

E-Mail Newsletter

January 29, 2021

18th Edition

Welcome to the 18th edition of our newsletter. Here you will find updates from the team and any up to date Covid related information we have. We hope this will be helpful for you and we welcome your thoughts and feedback. You can continue to contact us on our details listed below.

We would like to thank you for working with us during these difficult times to keep you safe and well.

Updates for this month:

PPE – The team would like to continue to remind all teams that correct use of PPE is essential, especially during these worrying times of Covid-19 and increasing numbers of Covid-19 cases in the region.

If your team complete any aerosol generated procedures they must wear specially fitted masks, if you haven't been tested for these please contact Partner2Care so we can arrange for this to be completed.

Recommended PPE for when caring for someone is:

- Fluid repellent facemask (standard surgical masks)
- Apron
- Gloves

In addition to this if you are completing AGP's you will need:

- FFP3 respirator masks or FFP2 masks are an acceptable alternative if FFP3 masks are unavailable
- Long sleeved disposable gown
- Eye protection (disposable goggles or full-face visor)

Here are some guides on using PPE:

The putting on and taking off of PPE is named 'Donning and Doffing' Recommended video and guide resources on the correct donning and doffing of PPE can be found on the links below:

https://www.youtube.com/watch?v=GncQ_ed-9w&feature=youtu.be
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874328/PHE_COVID-19_Donning_quick_guide.pdf

For healthcare workers delivering or assisting with an aerosol generating procedures

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878750/T2_poster_Recommended_PPE_for_primary_outpatient_community_and_social_care_by_settng.pdf

Updates continued:

Covid testing – We have been informed that there is a rapid testing site in Bradley Stoke that PA's living/working in the South Glos area without symptoms can use to be tested for Covid. Here is the link to the site to book appointments;
<http://sites.southglos.gov.uk/newsroom/health-and-wellbeing/rapid-testing-offered-to-the-south-gloucestershire-community/>

Hand washing

COVID 19 is transmitted (spread) through respiratory droplets generated by coughing and sneezing and through contact with contaminated surfaces which should be frequently cleaned.

Washing your hands is one of the easiest ways to protect yourself and others.

Please remember the five moments of hand hygiene, bare below the elbow and no rings, watches or other jewelry. Good hand washing and drying is vital both before and after any procedure.

This video shows the best way to wash your hands.

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Mental health and Wellbeing support

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



Free online courses to help people living in the South West to cope with life in 'lockdown'

Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.



The courses start every month from **2nd February 2021**. You can complete the course at your own pace, with support from trained facilitators.

NHS

Places are limited! First course starting 2nd February 2021
Find out more or sign up today at <http://bit.ly/HOPESW>



The Hope Programme was developed by Coventry University and is delivered under contract licence from Hope For The Community CIC.