

## E-Mail Newsletter

April 24, 2020

4<sup>th</sup> Edition

Welcome to the 4<sup>th</sup> edition of our newsletter, below you'll find a further update from the team at Partner2Care and some helpful information links on Covid-19. The team at P2C is working hard to support you in this time of uncertainty with Covid-19 and we want you to know that we are doing everything we can to hear your concerns and respond to your needs as swiftly as possible.

We know that communication and information is key to you being able to stay safe and well and so we will be sending you a regular newsletter to let you know what we know, what we are doing and to send on any information we have which you may find useful. We hope this will be helpful for you and we welcome your thoughts and feedback, we have dedicated 2 of our team to coordinate Covid-19 information to support you.

You can continue to contact us on our links at the bottom of the newsletter. Thank you for working with us to keep you safe and well.

### Updated from the team:

Please can we remind all PHB holders and PA's that when you move address, get a new phone number or change email account, please could you provide Partner2Care with these new contact details. This is so we can ensure that you are kept up to date with all relevant information.

Do you require PPE? Please contact us at Partner2Care before midday (12noon) on Mondays and we will try and arrange for a delivery within 48hrs. Our contact details are:

Via email: [sirona.partnertocare@nhs.net](mailto:sirona.partnertocare@nhs.net)

Via telephone: 0800 111 4167

All of the information on this newsletter will be on our Partner2Care website and it will be updated on a regular basis with any current information we have on Coronavirus. Here is the link to our website:

<http://www.partner2care.co.uk/home/coronavirus-covid-19-information>

If you have any further questions please do not hesitate to contact us on either of the following:

Via email: [sirona.partnertocare@nhs.net](mailto:sirona.partnertocare@nhs.net)

Via telephone: 0800 111 4167

Post: Partner2Care, Marina Healthcare Centre, 2 Haven View, Portishead, BS20 7QA

### Here are some helpful links:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments>

<https://www.heartfoundation.org.nz/about-us/news/blogs/keeping-the-body-and-mind-well-in-self-isolation>

### Mental health and Wellbeing support

The AWP Mental health 24/7 telephone response line is 0300 3031320 – more information [here](#).

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

<https://www.mind.org.uk/workplace/mental-health-at-work>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.nia.nih.gov/health/exercise-physical-activity>

### COVID-19 testing for PAs

The Coronavirus National Testing Programme has now expanded to include all personal care assistants (PAs), across both health and social care, who are having to self-isolate due to having coronavirus-like symptoms or because a member of their household has symptoms.

Further information about the programme, including a note about the national testing programme, confirmation of employment and eligibility for testing - letter of ID and presentation slides can be found on Skills for Care's specific [COVID-19 pages for individual employers here](#).