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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. Minister’s visit roving healthcare unit to see vaccination clinics in action** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | On Saturday 23 November, the LLR ICB welcomed Health Minister, Andrew Gwynne MP, who visited the Loughborough Market roving healthcare unit (RHU) vaccination clinic. Sarah-Jane Nash, National Director of Urgent and Emergency Care and Dr Jeevun Sandher MP, for Loughborough accompanied the minister on his visit.   As part of a wider visit to Leicestershire to engage colleagues from the region on the NHS’ 10-year plan, Andrew and his team were keen to speak to members of the public, witness a vaccine being administered and meet the vaccination team. The team  included one of our local super vaccinators, clinical leads and vaccination programme leads who showcased the service and the important role it has in our communities to help bring vaccines to all eligible patients.   They saw first-hand the impact that having a vaccination clinic in the heart of local communities benefits vulnerable people and those that may not be able to travel to clinics further away. The RHU is equipped with Covid-19, flu, RSV, MMR and whooping cough (pertussis) vaccines and it regularly visits locations across the city and counties.   There are a range of ways that people can get vaccinated in LLR, all available options can be viewed here: [bit.ly/HowtogetyourvaccineinLLR](https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/vaccinations/how-to-get-your-vaccine/) . There is also a vaccination hub available on the LLR ICB website which provides information about all available vaccinations and details on who is eligible and how individual vaccines benefit people no matter their age. You can visit the vaccination hub by clicking here: [www.leicesterleicestershireandrutland.icb.nhs.uk/vaccinations/](https://leicesterleicestershireandrutland.icb.nhs.uk/vaccinations/)   In case you missed it, last month the Government has launched a wide-scale engagement programme to inform the NHS’ ten-year plan. You can have your say at [www.change.nhs.uk](https://change.nhs.uk/en-GB/) | | |  |  |  | | --- | --- | | |  | | --- | | Image of Health Minister, Andrew Gwynne MP | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **2. Stay well this winter: Self-care** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Health leaders in Leicester, Leicestershire, and Rutland (LLR) are reminding local people that no matter the day of the week, NHS healthcare support is available seven days a week and especially over the weekend.  In the fifth of a series of articles to help people get in the know about how to how to stay well over the winter and how to access the appropriate health care when they need it, the local NHS is sharing information about all the services that can help people during evenings and weekends, when GP practices and other routine services are closed.  In LLR there are a range of services available for patients who need healthcare support over the weekend and out of hours. These include NHS 111, the NHS app, Community Pharmacies and Urgent care services.  To find out more and to read the full article, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/dont-wait-until-monday-get-healthcare-support-over-the-weekend/>. | | |  |  |  | | --- | --- | | |  | | --- | | Stay well this winter. Find out how to access NHS services over the weekend. Don't wait until Monday. Image of an animated man withy a painful shoulder, in front of his laptop. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **3. Local pharmacies now linked to the Care Record** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | More than 20 pharmacies are now connected to the Leicester, Leicestershire and Rutland (LLR) Care Record, further expanding the benefits to local patient care.  The LLR Care Record is bringing together people’s separate health and care records into a structured, easy-to-read format all in one secure place. It joins up information based on the individual rather than one organisation. The inclusion of pharmacies within the LLR Care Record is set to bring a number of benefits for both pharmacy teams and patients and provide better care and improve the patient experience.  To find out more, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/local-pharmacies-now-linked-to-the-care-record/>. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | [A video game showing a person on a walker  Description automatically generated](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DPJXiuPaDb28%26t%3D7s&xid=084911a849&uid=40890353&iid=38e5f18881&pool=cts&v=2&c=1732798580&h=0bbc2dd0ba33fe8ece978c92ef62267977414214dd429a4253ea8105924a650e) | | Watch this video to find out more about the LLR Care Record | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **4. Emergency Department blood borne virus screening set to roll out** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Leicester’s Hospitals’ Emergency Department (ED) is set to launch a new screening programme, with the aim of testing more than 100,000 people per year for HIV, Hepatitis B and Hepatitis C. Every patient who is already having blood samples taken for testing will now also have an additional sample taken to screen for the three blood borne viruses, unless they opt out.  