

[View this email in your browser](#)



Joined Up Care
Derbyshire

Stakeholder Bulletin

11 December 2020

Novel Coronavirus (COVID-19): Derby and Derbyshire stakeholder bulletin #37



Dear partners

On Tuesday, at 6.30am, we saw 90-year-old Margaret Keenan become the first person in the world outside of clinical trials to receive the Pfizer/BioNTech COVID-19 vaccine from nurse May Parsons in Coventry. The moment was an emotional one for many of us and cause to celebrate and reflect on the remarkable achievement of colleagues from across our various professional communities and teams.

Thanks to an incredible amount of hard work and planning, both University Hospitals of Derby and Burton and Chesterfield Royal Hospital were among the dozens of hospitals across the country to give the first vaccinations against COVID-19.

Those aged 80 and over have been receiving the vaccine, as have care home staff and other health care workers, and more will follow over the coming days and weeks. Colleagues in primary care settings across Derbyshire are also preparing to play their part in this major vaccination programme.

Tuesday was an important day for Derbyshire and for the country and we're proud to be part of this world first for the NHS, which is the start of the largest vaccination programme in our history. However, we shouldn't be under any illusions that this will be a marathon, not a sprint, and we cannot afford to let our guard down now. We all still need to follow the advice on 'hands, face, space' and the rules for our local area restrictions.

It is important for people to remain patient, as we continue to develop our plans to deliver the vaccine as quickly and efficiently as possible. But, for now, let's just take in this moment and what has been achieved;

The vaccine is a powerful testament to true collaboration across our NHS and beyond and it is hard to express adequately the gratitude I feel for all those involved in developing the vaccine and now all those involved in helping to deliver the vaccine.

With best wishes and stay safe.

Chris

Chris Clayton
Accountable Officer & Chief Executive
NHS Derby and Derbyshire CCG

Items included in this update

- National update
- Update for Derby and Derbyshire
- Health services
- Partner information
- Support, advice, guidance and wellbeing
- Protect the capacity of all our health and care services
- What you can do to help
- Download previous editions of this bulletin
- Contact

National update

Landmark moment as first NHS patient receives COVID-19 vaccination

The biggest vaccine campaign in NHS history began on Tuesday as 90-year-old grandmother Margaret Keenan became the [first person in the world](#) to receive the Pfizer/BioNTech COVID-19 vaccination outside of clinical trials following its clinical approval.

See also:

['No corners cut' in vaccine approval, regulator says](#)

[What you need to know about vaccine safety](#)

[People with a history of significant allergic reactions should not have the Pfizer/BioNTech Covid jab, regulators say](#)

[Joint Committee on Vaccination and Immunisation: advice on priority groups for COVID-19 vaccination](#)

[Who will get the Covid vaccine first?](#)

[Oxford Covid vaccine 'safe and effective' study shows'](#)

[Hopefully next year we'll be living a normal life'](#)

Mass testing for secondary schools as cases rise in the South East

[Speaking at a Downing Street briefing on Thursday evening](#) (10 Dec), Health Secretary Matt Hancock confirmed that [mass coronavirus testing](#) is to be rolled out for secondary school pupils in some of the worst-affected parts of London, Essex and parts of Kent.

NHS COVID-19 app

[New figures](#) reveal that the NHS Covid-19 app has been downloaded 20,361,253 times as of 2 December.

NHS app to offer £500 self-isolation grant

An [update](#) to England and Wales's NHS Covid-19 contact-tracing app is adding a way to apply for a £500 grant if it gives an self-isolation order. Until now, those on low incomes were only offered the payment if they had been told to stay at home by human Test and Trace operators.

How life has changed in the city where the pandemic began

See how the city of Wuhan has changed and what life is like for ordinary people living in the initial centre of the pandemic in [this video](#) (scroll down the page to item five).

Three-tier system of restrictions

[Local restriction tiers: what you need to know](#)

Statistics

UK Summary – As of 4pm on Thursday 10 December 2020

The latest R number is estimated at 0.8 to 1 with a daily infection growth rate range of -3% to -1%.

Cases People tested positive	Deaths Deaths within 28 days of positive test	Healthcare Patients admitted	Testing Virus tests processed
Latest data provided on 10 December 2020	Latest data provided on 10 December 2020	Latest data provided on 3 November 2020	Latest data provided on 9 December 2020
Daily 20,964	Daily 516	Daily 1,464	Daily 369,586
Last 7 days 113,651	Last 7 days 2,986	Last 7 days 9,544	Last 7 days 2,278,481
↑12,794 (12.7%)	↓-99 (-3.2)	↓-940 (-9%)	↑150,190 (7.1%)

As of 4pm on 10 December 2020, 11,100,024 pillar 1 and 24,076,833 pillar 2 tests have been confirmed as lab processed in total in England. The total number of lab confirmed cases in England is reported as 1,531,761 with 17,622 new people testing positive in a day. Sadly, 55,155* deaths in England have been reported with daily 419 people dying in a day.

