

# Welcome!

**Anya Gopfert**

Public Health Registrar, Torbay Council

**Rachel Bell**

Advanced Public Health Practitioner

**Jonathan Sewell**

Clinical Commissioning Group



**TORBAY COUNCIL**

# Outline of the session

- Welcome
- COVID Champs – overview
- How to sign up
- Feedback
- Update on Covid-19 in Torbay
- Update on vaccination programme from the CCG
- Update on mental health
- Questions

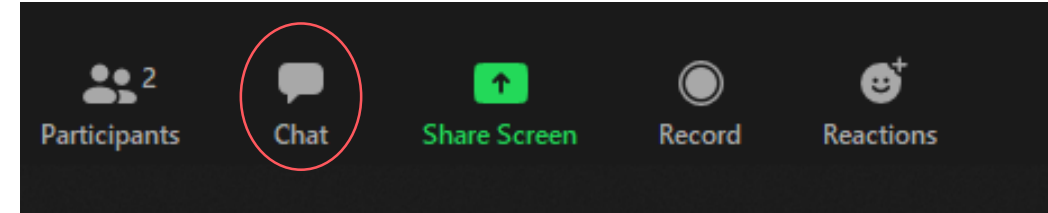


# Webinar Etiquette

- Please stay on mute unless speaking
- If you want to speak please raise your hand (further slide gives instructions)
- If your signal is poor, the host may disable your video (if on) as this helps with band width
- Please post questions in the chat
- Open forum, please be friendly and kind
- If not relevant to others, please email [Champions@torbay.gov.uk](mailto:Champions@torbay.gov.uk)

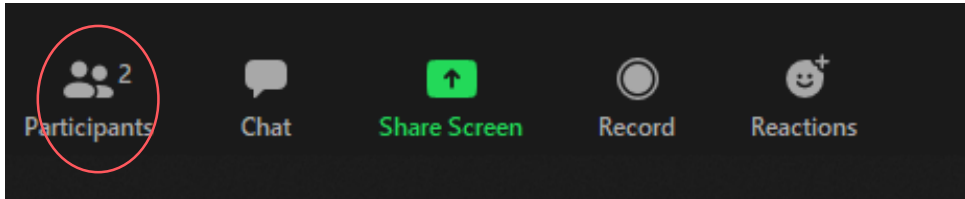
# If you have a question...

If you have a question please write it in the chat:

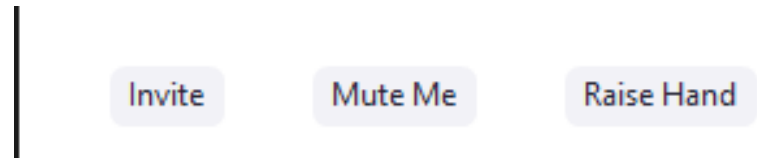


If you want to speak, please raise your hand by:

1) Click on participants at the bottom of your screen



2) Your participant screen will pop up with the option to 'raise hand'



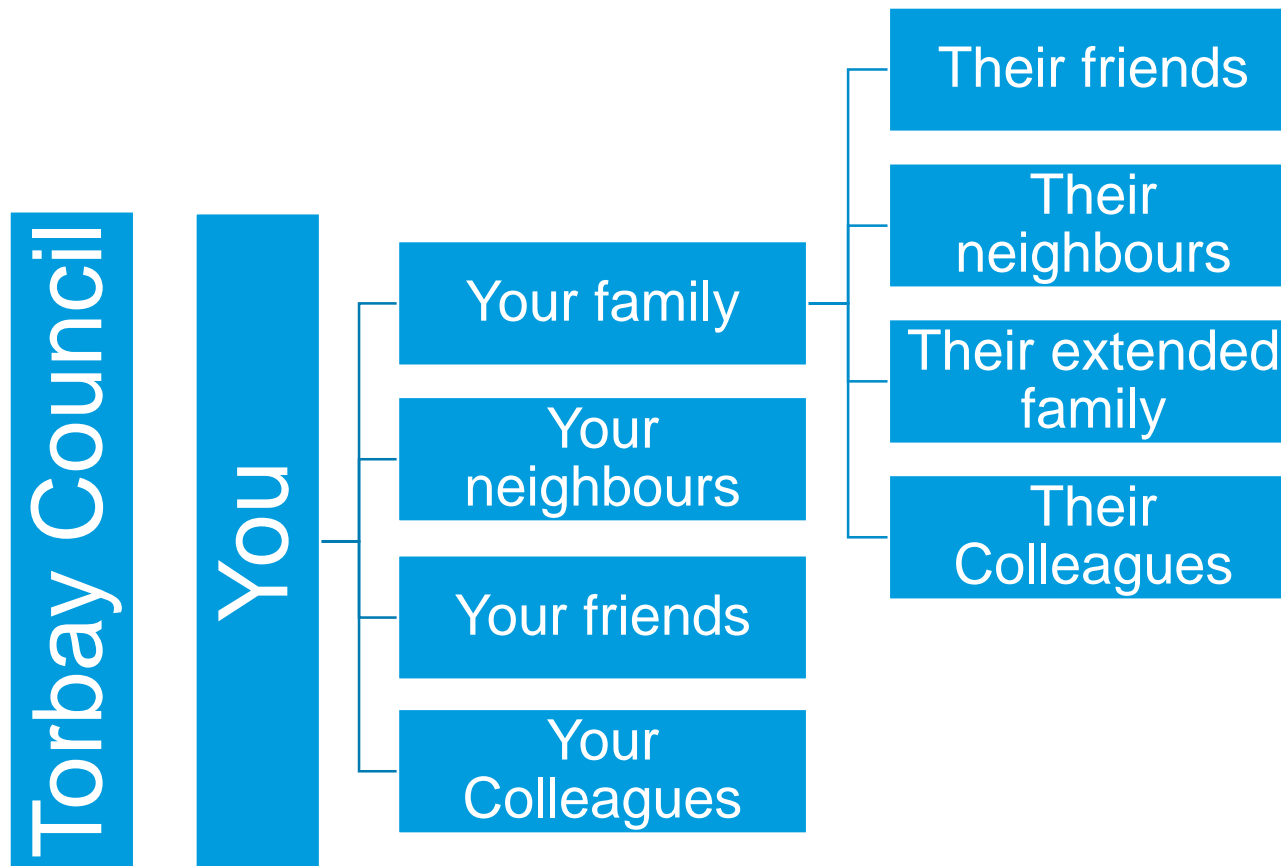
3) Click on 'Raise Hand' to enable the host to see you; a blue hand will then appear



4) The host will unmute you after inviting you to speak

**What are we  
asking you to do?**





# Share credible COVID-19 information, however you want!



- Learn about COVID-19 and how to stop the spread
- Share credible information with others
- Support others to access credible information, advice and support.

**Share this link for people to sign up to be a champion!**

**<https://www.torbay.gov.uk/covid-champions>**

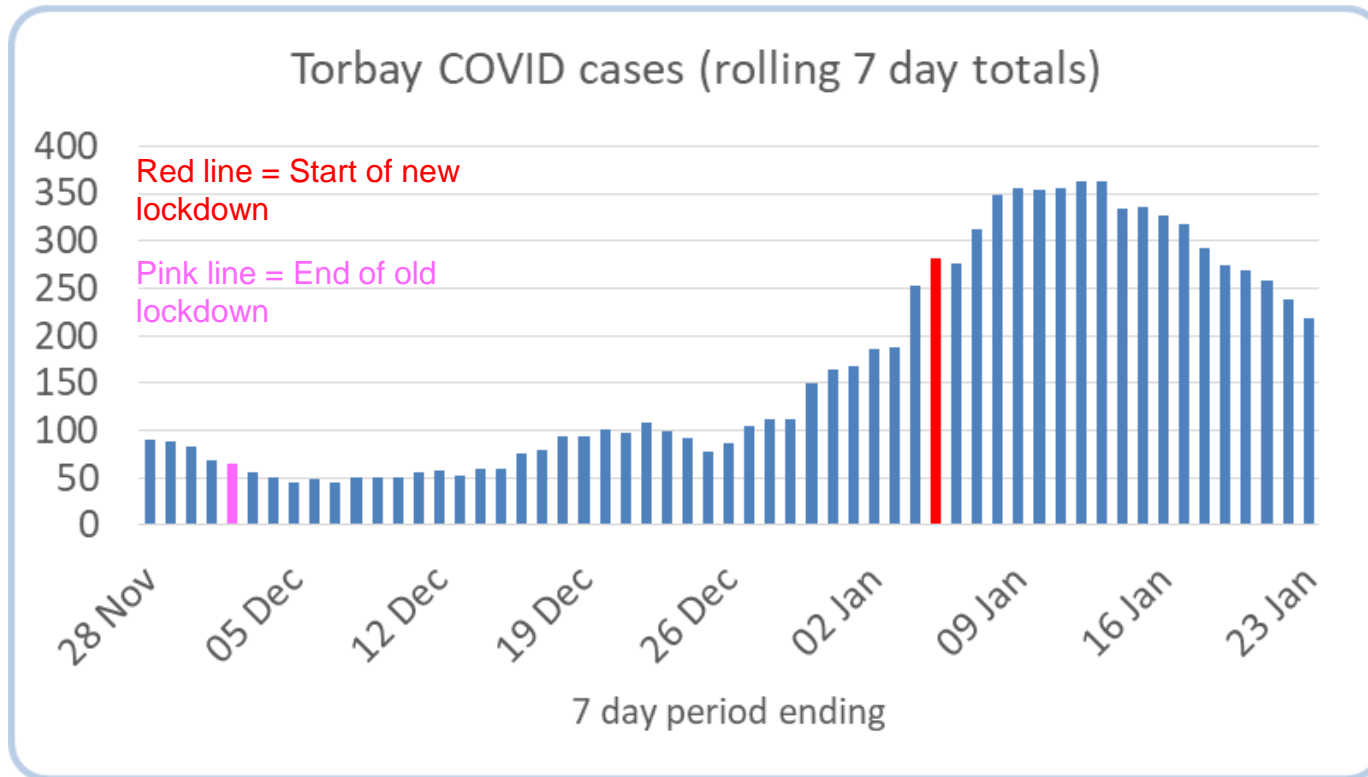




# Torbay and COVID-19



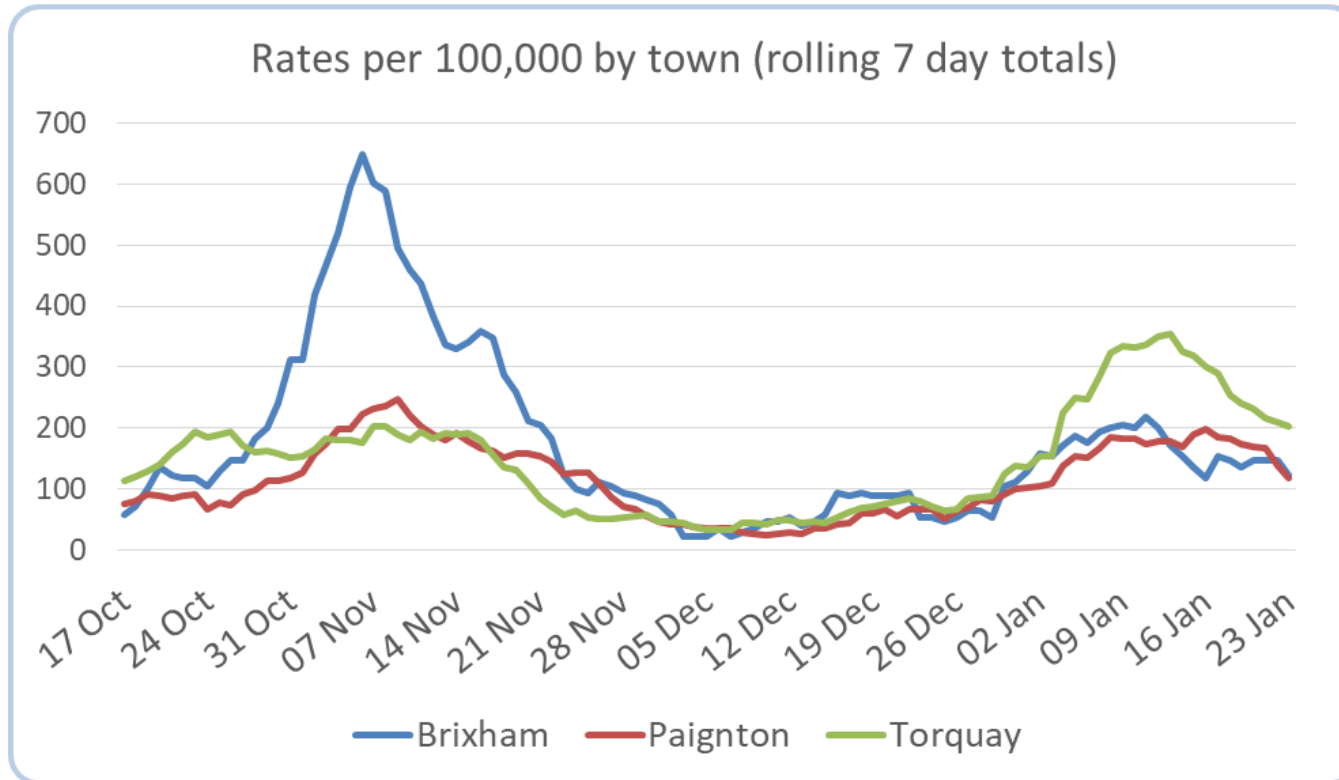
# COVID Cases – Local



- Rates started to plateau and fall over the last 2 weeks.
- The latest data is for the 7 day period ending 23<sup>rd</sup> January. Number of cases is 219 (160.7 per 100,000 people)
- Cases have fallen by a third in the last week.

Source: <https://coronavirus.data.gov.uk/>

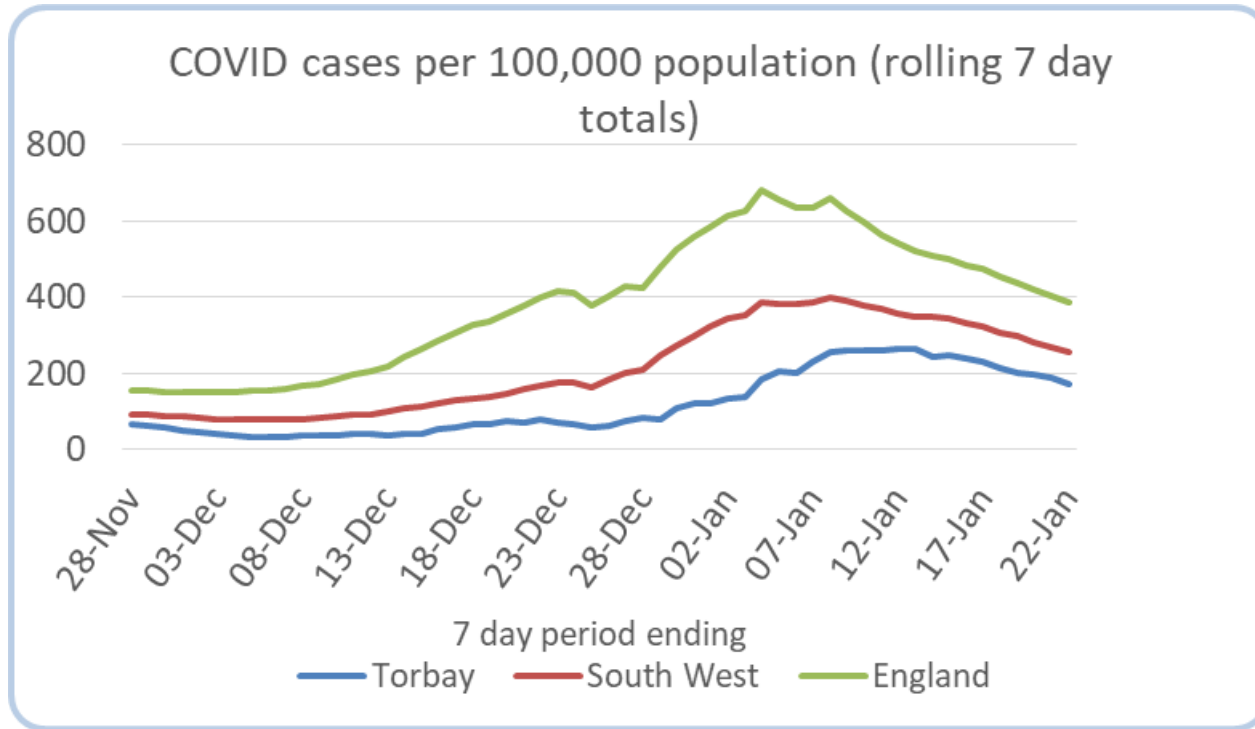
# COVID Cases – Local



Source: <https://coronavirus.data.gov.uk/>

- The increases in rates were more evenly spread through the 3 towns in the December/January rate increase.
- During early and mid January there were 2 significant Care Home outbreaks which both occurred in Torquay. The most significant school outbreak has also taken place in Torquay.
- Rates in Torquay have now fallen. Rates are now closer to those of Paignton and Brixham.

# COVID Cases – Comparison



Source: <https://coronavirus.data.gov.uk/>

- During December, England and the South West's rates quadrupled but are now falling at a significant rate.
- Torbay's rates had been slower to rise but there was a significant pickup after Christmas with rates tripling during that period. Rates have started to fall over the last week.

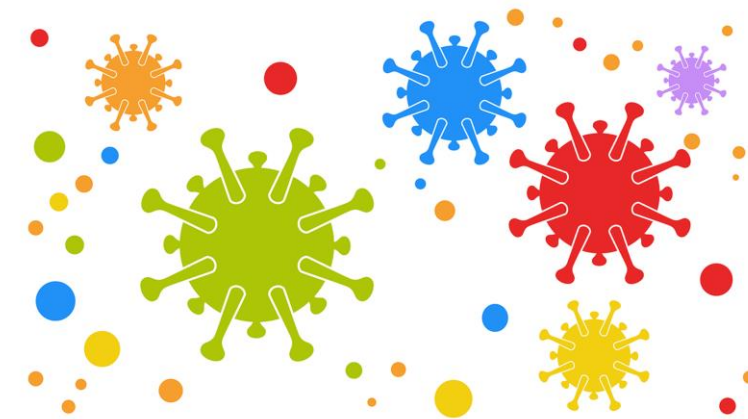
# Your questions during the forum...

## How are the hospitals coping?

The hospitals are coping, the numbers are in line with modelling. They are starting to see the numbers, level off in the hospital. Local numbers are manageable and where we expect them to be.

## With the lateral flow tests, if you have had Covid within the last 2 months, would this affect your test?

We have been advised that lateral flow tests are appropriate for people who have had infection in the past 2 months so long as they have recovered from that infection.



# Vaccinations



# Your questions during the forum..

## **I am being told patients receiving Cancer treatment cannot have the Vaccine. Will this change if/when a new vaccine made?**

The people eligible will be linked in through their medical records and GPs. People can speak to their clinician they are working with also.

The Green Book Chapter states that there are very few people who will not be able to have the vaccine and people who are immunosuppressed, including those in current chemotherapy treatment, are a high priority group. However as vaccines are based on an immune response, the green book states that people with immunosuppression may have a lesser response to the vaccine. there are studies being conducted into this at the moment.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/955548/Greenbook\\_chapter\\_14a\\_v6.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/955548/Greenbook_chapter_14a_v6.pdf)

We would also recommend reviewing the Q&A held on channel 4 news on Wednesday 27<sup>th</sup> evening with Jonathan Van Tam, deputy chief medical officer.

## **Is it up to the individual GP as to who gets the vaccine within each group?**

It all depends where someone falls on the priority list. Depending on which type of vaccine will also depend on where it is administered.

## **If someone moves to a care home from out of the area and they have had the first dose of the vaccine will they be able to have the second one here?**

They will fall under the jurisdiction to the area giving the vaccination. GP sites have access to care and medical records. Discussions can also be held between the care home and GP.

# Your questions during the forum continued..

**Do we now the % of people who have had the jab and if they have had any bad side effects?**

The CCG don't have the % numbers, they know of side effects.

As with any medicine or vaccine, MHMRA run a yellow card scheme where they continuously collect data about side effects and adverse effects associated with vaccines. They have not found any concerns so far.

The Yellow card reporting scheme - a long established process for all vaccines <https://coronavirus-yellowcard.mhra.gov.uk/>

NHS Side effects -

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/?priority-taxon=774cee22-d896-44c1-a611-e3109c8e8eae>

**HMO's in central Paignton, who don't sign up to most things. Is it difficult to sign up, if the GP list is too long and have we seen an increase in people for signing up to GPs. Should we as a council I Public Health do a campaign to sign up to a GP to get a vaccine.**

Process for signing for GP's are straightforward. The CCG recognise some people won't be registered. Processes will be slightly different for each practice, however people can still register.

