

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.

Working towards a greener NHS - New drop off sites launched for unwanted medical equipment

Hull and East Riding residents are being urged to return medical equipment that is no longer needed as part of a new NHS initiative to reuse and recycle items such as crutches and commodes.

Too often, perfectly good medical equipment is cluttering living rooms or ending up in landfill. The local NHS has now launched four new drop-off containers at refuse centres in the area to help patients support a greener, more economic health service.

NHS Hull Clinical Commissioning Group (CCG) and NHS East Riding of Yorkshire CCG and Community Care Equipment Services provided by NRS Healthcare are working in collaboration with East Riding of Yorkshire Council; Hull City Council and FCC Environment waste management service with an aim to reduce the NHS carbon footprint and, wherever possible, reuse items some of which are in short supply.

On behalf of the council or NHS, NRS Healthcare has loaned thousands of items of equipment to help people to live independently in the community. NRS operate a collection service for larger, more expensive items, but it is usually not cost effective for the service to collect smaller items. Previously these items would have been thrown away or stored at home when no longer needed.

Dr James Crick, Consultant in Public Health Medicine and Associate Medical Director, NHS Hull CCG, said: "The pandemic has meant there is a shortage of equipment such as perchng stools, bed sticks and commodes, as well as smaller items like crutches or rollators. To help combat this, wherever possible, we are now trying to reuse or recycle items appropriately."

Returning unwanted equipment is easy. Any small equipment supplied by your local council or NHS can be dropped off at dedicated containers available at refuse centres in Hull, Goole and Driffield.

Dr Anne Jeffreys, local GP and East Riding of Yorkshire CCG Chair, said: "There are already great examples of other areas reusing and recycling equipment, and now the initiative is coming to Hull and the East Riding. By working together, we can help those patients who need it most, reduce the NHS carbon footprint and work more cost effectively."

People can drop off any unwanted equipment at the following locations:

- Humberfield Household Waste Recycling Site (HWRC), 408 Boothferry Road, Hessle, HU13 0JL
- Driffield HWRC, Church Lane, Driffield, YO25 5XE
- Airmyn HWRC, Airmyn Rd, Airmyn, DN14 8LA
- Wiltshire Road HWRC, 11 Dairycoates Industrial Estate, Wiltshire Road, Hull, HU4 6PA
- NRS Healthcare Reed Street office, 11 Reed Street, Hull, HU2 8JJ
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Larger items such as beds, shower chairs and hoists can continue to be collected by NRS Healthcare free of charge.

To arrange a collection please contact:

- Call 0344 8936375
- Email enquiries@her.nrs-uk.net
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Please ensure items are in a clean condition before returning.

Patients across the Humber reminded to follow safety measures and get vaccinated

Patients entering GP surgeries across the Humber are being reminded they should continue to wear a face mask and follow social distancing rules.

Covid restrictions will end in most settings in England from Monday 19 July.

However, as infection rates rise significantly across the region, health bosses in the Humber are reiterating the message that both staff and patients must continue adhering to Public Health England's infection, prevention and control guidelines to ensure optimum safety. As well as GP surgeries in North Lincolnshire, North East Lincolnshire, Hull and East Riding of Yorkshire, these rules will apply across other health settings such as hospitals, pharmacies and dental practices.

Dr Faisel Baig, Chair of the NHS Humber Clinical and Professional Leaders Board, said: "COVID-19 is still very much with us.

"Both infection rates and hospital admissions are once again on the rise - with more than 50,000 new cases of the virus being reported each day in the UK. We have also seen sharp rises in each of the four areas of the Humber.

"The delta variant of the virus is highly transmissible and this is why we must continue to act cautiously to slow the spread. Health settings such as GP surgeries are a higher risk environment and it's so important we all continue to wear a mask, remain socially distant and wash our hands regularly.

"I urge everyone to play their part and think of those more vulnerable than them when visiting their local GP surgery. Acting responsibly will undoubtedly save lives."

The number of people getting vaccinated continues to rise across the Humber – with the vast majority of adults now having received at least a first dose of protection. A number of special pop-up vaccination clinics will take place across the region over the next fortnight as the local NHS aims to vaccinate as many Humber residents as it possibly can.

