**Thank you again to all our staff**

We recognise how hard you are all working and want to say how grateful we are for everything that you are doing to care for vulnerable people. It has been an exceptionally difficult time for everyone & emotionally challenging. We hope that things will improve as time goes on. Please stay safe and alert and let us know if you are struggling in any way, we want to help. This newsletter provides some information on mental health support available.

**Staff news:**

* **Adult team:** We said farewell to Stefan, Community Carer
* **St Luke’s Hospice at Home:** After many years with us Julie, Nurse Co-ordinator, has retired and we wish her all the very best. Thank you Julie for all the hard work and commitment you have shown, you will be sadly missed.

**WARNING - Alcohol based hand gels**

Please DO NOT leave your gels in the car during the hot weather, there have been incidents of them exploding and causing fires.

For those that smoke do be aware that as you may be using gel more there is also the possibility of combustion when you light a cigarette from the fumes if alcohol based hand gel has just been applied.

**Annual leave**

Please don’t forget to book annual leave. Whilst you may not be going away everyone needs a break. As usual contact your manager regarding booking your days off.

**Covid-19 UPDATE**

**PPE**: If you need any more face shields please let your manager know

The Department of Health & Social Care (DHSC) issued the following information:

## ****Dedicated app for social care workers launched****

A dedicated app for the adult social care workforce in England has been launched to support staff through the coronavirus pandemic.

The Care Workforce app, developed by NHSX and the NHS Business Services Authority, has been introduced under the new CARE brand.

This new digital hub allows social care workers to access relevant updates, guidance, support and discounts from their phone.

Download by searching ‘Care Workforce’ on the Apple App Store or Google Play or access by browsers on any device, by visiting: [workforce.adultsocialcare.uk/join](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTUuMjE1OTQwMjEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cCUzQSUyRiUyRndvcmtmb3JjZS5hZHVsdHNvY2lhbGNhcmUudWslMkZqb2luJTNGd3AtbGlua2luZGV4JTNEMyUyNnV0bV9jYW1wYWlnbiUzRFNvY2lhbF9jYXJlX2Nvcm9uYXZpcnVzX3dlZWtseV8lMjZ1dG1fY29udGVudCUzRGRoc2MtbWFpbC5jby51ayUyNnV0bV9tZWRpdW0lM0RlbWFpbCUyNnV0bV9zb3VyY2UlM0REZXBhcnRtZW50X29mX0hlYWx0aF9hbmRfU29jaWFsX0NhcmUmZGF0YT0wMiU3QzAxJTdDU2FyYWguQ293bGV5LUJlYWRtYW4lNDBjcWMub3JnLnVrJTdDOTg1NDIyYjEzYWJlNGU5NDVkMGIwOGQ3ZjhlMGExYzglN0NhNTVkY2FiOGNlNjY0NWVhYWIzZjY1YmMyYjA3YjVkMyU3QzElN0MwJTdDNjM3MjUxNTE1OTg2OTE0ODM5JnNkYXRhPVJCWmFGZHoyNkQlMkZVRVBJNWxBVFVJRkJVa1FUT0d5dXEyJTJCYkdTRFlEbmFZJTNEJnJlc2VydmVkPTAifQ.rtuevIsOF9kcF4uqJpGYnZ8qRshc6pfS_52W2-xCW4k/br/78727598152-l).

## ****Health and wellbeing guidance****

During this period, you are all going above and beyond what is normally expected. It is entirely normal to feel worried and anxious about coronavirus and how it might affect your life.

To help you during this time, there is [guidance](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTUuMjE1OTQwMjEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cCUzQSUyRiUyRnd3dy5nb3YudWslMkZnb3Zlcm5tZW50JTJGcHVibGljYXRpb25zJTJGY29yb25hdmlydXMtY292aWQtMTktaGVhbHRoLWFuZC13ZWxsYmVpbmctb2YtdGhlLWFkdWx0LXNvY2lhbC1jYXJlLXdvcmtmb3JjZSUzRndwLWxpbmtpbmRleCUzRDYlMjZ1dG1fY2FtcGFpZ24lM0RTb2NpYWxfY2FyZV9jb3JvbmF2aXJ1c193ZWVrbHlfJTI2dXRtX2NvbnRlbnQlM0RkaHNjLW1haWwuY28udWslMjZ1dG1fbWVkaXVtJTNEZW1haWwlMjZ1dG1fc291cmNlJTNERGVwYXJ0bWVudF9vZl9IZWFsdGhfYW5kX1NvY2lhbF9DYXJlJmRhdGE9MDIlN0MwMSU3Q1NhcmFoLkNvd2xleS1CZWFkbWFuJTQwY3FjLm9yZy51ayU3Qzk4NTQyMmIxM2FiZTRlOTQ1ZDBiMDhkN2Y4ZTBhMWM4JTdDYTU1ZGNhYjhjZTY2NDVlYWFiM2Y2NWJjMmIwN2I1ZDMlN0MxJTdDMCU3QzYzNzI1MTUxNTk4NjkxNDgzOSZzZGF0YT1IUHJrODh2MHV1NjFGMTQwY0wyOTNYUWc5RmlYWUFNTjdwT3dvVlhncDNjJTNEJnJlc2VydmVkPTAifQ.JVnsn9pJdqxWJBDtp8vZn-R0EUT9c1Hto2fHPT-lct4/br/78727598152-l) to support your mental, physical and financial wellbeing.

