

The Shielding Group in Leeds

Information and Routes to Support for people who are Clinically Extremely Vulnerable

Information from the Multi Agency Bronze on Shielding

Contact: Covid.Partners@leeds.gov.uk

Information Correct at: 19/07/2021



Local Help Remains Available

Whilst national advice to shield is not in place, local help remains available to Clinically Extremely Vulnerable people who may still require assistance or support to stay safe.



Online

leeds.gov.uk/shielding



Phone

0113 376 0330



SignLive Directory

Select LCC Covid19

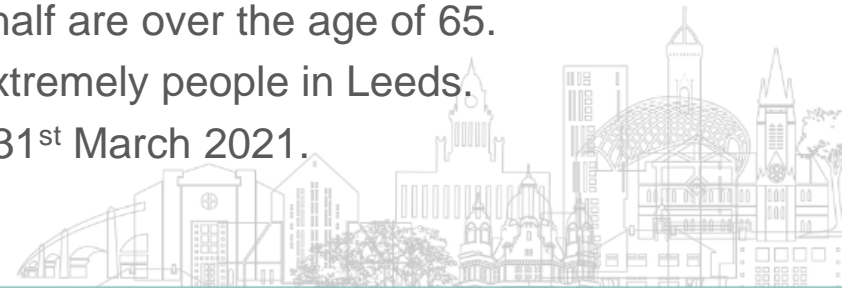


Text Number

07480632471

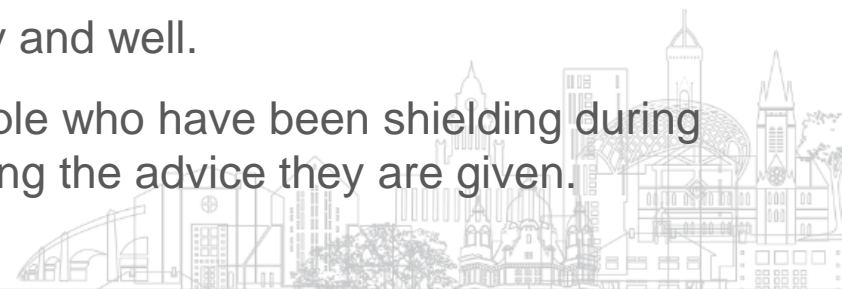
Who are CEV/ the shielding group?

- The “Shielding Group” or people who are “Clinically Extremely Vulnerable” (CEV) to or at “High Risk” from Covid -19 are the people identified by the NHS because they have got existing health conditions that mean they would be likely to have serious complications if they caught the coronavirus.
- This does not mean that they are currently unwell or unhealthy – just that it is very important that they prevent coming into contact with the virus wherever possible.
- People can be in this group because of specific health condition (usually identified by a hospital) or a combination of conditions (usually identified in primary care). Or, since February 2021 – people can be identified using a clinical risk assessment tool – that takes into account a combination of factors. This includes someone’s long term conditions, the treatments they are undergoing as well as other factors that would increase their risk: like their age, their body mass and weight, their ethnicity and whether they live in an area where poverty is more likely.
- People in this overall group can be any age – but in Leeds just under half of the people are under the age of 65 and just over half are over the age of 65.
- There are currently around 55,000 clinically extremely people in Leeds.
- The advice to shield at home was paused on 31st March 2021.



Advice to Clinically Extremely Vulnerable People

- Since 31st March 2021, the advice to this group of people is that the **advice to shield at home is PAUSED** – this means they are advised follow the same general national advice, but follow that advice very carefully.
- We know that this group are anxious about the risk Covid-19 poses to their health and some will need assistance in order to follow the advice. We have put together these resources to assist anyone advising, or support people in this group know that local support is available, and where to go to find it.
- To date, much of the advice to this group has focused exclusively on what people should NOT do.
- This is important – but it must be in the context of staying mentally and physically well – and choosing what is the right thing for you to DO in any situation.
- Listed here are some of the major DOs and DON'Ts in terms of ADVICE for clinically extremely vulnerable to be healthy and well.
- We have also included some tips from people who have been shielding during the pandemic about how they are approaching the advice they are given.