They are seeing more people contacting primary care in terms of phone calls to practices.

CCG have recognised this need for a campaign, groups that are harder to reach will have targeted specific campaigns.



# Mental Wellbeing during Covid-19

Rachel Bell – Torbay Public Health Team



# What we know?

- Sharp rise in emotional and psychological distress during first lockdown
- Rising prevalence of common mental health disorders (anxiety and depression)
- Increase in coping mechanisms including alcohol misuse
- Reduction in referrals to mental health services although these are starting to pick up again
- Mental health need is projected to increase substantially with each additional wave of Covid-19
- Suicides do not appear to have increased post-lockdown, however, it is too soon to examine the full long-term impact of economic adversity (one study reported that after the 2008 economic crisis, suicide rates increased in two thirds of the 54 countries studied – particularly amongst men and in countries with higher job losses)
- Additional stressors – increase in domestic abuse offences, financial strain, relationship strain, work life-balance, etc.

# What are you hearing and seeing?

- People are fed up!
- People are feeling lonely
- Parents struggling with juggling home-schooling
- Teachers struggling with constant change and continued 'risk'
- NHS & Care staff are worn out!
- **Anything else?**

# You said...

## Education

Parents are struggling with home learning.

Home schooling is hard.

Young children and toddlers not able to socialise.

Rachael Williams, Assistant Director of Education, Learning and Skills highlighted at the last Facebook live event the importance of socialising pre-schoolers and the vital role early years play and wanted to remind people that **early year provisions remains open during this lockdown.**

**Encourage them Action for Children can help.**

<https://parents.actionforchildren.org.uk/covid-19/education/home-schooling/>

## Social

Difficult to have a 'healthy balance' of homeworking and life.

Isolated elderly not seeing family and friends and losing independence skills.

Share MIND Charitie's guides on **Covid and Work.**

[www.mind.org.uk/workplace/coronavirus-and-work/](http://www.mind.org.uk/workplace/coronavirus-and-work/)

Become a befriender at Torbay Helpline's **befriending service**

01803 446022 (10am – 6pm, Monday-Friday, 9:30am-12:30pm Saturday)

Share Age UK's **Befriending service**

<https://www.ageuk.org.uk/torbay/services/>

Share Every Mind Matter's **7 simple tips for tackling working from home** -

[www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/](http://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/)

## Wellbeing

I'm hearing lots of people are bored. Lots to do but no motivation to do it.

The unpaid carers are struggling.

Share this guide for **Ideas for being active in the home during lockdown.**

[www.torbay.gov.uk/health-and-wellbeing/public-health/physical-activity/](http://www.torbay.gov.uk/health-and-wellbeing/public-health/physical-activity/)

Encourage them to join **Torbay Carers**

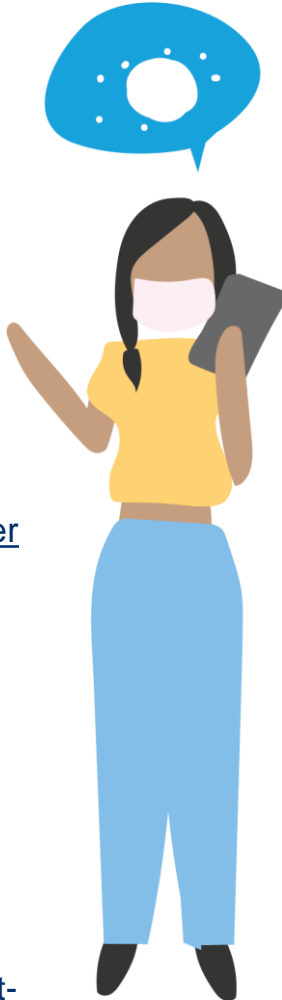
[www.torbayandsouthdevon.nhs.uk/services/carer-service/join-torbay-carers/](http://www.torbayandsouthdevon.nhs.uk/services/carer-service/join-torbay-carers/) or contact **Signposts for Carers** on 01803 666620.

Share the **'Are you an unpaid carer'** leaflet.