Dr Baig is urging those who have not yet had the vaccination to do so soon: "We can be really proud of our vaccination uptake figures in the Humber," he said. "I know many people are working hard to ensure a vaccine is as accessible as it can be for every single eligible person.

"Uptake is slightly less amongst our 18-39 year-olds and I would especially urge anyone in this age bracket to come forward and get their vaccination as soon as they can. Vaccinations really have broken the chain between contracting the virus and becoming seriously ill from it."

For the latest details about walk-in vaccination clinics in the East Riding, please visit www.eastridingofyorkshireccg.nhs.uk/walk-in-covid-19-vaccination-sites. To see the latest dates for the East Riding vaccination Health and Wellbeing Bus, visit www.eastridingofyorkshireccg.nhs.uk/health-and-wellbeing-bus.

Your birthing choices survey

Humber and North Yorkshire CCGs are looking at ways to improve healthcare in our region and we want your input to help us make the best changes for you and your family.

We want to understand what is important to you when choosing where to give birth so we can develop maternity and neonatal services for the future with you in mind. Please take 5 minutes to complete [this short survey](#) to help us understand what is most important to you as we work to plan for the future. There are also a number of focus groups taking place, [please click here to view](#).

You can find out more about why we need to make changes and keep up to date on our work and future involvement opportunities by [clicking here](#) to sign up to the newsletter or by [visiting the website](#).

For more information on how your local maternity services can support you, please visit the [Humber, Coast and Vale Local Maternity System's website](#).

Your local NHS wants you to be prepared this summer

NHS clinicians in Hull and East Riding are encouraging people to look after their health in the hot weather as heatwaves hit our region.

The very young, older people and those with serious or long-term illness, including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions, are all groups who are most susceptible to the risk of health problems when the weather is hot. In particular, the heat can make heart and breathing problems worse and cause symptoms such as dehydration, overheating, heat exhaustion and sun stroke.

These however can be prevented by:

- Ensuring you drink plenty of water
- Using shade where possible
- Applying sun cream and keeping this topped up
- Being aware of the extra risks of food poisoning
- Wearing cool, loose clothing and a sun hat
- Avoiding extreme physical exercise
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors

- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals

Dr Anne Jeffreys, local GP and Chair of the NHS East Riding Clinical Commissioning Group said: "Most of us enjoy the sunshine, but for those who are vulnerable, the hot weather can be dangerous. We advise that they avoid going out during the hottest hours of the day between 11am and 3pm. Please ensure to drink plenty of fluids and look out for children, babies and the elderly in particular."

"If you are with someone who does feel unwell, get them somewhere cool to rest and give them plenty of fluids to drink. If they start to display symptoms such as breathlessness, chest pain, confusion, weakness, dizziness or cramps - don't leave them alone, but seek medical help. If you are unsure, please ring NHS 111."

Dr James Crick, Associate Medical Director for NHS Hull Clinical Commissioning Group, said: "Having a cold alcoholic beverage can be a favourite summer pastime, but we advise people to avoid drinking excessive amounts of alcohol in the hot weather as this can lead to higher, more dangerous levels of dehydration; drinking plenty of water is the best way to rehydrate."

"In addition, whilst we would encourage you to avoid sunburn by wearing a hat and using a high factor (factor 50+) sunscreen, if you do develop sunburn, or experience insect bites due to being outdoors, or have concerns regarding other minor ailments please consider contacting your local community pharmacy for good advice."

You can find further advice on how to cope in hot weather on the NHS website www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather. If you are worried about your health, especially if you have a long-term health condition, please contact your GP.

Humber, Coast and Vale becomes first ICS to sign up to new levelling up framework

The HCV Partnership has become the first integrated care system to sign up to the newly established Levelling Up Goals initiative, led by former education secretary Justine Greening.

[Click here for the media release.](#)

Hull University Teaching Hospitals NHS Trust Patient Engagement Forum

The next Patient Engagement Forum held by Hull University Teaching Hospitals NHS Trust's Improvement Team is taking place on Wednesday 22 September.
[Please click here to register to join.](#)

Smile Foundation Volunteer Awards 2021

A virtual awards ceremony to recognise community champions who do all they can to help others is taking place for the second consecutive year.