*Deaths within 28 days of positive test.

Update for Derby and Derbyshire

Current situation

Overall, the health and care partnership across Derbyshire is performing well given the pressures caused by coronavirus coupled with seasonal demands. Though there are pressures in community nursing and hospital flow, there is capacity across all five of our [Urgent Treatment Centres](#).

Urgent Treatment Centres (UTCs) are GP-led, open at least 12 hours a day, every day, offer appointments that can be booked through [111](#) or through a GP referral, and are equipped to diagnose and deal with many of the most common ailments people attend A&E for.

COVID vaccination programme

On Wednesday we sent out the first of what will be regular briefings to keep you updated on the COVID-19 vaccination programme in Derby and Derbyshire. It will set out the latest local position and bring together key information. The frequency of the update will be determined by developments in the programme. Each bulletin will be made available on the Joined Up Care Derbyshire website [here](#).

Since the vaccination programme began, the most common questions have been concerned with:

- Safety and eligibility
- How people will access the vaccine
- Whether the vaccine contains any components of animal origin

You can find answers to these questions and others in the FAQ document published [here](#). The document will be regularly reviewed and updated as new guidance and information emerges.

When you think you need A&E, think NHS111 first

Getting the right treatment, at the right time and at the right place has now become easier as Derby and Derbyshire residents are asked to contact [NHS111](#) first by phone or online at 111.nhs.uk if they think they need A&E.

How to access your GP practice animation

GP practices have had to adapt and change the way they deliver services throughout the pandemic and it is important that we all understand these changes and are confident in reaching out to our GP practice for help. [This new animation](#) explains how people can access their GP practice, including how to get in contact, the different ways care may be delivered, and how face-to-face appointments have changed.

Flu vaccination

It's still not too late to get your flu vaccination. Flu vaccination is important for many reasons, not least if you're at higher risk from coronavirus, you're also more at risk of problems from flu. There are a number of people who are eligible for a [free flu vaccination](#) and people aged 50 to 64 have been eligible for the vaccine from 1 December. Those that are not eligible can still protect themselves with a private flu vaccination, available at most local pharmacies for a small cost.

Other updates

[Derbyshire Dialogue – cancer services conversation takes place December 16th, 11am-12pm](#)

Statistics

As of 4pm on 10 December 2020.

Cases by area	Last 7 days	Rate per 100,000	Whole pandemic	Rate per 100,00	Deaths	Rate p 100,00
East Midlands	7,912	163.6	149,314	3,087.6	4,963	102.6
Derby city	373	145	8,367	3,251.8	338	131.4
Derbyshire	1,031	128.4	22,494	2,802.3	927	115.5
Amber Valley	201	156.9	3,768	2,940.4	147	114.7
Bolsover	132	163.8	2,693	3,342.8	82	101.8
Chesterfield	140	133.5	2,870	2,735.9	91	86.7
Derbyshire Dales	53	73.3	1,310	1,811.3	64	88.5
Erewash	146	126.5	3,089	2,677.4	147	127.4
High Peak	88	95	2,491	2,688.1	131	141.4
North East Derbyshire	108	106.4	3,030	2,986.3	146	143.9
South Derbyshire	163	152	3,243	3,023.5	119	110.9

Health services

Visitor restrictions

On Monday 19 October University Hospitals of Derby and Burton reintroduced visiting restrictions following a significant increase in admissions for patients who are COVID-19 positive. [Find out more](#). Chesterfield Royal Hospital have also joined an increasing number of hospitals by taking the decision to suspend all but the most essential on-site patient visiting.

Access to primary care services (GP, Pharmacy, Dentist and Opticians)

[This document](#), produced by NHS England and NHS Improvement, provides helpful information about how primary care services are currently operating.

Your GP Practice continues to be open for all health matters

Your GP Practice continues to be open for all health matters as well as COVID-19.

Help us help you

For more information about the work the NHS in Derbyshire has done to ensure that essential services are safe and available to you when you need them please [click here](#).

Services

Joined Up Care Derbyshire has an area of their [website](#) dedicated to bringing you all the latest health service information. For residents without internet access a phone service is available via Healthwatch Derbyshire. Call 01773 880 786, - Mon to Fri, 10am-3.30pm.

If you would like to access the individual websites of our hospital and community NHS partners, these are listed below:

[University Hospitals of Derby and Burton NHS Foundation Trust](#)

[Chesterfield Royal Hospital NHS Foundation Trust](#)

[Derbyshire Community Health Services NHS Foundation Trust](#)

[Derbyshire Healthcare NHS Foundation Trust](#)

[East Midlands Ambulance Service NHS Trust](#)

[DHU Health Care](#) (provider of the NHS 111 telephone helpline for the East Midlands as well as the out of hours GP services in Derbyshire and Leicestershire)

Partner information

Drive to be delivered in Derbyshire to target high risk domestic abuse perpetrators

This week, the Derbyshire PCC, Police, city and county council and NHS Derby and Derbyshire Clinical Commissioning Group announced that they will be responding to domestic abuse by introducing the [Drive Project](#) in their area.