[www.torbayandsouthdevon.nhs.uk/uploads/are-you-an-unpaid-carer.pdf](http://www.torbayandsouthdevon.nhs.uk/uploads/are-you-an-unpaid-carer.pdf)

Share Eat That Frog's **'Keeping people motivated during lockdown** free Training & Support'

<https://eatthatfrog.ac.uk/wp-content/uploads/2021/01/Online-Course-Booklet-NEW.pdf>



# Self care: 5 Ways to Wellbeing



Connect



Keep learning



Be active



Take notice



Give

**5 Ways to Wellbeing – while in isolation and other related resources**

[www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing](http://www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing)

**5 Ways to Wellbeing – post Covid restrictions**

[www.torbay.gov.uk/health-and-wellbeing/public-health/health-campaigns/5-ways/](http://www.torbay.gov.uk/health-and-wellbeing/public-health/health-campaigns/5-ways/)

# Recommendations from PHE



- Keep in touch with people
- Help other people
- Look after your body
- Look after your feelings
- **Create your new routine**
- Do things you enjoy
- Find time to relax!
- Enjoy nature
- **Limit news intake and get the FACTS (Covid Champs!)**
- **Ask for practical support – food and medicine deliveries**
- Get mental health support (more to follow)



## Coronavirus (COVID-19)

### Looking after your feelings and your body

March 2020

 <p>Corona virus COVID 19</p>	<p>COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing.</p>
	<p>To stop coronavirus spreading we all have to change how we spend our time and how we do things.</p>

# NHS Every Mind Matters website

- Get your Mind Plan (tailored tips to help)
- Information on anxiety, low mood, stress and sleep
- Parent, youth and 'carer' specific info
- Links to One You (for your body)
- Links to NHS Talking Therapies (including urgent support)
- Links to free recommended apps (E.g. Calm Harm, Catch It, Feeling Good)

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)



# Every Mind Matters: Coronavirus and Mental Wellbeing

- Staying at home
- Job and money worries
- 10 tips to deal with change
- Worried about coronavirus
- Working from home tips
- Coping with loneliness
- How to sleep better
- Help for parents and guardians

[www.nhs.uk/oneyou/every-mind-matters/coronavirus/](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus/)



# References

- Centre for Mental Health, 2020
- NCISH, 2020. Available here:  
<http://documents.manchester.ac.uk/display.aspx?DocID=51861>
- Chang et al, 2008. Cited in: John et al, 2020. Available here:  
<https://www.bmj.com/content/371/bmj.m4352>

# Support across the mental health continuum – Children & Young People

**5 Ways to Wellbeing**  
CLANG

**KOOTH (11-25 years)**

Free, anonymous, online mental wellbeing community  
[www.kooth.com/](http://www.kooth.com/)

**DPT CAMHS**

03300 245 321 (8-5pm)

03005 555 000 (OOH)

No referral needed

[www.dpt.nhs.uk/our-services/children-and-family-health-devon/camhs](http://www.dpt.nhs.uk/our-services/children-and-family-health-devon/camhs)



**Emergency Services**  
999

**Every Mind Matters Website**

Info and links to main services  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

**PAPYRUS (CYP)**

Suicide Prevention  
0800 068 4141 (9am-12am)  
[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
[www.papyrus-uk.org/](http://www.papyrus-uk.org/)

**Samaritans**

Suicide Prevention  
116 123  
[jo@Samaritans.org](mailto:jo@Samaritans.org)  
[www.samaritans.org/](http://www.samaritans.org/)

# Support across the mental health continuum – Adults and Older People

## 5 Ways to Wellbeing CLANG

### DPT TALKWORKS

NHS Talking Therapies  
Self/ professional referral (online or telephone: 0300 555 3344)  
[www.talkworks.dpt.nhs.uk/](http://www.talkworks.dpt.nhs.uk/)

### Mental Health Matters

24/7 Helpline & Webchat  
0800 470 0317  
[www.mhm.org.uk/helpline-webchat](http://www.mhm.org.uk/helpline-webchat)



**Emergency Services**  
999

### Every Mind Matters Website

Info and links to main services  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

### Samaritans

Suicide Prevention  
116 123  
[jo@Samaritans.org](mailto:jo@Samaritans.org)  
[www.samaritans.org/](http://www.samaritans.org/)

### DPT Access & First Response Service

MH Distress/Suicide Prevention  
0808 196 8708  
[www.dpt.nhs.uk/our-services/first-response-service](http://www.dpt.nhs.uk/our-services/first-response-service)

