XHS6zQcUm52iy5sr2paYqg) to book your place. | | |  |  |  | | --- | --- | | |  | | --- | | Image of a woman with hay fever | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **5. Bowel Cancer Awareness Month** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | April is Bowel Cancer Awareness Month, and the Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) are raising awareness by supporting Bowel Cancer UK, to ensure more people know the symptoms of bowel cancer.  Bowel cancer is the fourth most common cancer in the UK and is the second biggest cause of death from cancer.  However, it is treatable, especially if it diagnosed at an early stage. Knowing the symptoms is so important – it really could save your life.   The symptoms of bowel cancer are:   * Bleeding from your bottom and/or blood in your poo * A persistent and unexplained change in bowel habit * Unexplained weight loss * Extreme tiredness for no obvious reason * A pain or lump in your tummy   Most people with these symptoms won’t have bowel cancer. Other health problems can cause similar symptoms. But if you experience one or more of these, or if things just don’t feel right, contact your GP straight away.  The LLR ICB is also encouraging eligible people, to take up the offer of a home-testing kit that can help to detect signs of bowel cancer. The screening kit is sent to people aged 50 - 75 years old every two years. If you receive a test kit through the post, you should complete the test as soon as possible.  To find out more about bowel cancer, screening and to watch our videos explaining how to complete the home testing kit, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/bowel-cancer/>. | | |  |  |  | | --- | --- | | |  | | --- | | Know the symptoms of bowel cancer. Bleeding in your poo. Achange in how often you poo, or regularly having diarrhoea or constipation. Losing weight but you're not sure why. Feeling very tired all the time but you're not sure why. A pain or lump in your tummy. If you have any of these symptoms, it's important to ask your GP for an at-hometest as soon as you can. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Extra** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **LLR ICB Board Meeting**  The next NHS Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) meeting will be held on Thursday 10 April 2025 via MS Teams.   Members of the public are invited to observe the online meeting. For more information and details of how to register to join the meeting, visit:  <https://leicesterleicestershireandrutland.icb.nhs.uk/about/board-meetings/>. | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **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=936660c941&uid=40890353&iid=305aaf924d&pool=cts&v=2&c=1743681631&h=ddc1509c1abb44e63db0c79ed80f9a7bde9af5053a8dac864aebd10210b909d0) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Ftwitter.com%2FNHSLeicester&xid=936660c941&uid=40890353&iid=305aaf924d&pool=cts&v=2&c=1743681631&h=f45e2d79c0dbc9fcf3f6e194c9f429a12e229a8f706e52c35ad4440c699627f8) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.leicestercityccg.nhs.uk%2F&xid=936660c941&uid=40890353&iid=305aaf924d&pool=cts&v=2&c=1743681631&h=00bdfef961e962f20203aedadad7922dd625030aa79f5aeb502cb80cac46a67c) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | |