

Welcome to the latest 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.

### Let's all play our part in supporting the NHS this winter

A personal message has been shared from Stephen Eames CBE, System Lead for the Humber, Coast and Vale Health and Care Partnership and Sue Symington, Designate Integrated Care System Chair of the Humber, Coast and Vale Health and Care Partnership.

This is as health and care services, including hospitals, GP practices, the Yorkshire Ambulance Service, local authorities, mental health and social care providers are asking for support as we head into what I likely to be the busiest and most challenging winter our colleagues on the front line have faced.

[Click here](#) to read the full message, which includes some simple steps we can all take and help our NHS overcome a winter like no other.



## Here's some steps we can all take to support the NHS this winter.

- 1 Save time by booking appointments and seeking medical advice online on the **NHS App** or the online form on your GP's website.
- 2 **Talk before you walk** - go online at [www.111.nhs.uk](http://www.111.nhs.uk) or call NHS 111 before visiting A&E.
- 3 Contact **NHS 111** on symptoms that are not life-threatening.
- 4 Get all your **Covid-19 jabs** and your **flu jab** if offered.
- 5 Get a **Covid-19 test** if you have symptoms but don't visit a healthcare setting and put others at risk.
- 6 Use NHS support services if you are concerned about yours or someone else's mental health.
- 7 Continue to **be kind** to NHS staff and each other by socially distancing and wearing face coverings in healthcare settings.



## Stay well this winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition. [Click here](#) for a leaflet offering some important information to help you stay well this winter. If you are worried about your health, don't delay, your NHS wants to see you – help us to help you get the care you need this winter.

## NHS App

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. It gives you 24/7 access to a range of NHS services.

You can:

- book, view, and cancel appointments at your GP surgery
- view your records and access your GP medical record securely
- order repeat prescriptions, see your available medicines and place an order
- check your symptoms, find trusted NHS information on hundreds of conditions and treatments and get instant advice
- register your organ donation decision, choose to donate some or all of your organs and check your registered decision
- find out how the NHS uses your data, choose if data from your health records can be shared for research and planning

For more information and to download the app visit [www.nhs.uk/app](http://www.nhs.uk/app)

## Share your views and help shape local mental health services near you!

According to the Office for National Statistics, 5,691 suicides were registered in England and Wales in 2019, which amounts to around one death by suicide every 90 minutes. Yorkshire and the Humber have the highest rates of suicide in both males and females across the country.

Local mental health charities Hull and East Yorkshire Mind and North East Lincolnshire Mind are passionate about supporting anyone experiencing poor mental health and are in the process of setting up a new suicide prevention service. This will be accessible to adults and young people living in Hull, East Riding and North East Lincolnshire and will help tackle this issue.

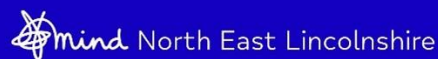
To help them identify what support this service should offer, they are conducting a piece of research including surveys, focus groups and 1-1 interviews. They are inviting all adults and young people (aged from 14 years+) living in Hull, East Riding or North East Lincolnshire to take part.

Due to the sensitive nature of the topic, you may find some of the questions distressing. There is support available if you do feel upset or distressed and contact details are provided at the end of the survey. The survey is completely confidential.

Complete the survey here <https://www.surveymonkey.co.uk/r/QYP6KM7>

# Your opinion matters.

Take part in our Suicide Prevention  
Community Research Survey.



## Better Health – mental health

The impact and experience of the past 18 months has been difficult for us all. That's why it's so important to look after our mental health and wellbeing. Better Health **Every Mind Matters** is supporting the nation's mental wellbeing, showing the little things we can all do and how these can make a big difference; helping us to lead happier, healthier lives and cope with life's challenges.

The FREE, NHS-approved **Mind Plan** asks five simple questions online about how you are feeling. Once completed you will get a personalised mental health action plan with practical tips for helping deal with stress and anxiety, boosting your mood, sleeping better, and feel more in control.

[Visit Every Mind Matters to see what works for you.](#)

## Pharmaceutical Needs Assessment (PNA)

Residents in the East Riding area are being asked to share their experiences of local community pharmacy services.

This information will be used to make decisions on where pharmacy services are needed most, it can also help identify where improvements are needed.