Summary of Advice for CEVs from 19th July 2021

Work	<ul style="list-style-type: none">• Government no longer has in place a general work from home advisory, but employers still have a legal responsibility to protect their employees and others from risks to their health and safety.• Talk to your employer about reducing your risk. If you cannot agree reasonable adjustments, your employer may still be able to furlough you until 30 September. Ask for employment advice if needed.
School	<ul style="list-style-type: none">• Follow advice from your child's school about how they are limiting the spread of the virus.• Make sure your child's school knows that your child/household member is clinically extremely vulnerable.
Shops and Pharmacy	<ul style="list-style-type: none">• Shopping at quieter times of day may help to reduce your risk.• Local support remains in place for clinically extremely vulnerable people who want assistance with shopping or prescription collection.
Socialising	<ul style="list-style-type: none">• Whilst rates of infection are still high in Leeds, clinically extremely vulnerable are advised to avoid crowded spaces, where there are more people who might be infectious• Socialising and exercising outdoors or in well ventilated spaces is safer• Maintaining distance from those you do not live with, particularly if you do not know if they have been vaccinated, is safer than close contact• Take care to keep your home well ventilated
Travel	<ul style="list-style-type: none">• Wearing a secure-fitting, good quality face covering on public transport is advised
Care and support	<ul style="list-style-type: none">• You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to.• Please note that all health and care venues still require face coverings, unless you are exempt.
Vaccine	<ul style="list-style-type: none">• All CEVs aged 16+ are strongly encouraged to take up vaccination. If you have not yet had your first vaccination, call 119 or book online at www.nhs.uk/covid-vaccination• If you have any worries or concerns and would like to talk to someone about this, text the word “callback” to 07480632471.

INSERT Designed summary



	Advice		Tips
ADVICE FOR CLINICALLY EXTREMELY VULNERABLE	<ul style="list-style-type: none"> ☑ If you are returning to the workplace, get a risk assessment and talk to your employer about ways you can reduce your risk. 	<ul style="list-style-type: none"> ☑ If you cannot make alternative arrangements, your employer may be able to furlough you until 30 September. 	<ul style="list-style-type: none"> ➡ <i>Seek employment advice if you and your employer cannot agree the safest way for you to work</i>
	<ul style="list-style-type: none"> ☑ Follow advice from your child's school about how they are limiting the spread of the virus. 	<ul style="list-style-type: none"> ☑ Make sure that school knows that your child/household member is clinically extremely vulnerable. 	<ul style="list-style-type: none"> ➡ <i>Talk to your child about ways they can stay safe like washing their hands more frequently</i>
	<ul style="list-style-type: none"> ☑ Shop online or use Click and Collect ☑ Shop at quieter times 	<ul style="list-style-type: none"> ☑ Ask for help if you cannot shop for yourself 	<ul style="list-style-type: none"> ➡ <i>Shop at the beginning of the day, in well ventilated shops</i>
	<ul style="list-style-type: none"> ☑ Ask family or friends to pick up your prescriptions ☑ Check if your pharmacy is delivering 	<ul style="list-style-type: none"> ☑ Ask for help from our network of local volunteers if you need it 	<ul style="list-style-type: none"> ➡ <i>Making a list of your medications and when they are due. Not waiting 'til they are overdue to chase a delivery.</i>

Advice

Tips

✘ Avoid crowded spaces, where there are more people who might be infectious

✔ Socialising and exercising outdoors or in well ventilated spaces is safer

➡ *Telling family, friends or volunteers how you are feeling*

✔ Maintaining distance from those you do not live with, particularly if you do not know if they have been vaccinated, is safer than close contact

✔ Ask for help to make or maintain social connections if you are feeling lonely or bored – check out what is on offer locally

➡ *Keeping in social contact with a variety of family, friends and neighbours through telephone, internet and window visits*

✘ Don't be frightened to spend time out of your home – choosing places where you have more control may make you feel more confident

✔ Socialising and exercising outdoors or in well ventilated spaces is safer
✔ Keep your home well ventilated

➡ *Getting exposure to fresh air during daylight hours boosts the body's natural immune system and helps you sleep better*

Advice

Tips

Wearing a secure-fitting, good quality face covering on public transport is advised

Ask for help to get to an appointment if you do not feel you have a safe way to travel there.

➡ *Planning ahead for a hospital visit – making sure that it's confirmed and knowing which entrances are in use*

Ask for help if your usual care routine is disrupted by self isolation

You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to.

➡ *Agreeing with your carers any additional precautions you both want to take*

➡ *Using resources like the "[Carers Plan B](#)" – to make sure that care can continue if it is disrupted*

Don't stop attending medical treatment, appointments or stop your regular care

Don't stop taking medication you are prescribed

Check that appointments are confirmed before attending in person

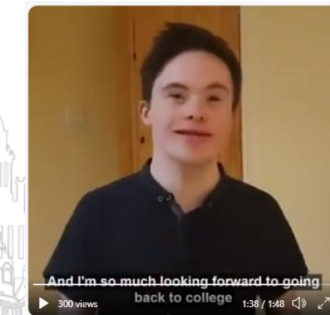
➡ *Planning ahead for the safest ways to attend appointments*

Communications Resources

The Leeds Shielding Communications Toolkit contains a wide variety of advice and information on being clinically extremely vulnerable.

This includes information in different languages and formats as well as information being presented by video/ audio and presentation formats.

