

Healthwatch Rotherham is the independent champion for people who use health and social care services in your local area. We listen to your needs, experiences and concerns, and speak out on your behalf to improve services for everyone.

## September 2021

- COVID-19 update
- Client stories
- Survey update
- Healthwatch... Lets' Talk



### COVID-19 update:

From Monday 16th August 2021, you are not required to self-isolate if you live in the same household, or are a close contact of someone with Covid-19 if you are; fully vaccinated, are below the age of 18 years and 6 months, you have taken part/currently part of an approved Covid-19 vaccine trial or you are not able to get vaccinated for medical reasons. Instead, you will be contacted by NHS Test and Trace who will provide you with advice on testing and given guidance. Even if you do not have symptoms, you will be advised to get a PCR test as soon as possible.

- You do NOT need to stay 2 metres apart from people you do not live with. There are also no limits on the number of people you can meet. It is recommended to limit the close contact you have with people at a time of high prevalence.

- There is no legal requirement to wear face coverings, however the Government recommends people continue to wear them in crowded areas such as public transport.

- **However**, it is important to still:

- Get a Covid-19 test if you have symptoms, and do regular asymptomatic testing
- Isolate when positive or when contacted by NHS Test and Trace
- Get your Covid-19 vaccine
- Exercise caution when mixing with other people and in crowded areas

The latest figures in Rotherham show an increase of 0.7% in Covid-19 cases (20th August–26th August)

A huge 85.6% of adults in Rotherham have now had their first dose of the Covid-19 vaccine, with 79.3% of adults having had their second dose. (26th August)

This is a fantastic achievement and we want to thank everybody involved in the vaccine rollout programme for working so hard to make these figures possible. We also want to thank the Rotherham community for their co-operation and for continuing to follow the guidance set nationally.



### Case study:

We were approached by a lady who was having issues trying to rebook her son's Orthodontics appointment which was cancelled in 2020 due to Covid. The lady has tried to contact the hospital by telephone over 100 times at various times of the day with no response from both the department and the Hospital switchboard.

We passed their details onto the Patient Experience Team for them to take up as a concern.

We were then again contacted by the lady who informed us she has now received an appointment through for her son and was happy with the outcome.

### Mind, body & soul:

Healthwatch Rotherham are currently working with Rotherham CCG, looking at ways in which services can support residents. Obviously Covid - 19 has had a massive impact on all of our lives and how we interact with services and each other. To try and capture the information and paint a picture of what residents would like to see in the "new normal" we have asked people to complete short surveys on:

**Lockdowns** <https://forms.gle/urYbZGea1uL4GqWs5>

**Accessing Services** - <https://forms.gle/b18v7p4NRNReoGMP7>

**The "new" normal** - <https://forms.gle/4ksdLkFzc8cbtECU8>

If you would like some assistance in completing these surveys, please give us a call to arrange on 01709 717130



### Healthwatch... Let's Talk.....Anxiety and You—Wednesday 25th August 2021:

We had another well attended Let's Talk event on anxiety and you this month. The event discussed what anxiety is, the fight or flight response we experience during anxiety, tips and techniques for dealing with anxiety and stress and how to support someone with anxiety. Some techniques discussed included tapping therapy, breathing exercises, mindfulness and keeping a journal. A thank you to Revd David Skeet from Swallownest Baptist Church, Anita Redfearn from Dinnington Group Practice, Tony Watson from Mindfulness in Sheffield, Alyssa Houghton from Crossroads Care in Rotherham for speaking at the event and sharing their knowledge and expertise. Another thank you to those who contributed throughout the session on their own experiences, including Jayne from Rotherham Carers Forum, David Vickers and Wanda. A thank you to everyone who attended this brilliant session and we look forward to seeing you at our September event.

### Healthwatch...Let's Talk...Suicide Awareness. Wednesday 22nd September 2021:

Join us for our next event, Suicide Awareness. The session will feature professionals from mental health services for what will be an informative and important event. This event will be discussing sensitive and potentially triggering topics.

#### Joining details:

#### Join Zoom Meeting:

<https://zoom.us/j/91557170004?pwd=WXc5RElqTFNpL2hmbHZZTFdaZFIYQT09>

Meeting ID: 915 5717 0004  
Passcode: 285850



Healthwatch Rotherham is here to listen to your experiences of health and social care services in Rotherham to make sure providers get it right for everyone. If you've had an experience—good or bad—please get in touch

<https://healthwatchrotherham.org.uk/share-your-views>