The PNA aims to understand:

- Whether or not people have sufficient choice of pharmacy services
- What types of pharmacy services people need in their local areas
- How things may change in future

[Click here](#) to fill in the survey or call Healthwatch East Riding on 01482 665684 for assistance or to request a paper copy.

## Under 16 Cancer Patient Experience Survey

A diagnosis of childhood cancer understandably has a devastating impact on the emotional health and wellbeing of the child and their family, both during and after treatment. Children and young people's treatment and experience of cancer differs greatly from adults, and it is recognised there is a need for a personalised approach to their cancer care.

It's so important to listen and learn from children and young people in order to provide them with the best possible care and experience throughout treatment and to reduce the impact it has on them later in life.

The first set of results to the above survey have shown that 95% of children with cancer aged between eight and 15 felt they were looked after well by NHS healthcare staff during 2020 and 92% of parents/carers rated the overall experience of their child's care as 8 or more out of 10.

It is encouraging to see that children and their parents rate the care and treatment they received positively and this survey is an opportunity to identify what's working and what could be done better, engaging with patients, parents, NHS cancer staff and charities.

A webinar is being held on the 2nd of December 2021 to discuss the results of the survey. You can register for the webinar at [www.events.england.nhs.uk/events/u16-cpes-webinar](http://www.events.england.nhs.uk/events/u16-cpes-webinar).

For more information and to view the full set of results visit [www.under16cancerexperiencesurvey.co.uk/results](http://www.under16cancerexperiencesurvey.co.uk/results).

## Healthwatch East Riding, The Impact of COVID-19 survey

The Healthwatch Humber Network are currently gathering views on all aspect of Health and Social Care that have affected people during the Covid-19 Pandemic. As well as gathering views on changes that have been introduced as a result of the pandemic and finding out about people's experiences of services they have accessed; they are also looking to hear from people who are currently awaiting treatment and from those who may have delayed accessing care during this time.

They will also explore what information and support individuals feel would be of use to them whilst they are awaiting treatment, and whether individuals have noticed any changes in their health and wellbeing over the course of the pandemic.

You can give feedback by the following methods:

- Online: <https://www.surveymonkey.co.uk/r/FK2P6FD>
- Telephone: 01482 778680
- If you wish to complete a paper version, contact Healthwatch East Riding of Yorkshire: 01482 665684

## Humber Teaching NHS Foundation Trust Stakeholder Bulletin

Humber Teaching NHS Foundation Trust has issued the latest edition of their stakeholder bulletin. This edition includes an update on the Trust being chosen as one of three across the nation to pilot a NHSX Digital programme for mental health services.

[Click here](#) to read this bulletin.

## Recruitment events taking place across the East Riding

East Riding of Yorkshire Council is hosting a number of recruitment events across the region showcasing the exciting opportunities on offer.

The events are hosted by various teams across the council, including people services, adult social care, leisure and adult learning and employability.

The recruitment events are COVID-safe and those wishing to attend are asked to book an appointment to ensure the events can be handled spaciously and with everyone's health and safety in mind.

The events are taking place as follows:

- Tuesday, 30 November, East Riding Leisure Francis Scaife (Pocklington)
- Wednesday, 1 December, East Riding Leisure Bridlington
- Friday, 3 December, East Riding Leisure Goole
- Tuesday, 7 December, East Riding Leisure Beverley
- Wednesday, 8 December, East Riding Leisure Hornsea
- Thursday, 9 December, East Riding Leisure Haltemprice
- Friday, 10 December, East Riding Leisure Driffield

Booking is essential for these events and you will be booked into short appointment slots between 10am and 2.30pm at each venue. You can either book online at [www.eastridingcouncil.jobs/roadshow](http://www.eastridingcouncil.jobs/roadshow) or by calling our recruitment team directly on (01482) 391238 or by emailing [recruitment.services@eastriding.gov.uk](mailto:recruitment.services@eastriding.gov.uk)

## Help Us Help You

We know that due to the pandemic some people are still reluctant to use NHS services, owing to concerns about exposure to the virus and not wanting to be a burden on the NHS. However, the NHS is here and wants to see you if you are concerned about any new or worrying symptoms. A cough that lasts for three weeks, chest pain and breathlessness, or changes in bowel habits, a bloated stomach last more than 3 week, can all be signs of something that needs treatment. Although it is unlikely to be cancer, it's important to speak to a GP so they can investigate. Finding cancer early means it's easier to treat.

Visit [nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms) for more information.