<https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce>

Joint Chief Social Workers for Adults, Fran Leddra and Mark Harvey, used their [Social Work with Adults blog](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MTUuMjE1OTQwMjEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZzb2NpYWxjYXJlLmJsb2cuZ292LnVrJTJGMjAyMCUyRjA1JTJGMTIlMkZuZXctaGVhbHRoLWFuZC13ZWxsYmVpbmctZ3VpZGFuY2UtcmVtaW5kcy11cy1hbGwtdG8tdGFrZS1jYXJlJTJGJTNGd3AtbGlua2luZGV4JTNENyUyNnV0bV9jYW1wYWlnbiUzRFNvY2lhbF9jYXJlX2Nvcm9uYXZpcnVzX3dlZWtseV8lMjZ1dG1fY29udGVudCUzRGRoc2MtbWFpbC5jby51ayUyNnV0bV9tZWRpdW0lM0RlbWFpbCUyNnV0bV9zb3VyY2UlM0REZXBhcnRtZW50X29mX0hlYWx0aF9hbmRfU29jaWFsX0NhcmUmZGF0YT0wMiU3QzAxJTdDU2FyYWguQ293bGV5LUJlYWRtYW4lNDBjcWMub3JnLnVrJTdDOTg1NDIyYjEzYWJlNGU5NDVkMGIwOGQ3ZjhlMGExYzglN0NhNTVkY2FiOGNlNjY0NWVhYWIzZjY1YmMyYjA3YjVkMyU3QzElN0MwJTdDNjM3MjUxNTE1OTg2OTI0ODI5JnNkYXRhPUVDMzJCY01HZDQwUHREVHQxJTJGc1BCWXNVc29HcEJYa25HRFhFWHIlMkZ6NTlnJTNEJnJlc2VydmVkPTAifQ.dYd0A5ypGDKfjgi-b1VTigcghz2Z_Vmy0SiFeTKRKV0/br/78727598152-l) to highlight the importance of maintaining human connections during the coronavirus pandemic and outline some free resources available.

## ****Mental health helplines for social care workers****

Social care staff can send a message with **‘FRONTLINE’ to 85258** to start a conversation. This service is offered by Shout and is free on all major mobile networks and is a direct support for those who may be struggling to cope and need help.

[Samaritans](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA1MjIuMjE5MDA1ODEiLCJ1cmwiOiJodHRwczovL2dicjAxLnNhZmVsaW5rcy5wcm90ZWN0aW9uLm91dGxvb2suY29tLz91cmw9aHR0cHMlM0ElMkYlMkZ3d3cuc2FtYXJpdGFucy5vcmclMkZob3ctd2UtY2FuLWhlbHAlMkZoZWFsdGgtYW5kLWNhcmUlMkZoZXJlLWxpc3Rlbi1zdXBwb3J0LWxpbmUtbmhzLXBlb3BsZSUyRiUzRndwLWxpbmtpbmRleCUzRDEzJTI2dXRtX2NhbXBhaWduJTNEU29jaWFsX2NhcmVfY29yb25hdmlydXNfd2Vla2x5XyUyNnV0bV9jb250ZW50JTNEZGhzYy1tYWlsLmNvLnVrJTI2dXRtX21lZGl1bSUzRGVtYWlsJTI2dXRtX3NvdXJjZSUzRERlcGFydG1lbnRfb2ZfSGVhbHRoX2FuZF9Tb2NpYWxfQ2FyZSZkYXRhPTAyJTdDMDElN0NTYXJhaC5Db3dsZXktQmVhZG1hbiU0MGNxYy5vcmcudWslN0MyNjdkODEwYjQ0N2U0YzQwYjMxNjA4ZDdmZTY2MmNlYSU3Q2E1NWRjYWI4Y2U2NjQ1ZWFhYjNmNjViYzJiMDdiNWQzJTdDMSU3QzAlN0M2MzcyNTc1ODcxMDkwMDQyOTEmc2RhdGE9eUhhJTJGZkRtOSUyQlpaTURpTnFZbkE3JTJGa0U2YmZOMWxpbSUyRlpXMFdyNHhST0tNJTNEJnJlc2VydmVkPTAifQ.w0LmY3_F7mt0k_AFcfqTvGCBhBOUeNdmIL2PqEsjpOk/br/78988965665-l), working with NHS England, have extended their coronavirus helpline to all social care workers. Social care staff will be able to speak to a trained Samaritans adviser, who will provide a non-judgmental listening ear, a safe space to offload and signposting to other services. **The wellbeing support line is available 7am-11pm, 7 days a week. Call: 0300 131 7000.**

Hospice UK have also extended their bereavement and trauma support hotline to everyone working in social care, with specialist counsellors available to support staff who have experienced trauma, stress or anxiety through their work. **The helpline is available 8am-8pm, 7 days a week, call: 0300 3034434.**

For those of you interested, there is free on-line training available on the coronavirus at [**www.procoronavirus.co.uk**](http://www.procoronavirus.co.uk/). You only have to pay if you want a certificate.