Testing will not be available by request and will only apply to patients who already require a blood sample to be taken for a medical reason within our ED. All results remain confidential. Anyone who tests positive for one of the viruses will automatically be referred to specialist teams for further NHS treatment.  For more information, visit <https://www.leicestershospitals.nhs.uk/aboutus/our-news/press-release-centre/2024/life-saving-testing-for-hiv-hepatitis-b-and-c-rolls-out-in-leicesters-hospitals-emergency-department/>. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | A group of people standing in a row  Description automatically generated | | Image courtesy of University Hospitals of Leicester NHS Trust: Colleagues are helping to implement the roll-out of testing for blood borne viruses at our Adults' Emergency department. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **5. Norovirus cases on the rise** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Cases of Norovirus have been rising, therefore the local NHS in Leicester, Leicestershire and Rutland are reminding people of the symptoms, how to treat the virus and how to prevent it spreading.  Norovirus, also known as the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about two days.  Symptoms of norovirus include:   * feeling sick (nausea) * diarrhoea * being sick (vomiting) * a high temperature * a headache * aching arms and legs   Norovirus can be treated at home by resting and maintaining fluid uptake to avoid dehydration. You will usually start to feel better in two to three days.  Norovirus is easily spread, you can catch norovirus from:   * close contact with someone with norovirus * touching surfaces or objects that have the virus on them, then touching your mouth * eating food that's been prepared or handled by someone with norovirus   Washing your hands frequently with soap and water is the best way to stop it spreading. Alcohol hand gels do not kill norovirus.  If you have norovirus, it is important to stay off work or school until you have not been sick or had diarrhoea for at least two days. If you have symptoms, please avoid going to NHS services in person. Please use NHS 111 or telephone your GP practice if you need assistance or you are worried about your condition.  To find out more, visit <https://www.nhs.uk/conditions/norovirus/>. | | |  |  |  | | --- | --- | | |  | | --- | | Got symptoms of norovirus? Feeling sick. Diarrhoea. Being sick. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Have your say** | | |  |  |  | | --- | --- | | |  | | --- | | Have your say | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Have your say on the future of fertility services**  The NHS is inviting people across Leicester, Leicestershire and Rutland (LLR) to have their say on how fertility treatments are provided by the NHS in the East Midlands.  People are being asked for their feedback on potential changes to the policy, in relation to the criteria for people wishing to access fertility treatment.  People can provide their views through a survey, which is open to everyone until 10 January 2025, so that the NHS can consider all feedback to inform the policy.  People can complete the survey and read further information at: [https://leicesterleicestershireandrutland.icb.nhs.uk/be-involved/fertility-review](https://leicesterleicestershireandrutland.icb.nhs.uk/be-involved/fertility-review/) | | |  |  |  | | --- | --- | | |  | | --- | | Help shape the way fertility services are delivered. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **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 recommended vaccines. Improving inhaler technique. Urgent care services in LLR. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Click here**](https://leicesterleicestershireandrutlandhwp.uk/partner-toolkit/) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.facebook.com%2FNHSLeicester&xid=084911a849&uid=40890353&iid=38e5f18881&pool=cts&v=2&c=1732798580&h=a8b1b4e0d354cd68db695b97c56c9569f751f399f841b36aa028bda75423f0b0) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Ftwitter.com%2FNHSLeicester&xid=084911a849&uid=40890353&iid=38e5f18881&pool=cts&v=2&c=1732798580&h=fa131c0c971f23aa138fc0004a11ff3a4b83c8aca08e396e99af0b9f46b18d6d) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.leicestercityccg.nhs.uk%2F&xid=084911a849&uid=40890353&iid=38e5f18881&pool=cts&v=2&c=1732798580&h=6d53074b5c6367f929fc022ec68fb671c279d82c08db9402d7d76e73e9dbedde) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | |