



Dear Colleague

Welcome to your weekly edition of the LLR System Equality, Diversity and Inclusion (EDI) communication to make you aware of the latest support and resources available to you.

We understand staff aren't always able to access emails, and ask you to please support your teams and colleagues by printing the information as you receive it, to either read out during tea huddles or to include on team notice boards.

LLR System Equality Diversity and Inclusion support available

Wishing you and your family on this happy occasion of Eid! Eid Mubarak!

Eid-ul-Fitr is one of the highlights of the Islamic calendar, and is the first in a series of annual celebrations for Muslims, marking the end of Ramadan, the month of fasting. This year, it is due to be celebrated by Muslims across the globe between the 23rd to 25th May (subject to the sighting of the new moon).

Guidance for staff celebrating Eid during Covid-19 as well as guidance for managers can be found at <https://people.nhs.uk/guides/eid-ul-fitr-2020-guidance-for-nhs-staff/>

Leicestershire Police EDI update

Fraud: A hoax copy of the NHS website has been discovered. The website includes harmful links to COVID-19-related health tips. Once these links are clicked on, a pop-up box appears asking visitors to save a file called 'COVID19'. If saved, the malware it contains steals passwords, credit card data, cookie's from browsers, crypto wallets, files and screenshots.

Criminals are following a familiar pattern shown during and after disasters – sending out phishing emails and malware with a humanitarian edge, asking for donations from the unsuspecting public to aid those most affected. Phishing emails advertising face masks which play on the rumours being reported in the media that the public may be asked to wear face masks outside once the lockdown is lifted.



Leicestershire
Police
Protecting our communities

NEW! Personalised Helpline for Filipino NHS Staff Launched

A new, dedicated bereavement and trauma telephone support line for Filipino staff impacted by the coronavirus pandemic has now launched. This service is provided by Hospice UK and is available to all Health and Social care staff.

The support line is run by qualified and trained Tagalog speaking counsellors and support workers, to provide help and support to our Filipino colleagues who have experienced:

- Bereavement – in the workplace and personal bereavement
- Your wellbeing has been affected by witnessing traumatic deaths as part of your work
- If you need to discuss any other anxiety or emotional issues you may be experiencing as a result of the coronavirus pandemic

All calls will be treated in the strictest of confidence and **FREE** to access on **0300 303 1115** available **seven days a week, between 8:00am and 8:00pm**. You do not need a referral.

You can access further information about the Filipino support line at <https://people.nhs.uk/help/>



Supporting BAME Staff

The new Risk Assessment Framework has been developed, produced by nine clinicians and academics and sets out the need to take into account 3 key considerations including workplace setting, workforce setting and personal circumstances.

For further information please visit <https://www.fom.ac.uk/wp-content/uploads/Risk-Reduction-Framework-for-NHS-staff-at-risk-of-COVID-19-infection-12-05-20.pdf>

Considerable effort has been placed on updating organisational Risk Assessment Guidance (and templates) for BAME staff across our NHS partner organisations reflecting the new Risk Assessment Framework. It has been recognised that some staff may require further assessment, advice and support through Occupational Health to facilitate decision making and risk reduction. Workshops are being developed and ran across our NHS organisations to support line managers with conducting risk assessments (reflecting the new framework) and with having sensitive conversations, for further information please contact your local Equality, Diversity and Inclusion Service.

System Health and wellbeing support

There is also a range of health and wellbeing support offers available to all staff, including wellbeing apps, telephone and text support lines with access to bereavement support, virtual staff common rooms and various support guides.

You can find out further information and access a wealth of resources and support at <https://people.nhs.uk/>

#supportourNHSpeople

Ways to access support during COVID-19

HELP NOW
Text 'FRONTLINE' to 85258 to start a conversation
Listening Line - For all NHS Staff – call 0300 131 7000
- 7am - 11pm
Bereavement and loss support call 0300 3034434 -
7am-11pm

ONLINE
A range of materials to support you and your teams
perform under this pressure. www.people.nhs.uk

WEBINARS
<http://horizonsnhs.com/caring4nhspeople>
Access to the latest information and support
<https://www.practitionerhealth.nhs.uk>

APPS Free access to psychological support – use
your nhs.net email address to download.
Unmind | Headspace | Sleepio | Daylight

SELF GUIDED MENTAL HEALTH SUPPORT

Silvercloud: <https://nhs.silvercloud-health.com/signup>
use the code **NHS2020**

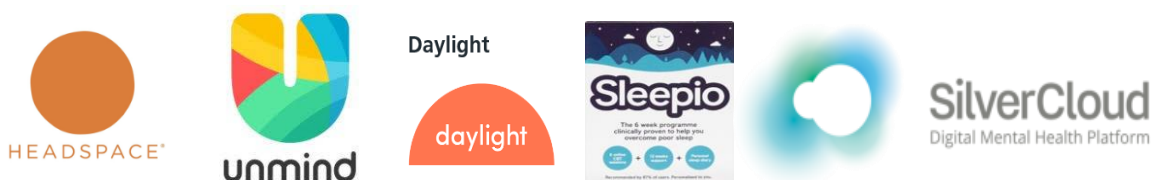
COMMON ROOMS

Meet other professionals in a safe and
guided space. Get support and share your
experiences. <https://www.practitionerhealth.nhs.uk/upcoming-events>

Wellbeing Apps

There are a number of Wellbeing apps which you can access free of charge at <https://people.nhs.uk/help/>

- **Headspace** – Mindfulness and meditation to support stress, anxiety and sleep through a range of tools and resources.
- **Unmind** – A mental health platform that empowers staff to proactively improve their mental health.
- **Daylight** – Provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.
- **Sleepio** – Sleep improvement programme that is highly personalised, using cognitive behavioural techniques to help improve poor sleep.
- **SilverCloud** - offers online programmes to help ease your levels of stress and maintain a healthy mind during this challenging time; sleep, stress, resilience.



Support App for Social Care Workforce

A new app dedicated to the adult social care workforce has been launched by NHS Employers and is available now to support staff during the COVID-19 pandemic.

The Care Workforce app will act as a single digital hub for social care workers to access relevant updates, guidance, health and wellbeing support and discounts from their phone or smart device.

Further information can be found at <https://www.nhsemployers.org/news/2020/05/new-care-workforce-app-now-launched>

The app is available for anyone working in social care and is available to download for **FREE** on the Apple App Store and Google Play Store, alternatively, you can request to sign up online at <https://workforce.adultsocialcare.uk/login>



Domestic Violence support for BAME colleagues

A public awareness campaign under the hashtag **#YouAreNotAlone**, aims to reassure those affected by domestic violence that support services remain available during this difficult time of social distancing and as we move further into lockdown.

The LLR Hope Project is a multi-agency service supporting domestic violence and abuse survivors with complex needs. To access outreach support or supported refuge accommodation within Women's Aid Leicestershire, or if you are concerned about someone else, call the helpline on **0330 00 210 10**

To access outreach or supported refuge accommodation within Leicester city or in Leicestershire County for Black Asian Minority Ethnic Communities or if you are concerned about someone else, call the helpline on **0800 055 6519**

Alternatively, you can email the Hope Project at hopeproject@wallaction.cjsm.net

In an emergency, and if you are in immediate danger, always dial **999!**



Please get in touch with comments or feedback via email to the LLR System Health and Wellbeing Team at: LLRAcademy@uhl-tr.nhs.uk

Thank you