

Dear Friends,

Welcome to your update from NHS East Riding of Yorkshire CCG! The update below is full of the latest news and events from the local NHS and our partners. Please feel free to forward this on to someone you know to help them access help or support.

Safeguarding Week online events

Partners from across at North Yorkshire, York and East Riding have developed a programme of events to raise awareness of safeguarding - every member of the public can play a part in helping to safeguard themselves, their families and their communities.

Visit the [Eventbrite page for details](#).

CCG News – June 2021

The latest edition of the NHS East Riding of Yorkshire CCG News has been published, [click here to view](#).

This edition features:

- An introduction to Integrated Care Systems
- How the COVID-19 vaccination programme is progressing across our region
- How a free Cancer Champion training session helped one woman detect her breast cancer and saved her life

Have a say and join the conversation working towards a healthy Bridlington

Public service organisations across East Riding of Yorkshire, the East Riding Place Partnership, are working together to create opportunities for change to improve the health and wellbeing of people living in and around Bridlington. As part of the work, they are encouraging local people to get involved, join in the conversation and have their say on the plans.

People can read more about the proposed plans by visiting www.healthybridlington.co.uk. There is also a 5-minute survey available for everyone to give their views by visiting www.smartsurvey.co.uk/s/HealthyBridlington2021. For those who would prefer a hard copy of the plans and survey, they can contact East Riding of Yorkshire Clinical Commissioning Group by telephone on 01482 672156 and leave a message or email ERYCCG.ContactUs@nhs.net.

Armed Forces Awareness Events

Humber Teaching NHS Foundation Trust's Patient & Carer Experience team are hosting a week of virtual events in celebration of Armed Forces Day to increase awareness of the experiences of veterans and their families. Take a look at the events by [clicking here](#) and contact hnf-tr.patientandcarerexperience@nhs.net to book a place.

Go #RedForResearch on Friday 18 June

Research couldn't happen without volunteers, participants and research teams. People make research happen. Over the last year we have all gained more appreciation for those involved in research across the globe.

On Friday 18 June, join the National Institute for Health Research (NIHR) when they go #Red4Research and show your support for all of those participating, supporting and working in COVID-19 research!

Take a photo of yourself, family, friends, workmates, or even your pets, wearing something red and post it on social media using #Red4Research.

East Riding Summer Activities Fayre

The East Yorkshire Parent and Carer Forum are putting on a Summer Activity Fayre in partnership with ERVAS on Thursday 15 July 10 am - 12 pm to showcase a range of services and activities provided for children and young people with SEND within the East Riding.

It's a great opportunity for parents and carers, practitioners and partners to hear about what voluntary and local authority activities are available for children and young people with SEND in the East Riding.

[Please click here for more information.](#)

NHS waiting lists for Gypsies, Travellers and Boaters – survey

[Friends Families & Travellers](#) are working with NHS England and Improvement to explore ways to address inequalities in healthcare waiting lists for nomadic populations. Patients who are nomadic often find they must move to the bottom of a waiting list when they travel to a new area, which can greatly extend the time it takes to access an assessment or treatment.

The aim of the project is to identify solutions that could address disadvantage in waiting lists for nomadic people in England. To do this, they want to build an understanding of how local healthcare services manage waiting lists for nomadic Gypsies, Travellers and Boaters, and to identify examples of good practice in managing waiting lists for nomadic patients, in particular those which reduce inequalities in healthcare access and outcomes.

They are asking Gypsies, Travellers and Boaters to share their experiences of NHS waiting lists when travelling through a short online survey, [please click here for the link.](#)

The EU Settlement Scheme deadline

The EU Settlement Scheme allows EU Citizens and their family members to get the immigration status they need to continue to live, work and study in the UK. This status means they will continue to be eligible for public services, such as healthcare and schools as well as public funds and pensions. The deadline for applications is 30 June 2021. Full details of the scheme and a link to use to make an application can be found at:

<https://www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status>. For local information and support visit www.eastriding.gov.uk/living/citizenship/the-european-union-settlement-scheme Help and support is also available at www.citizensadvice.org.uk/immigration.

Men's Health Week - 14- 20 June

Everybody's mental health has been challenged by the lockdowns and insecurities of the last year and it's not over. As we emerge from what we hope will be the worst of the pandemic, questions, concerns and anxieties remain. Men's Health Week 2021 (14-20 June) asks: how do we move forward?

The CAN DO challenge

There are five days of the week and five ways to wellbeing. The Men's Health Forum is calling on everyone to choose a different way to wellbeing to try each day of Men's Health Week. At the week-end, pick your favourites and do them again!

The five ways are:

- **Connect** - connect with other people (eg. call an old friend you haven't since before lockdown) #connectmonday
- **(Be) Active** - move your body (eg. go for a run/walk/swim/dance/etc) #activetuesday
- **Notice** - take notice of the environment around you (eg. turn off your phone for an hour) #noticewednesday
- **Discover** - learn something new (eg. read a book you haven't read before) #discoverthursday
- **Offer (or give)** - do something for someone else (eg. volunteer for a local community group) #offerfriday

Keep an eye out on social media throughout the week as some familiar faces talk about how they have taken on the challenge. [Read more about the five ways to wellbeing here.](#)

Cervical Screening Awareness Week

It's Cervical Screening Awareness Week and Jo's Cervical Cancer Trust want to reduce confusion about HPV and help everyone feel comfortable with their cervical screening results.

Cervical cancer is rare with 3,200 diagnoses every year while HPV, the cause of the disease, is extremely common, affecting 8 in 10 in their lifetime. The body will normally clear the infection without it causing harm, however lack of awareness of the virus means many who have HPV fear they have cancer. Many report feeling anxious and ashamed.

The charity warns that unless HPV stigma and confusion is tackled, years of work to remove stigma in cervical screening risks being undone and thousands needlessly experience these feelings.

During Cervical Screening Awareness Week (14-20 June), they're encouraging conversation and sharing experiences about the virus in order to reduce isolation and anxiety. Visit www.jostrust.org.uk.

For all current involvement opportunities, you can [visit our website.](#)

Best wishes,

East Riding of Yorkshire Clinical Commissioning Group