Organised by HEY Smile Foundation and partners, the Volunteer Awards 2021 will go ahead online at 6pm on Wednesday 6 October to celebrate the work of selfless individuals and teams in a range of sectors across the Humber region.

This year, the judges, comprising of event partners and sponsors, will choose a further 10 worthy winners with categories recognising community volunteers, fundraisers, charity trustees, volunteer teams and more.

Entries can be submitted online, via paper entry form or by video submission and the deadline to enter is midnight, 15 August 2021. [Please click here to enter and for more info.](#)

The awards ceremony will be available to view via Smile's YouTube channel.

Humber Acute Services Programme – Keep up to date!

The Humber Acute Services Programme is working to develop new proposals for hospital services in order to provide the best quality care for everyone living in the Humber region.

The Programme wants to develop these new and better ways of delivering care by continually listening and talking to people who use the services now, those who may need to use them in the future and those who work hard to provide them.

If you have an interest in hospital services of the future and would like to keep up to date with the latest updates, ways to get involved, share your ideas or ask questions, please sign up to the Programme's new newsletter by [clicking here](#).

To read the July newsletter, please [click here](#).

Short survey will support better information sharing for urgent, palliative and end of life care

The Professional Record Standards Body ([PRSB](#)) would like you to take part in a [survey](#) about the information that should be shared between health and care services for urgent, palliative and end of life care for adults and children. People tell us they want their needs and wishes known at this important time of life and our survey aims to ensure that key information is available to support personalised care when people need it most.

The survey closes at **5pm, Friday 30 July**.

Climate Lunch and Learn Event

In partnership with West Yorkshire and Harrogate Healthcare Partnership, the Humber, Coast and Vale Health and Care Partnership is hosting Climate Lunch and Learn events, a series of hour-long sessions to address the Climate Change challenges we face and the impact these will have on our healthcare system, as well as the population we serve. The sessions will take place on alternate Fridays via Microsoft Teams and will look at climate change, anaesthetic gases, meter dose inhalers, floods and climate adaptation, health inequalities, food and the impact of diet, PPE, procurement, biodiversity as well the impact on mental health, digital, waste and travel. Speakers and attendees will explore the impact that healthcare has across the world and the impact that climate change will have on healthcare into the future.

The sixth session is on **Friday 6 August** at 12.30-1.30pm. The title is: What a load of rubbish! What does waste have to do with Climate Change? What alternatives are there to creating waste? How will reusable products help to drive down waste and carbon emissions? We explore the options for reducing, recycling and eliminating waste in the health system and ensuring a second life for products where they have to be used.

You can register to join this session at <https://climatechangelunchlearn-6-060821.eventbrite.co.uk>

Psychological impact of the Coronavirus (COVID-19) pandemic and experience: An international survey

Researchers from Southern Health NHS Foundation Trust are launching the third phase of their global study into the psychological impact of the Coronavirus pandemic and changing restrictions.

The aim of the survey is to better understand how the coronavirus and the impact that changing restrictions are having on our day to day lifestyle, what is helpful and what may be causing some people to be affected more than others in terms of their wellbeing.

The survey is open to anyone over the age of 16 and able to complete the online questionnaire. It takes around 10 minutes to complete, [please click here to take it.](#)

Humber, Coast and Vale Health and Care Partnership summer stakeholder newsletter

[Please find here](#) a link to the Humber, Coast and Vale Health and Care Partnership's summer stakeholder newsletter.

Enactus UK Community Networking event

On Wednesday 4 August 2021 at 13:00-14:30, Enactus UK are hosting a virtual community networking session, which they would love for representatives from a variety different UK-based community organisations or social enterprises to attend.

This is a great opportunity for you to answer a few simple questions about your organisation/team and its mission and share insight into the needs, challenges and experiences of the community group and beneficiaries you might work with.

Any support, insights and experiences would be invaluable in helping the student changemakers better understand different community groups, inform and inspire their social enterprise projects and accelerate and maximise their social impact through youth social action. Please feel free to share this information and the link as widely as you wish with any relevant contacts too.

For the registration link and to find out more about the Enactus UK Community Networking, [please visit the Enactus UK Community Networking Event on Eventbrite here.](#)

For all current involvement opportunities, you can [visit the East Riding CCG website.](#)