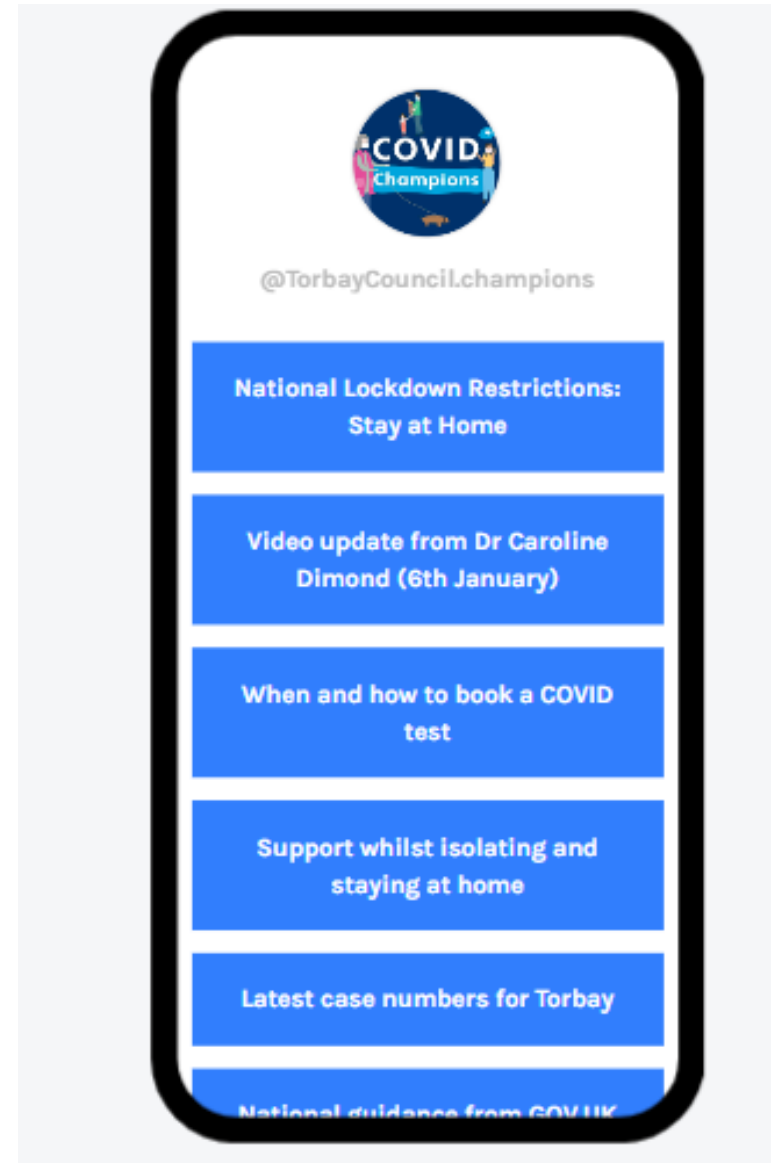
# Resources and next steps



# COVID Champions Linktree



<https://linktr.ee/TorbayCouncil.champions>



# Credible sources of information

- [www.torbay.gov.uk/coronavirus](http://www.torbay.gov.uk/coronavirus)
- [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)
- [www.who.int/coronavirus](http://www.who.int/coronavirus)
  
- Like our Facebook page: [www.facebook.com/torbaycouncil](http://www.facebook.com/torbaycouncil)
- Follow us on twitter: @Torbay\_Council
- Email us [Champions@torbay.gov.uk](mailto:Champions@torbay.gov.uk)

# What do you get as a Champion?

- A fortnightly bulletin, which will update you with the latest developments and guidance
- A fortnightly online forum meet-up, to enable you to participate in discussions, share ideas and have opportunity to feedback what you have found to work or not work so well
- Access to resources
- Support from us via [Champions@torbay.gov.uk](mailto:Champions@torbay.gov.uk)



# Results of the polls

Majority of this forum voted for:

**Alternating forum times on a Thursday between 12:30-13:30 and 16:30-17:30.**

**To sign up to the forums using the Zoom link only.**





# What are you hearing from your networks?

- Questions
- Concerns
- Queries



# Feedback on being a Champion

- Do you share resources with your networks?
  - If not, what would help you to do this?
- Anything you would change about being a Champion?