NHSBT COVID-19 convalescent plasma donations

NHS Blood and Transplant (NHSBT) is appealing for more people to donate convalescent plasma. NHSBT needs donors who have had COVID-19 to come forward. People who have had COVID have higher antibody levels, which could save lives. Donation is safe, easy and your body quickly replaces the antibodies. More information is available [here](#).

Hands. Face. Space. | Ventilation

A [new film](#) has also been designed to explain the importance of letting fresh air into your home to stop the spread of coronavirus.

Check out the winter top tips advent calendar

Last week Joined Up Care Derbyshire launched an online advent calendar containing top tips to help you stay safe and well this winter against a backdrop of the COVID-19 pandemic. Find out more at www.twitter.com/JoinedUpCare

Happy Hanukkah

Happy Hanukkah! Jewish communities across Britain lit the first candle of the menorah on Thursday. Hanukkah (or Chanukah in Hebrew) is celebrated in November or December every year. It lasts for eight days. BBC Bitesize explains [more](#).

Support, guidance, advice and wellbeing

Updated self-care guidance this winter and during the pandemic

This year, self-care is more important than ever as we continue to socially distance to protect ourselves and one another from coronavirus, in addition to preventing common winter ailments. Taking responsibility for your own health and ensuring you have quick access to over-the-counter medication to treat pain and discomfort is essential to keep well this winter. You can find updated guidance regarding self-care and vitamin-D supplementation [here](#).

Take five minutes for a Quality Conversation

When time is short and we're under pressure, we can feel like we're missing out on chances to learn and develop new skills. [Here](#) you will be able to access a number of resources including documents and

videos on topics such as what is the difference between empathy and sympathy and what should you listen for as a sign that an individual is not coping?

Information about the three-tier system of restrictions in South Asian Languages

The COVID-19 tier system rules have been translated into South Asian languages so people who do not speak English can fully understand what they can and can't do. Please [click here](#) to access the summaries in Hindi, Punjabi, Urdu, Bengali and Gujarati.

Over 50s alcohol helpline

[With You](#) has launched an over 50s Alcohol Helpline providing support and advice to individuals aged over 50 worried about their drinking, and their concerned others.

Just talking can help

NHS talking therapies can help you if you're struggling to cope with feelings of anxiety or depression. They're effective and confidential. Your GP can refer you or you can refer yourself online at nhs.uk/talk.

Other useful links

[The Bee Tree Community – ending social isolation](#)

[Guidance for people who buy care and support through a direct payment](#)

[Easy read guidance for households with possible COVID-19](#)

[Disadvantaged pupils in England could begin focused tuition through the new National Tutoring Programme](#)

[Support available to employers, businesses and charities in Derbyshire](#)

[Feeding Derbyshire](#)

[Derbyshire Community Response Unit](#)

[Derbyshire Voluntary Action](#)

[Derby Community Hub](#)

[Information on free school meals during the Christmas school holidays in Derby](#)

[Community Action Derby](#)

[Community Directory Derbyshire](#)

[COVID-19 Survivors Group UK](#)

Wellbeing, health advice and support for health, social care and community staff

Support in relation to the COVID-19 virus is available on the Joined Up Care Derbyshire website [here](#).

Protect the capacity of our health and care services

- Follow the rules for your local area restrictions
 - [Find out what tier your area is in and what the local restrictions are](#)
- [Download](#) the NHS COVID-19 app
- Isolate if ill
- Wash hands regularly
- Wear a face covering when required
- Maintain a safe social distance as appropriate

What you can do to help

Help us to save lives by reinforcing key messages in this bulletin with your key contacts. This should include the updated Government message to stay alert to stay safe. Please use your social media accounts to share only official messages from Government and NHS websites and accounts as there is a lot of misinformation about coronavirus being shared online.

Download previous editions of this bulletin

You can download previous editions of this bulletin [here](#).

Contact

If you have any feedback, or questions, please email us at: ddccg.enquiries@nhs.uk. We are sure you will understand that we are very busy, but we will endeavour to respond to all queries within 72 hours.

Disclaimer:

While every effort has been made to ensure the contents of this bulletin are accurate and up-to-date you will appreciate that the situation relating to the coronavirus pandemic can change rapidly and so NHS Derby and Derbyshire CCG do not accept any responsibility of any omission as it is not deliberate. Nevertheless, we will appreciate provision of accurate information to improve our work. Where links are provided to external content, NHS Derby and Derbyshire CCG holds no responsibility for such content or accuracy.