<http://bit.ly/leedsshieldingtoolkit>



Information in Other Languages

LANGUAGE	YOUTUBE
Arabic	https://bit.ly/CEVLangToolkit
Bengali	https://bit.ly/ShieldingadviceBengali
British Sign Language	https://bit.ly/ShieldingadviceBSL
Czech	https://bit.ly/ShieldingadviceCzech
Easy Read	Request to covid.partners@leeds.gov.uk
Farsi	https://bit.ly/ShieldingadviceFarsi
French	https://bit.ly/ShieldingadviceFrench
Gujarati	https://bit.ly/ShieldingadviceGujarati
Hindi	https://bit.ly/ShieldingadviceHindi
Kurdish Sorani	https://bit.ly/CEVLangToolkit
Lithuanian	https://bit.ly/CEVLangToolkit
Pashto	https://bit.ly/CEVLangToolkit
Polish	https://bit.ly/CEVLangToolkit
Punjabi	https://bit.ly/ShieldingadvicePunjabi
Roma	https://bit.ly/ShieldingadviceRoma
Russian	https://bit.ly/ShieldingadviceRussian
Slovak	https://bit.ly/CEVLangToolkit
Tigrinya	https://bit.ly/ShieldingAdviceTigrigna
Urdu	https://bit.ly/ShieldingadviceUrdu
Any other	Request to covid.partners@leeds.gov.uk

Working with People who are CEV

- For EVERYONE working with the public at this time, it is strongly recommended that you read the Government Guidance for Clinically Extremely Vulnerable people. Please note that this guidance was updated in July 2021 so you may need to read it again:
<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/>
- If you are working with someone in the shielding group, your work must take place in this strict context. ***You may need to make some adjustments in order to respect the advice to CEVs but do not stop your work wherever possible.***
- If you are working with individuals who are CEV/shielding and having read the guidance feel you are unable to continue doing so, please escalate these concerns to the Multi Agency Bronze Meeting on Shielding via covid.partners@leeds.gov.uk or by contacting Rachael Loftus on 07891 271 054
- It is recommended that you check with **anyone** you are working with:
 - if they have received a letter or text saying that they are in the shielding group or that they are “clinically extremely vulnerable” to or at “high risk” from Covid19
 - provide support to them to understand its implications
 - share the local helpline numbers with them so they are able to seek help at any time, even if they do not need it now

Local Shielding Communication

- Leeds has a number of ways to communicate directly with people who are clinically extremely vulnerable:
- **Texts** come from an account called “**LCC Covid19**” with the number **07480632471**
- **Emails** are sent from a verified **Gov Delivery** account. These emails will never ask for personal details.
- **Landline telephone** calls are made from a Leeds number. Anyone who is suspicious that a call may be fraudulent is advised to hang up and redial the LCC number.
- **Letters** will be sent periodically to people who do not have access to electronic communications, or to the whole cohort when advice changes.

- **Local updates** will appear on the dedicated Shielding webpage on the Leeds City Council website: www.leeds.gov.uk/shielding

- In Leeds there is a Multi Agency “Bronze” meeting on Shielding. This feeds in to the city’s command and control structures for dealing with the pandemic. Anyone who wishes to escalate a concern around shielding can contact this group by email:
covid.partners@leeds.gov.uk

Helping people who are clinically extremely vulnerable stay happy and healthy – considerations of individual needs and assets

Education and Child Care

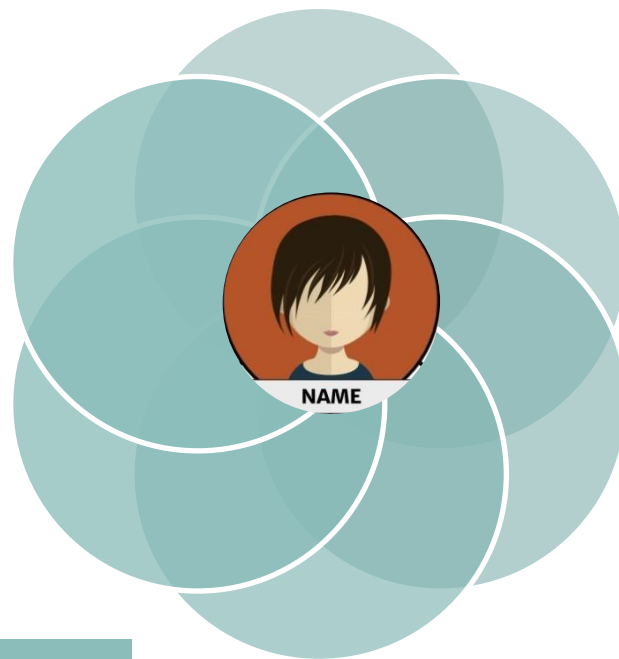
- Shielding children and young people
- Shielding households with children in them

Safeguarding

- Maintaining safe contact with services
- Unknown emergent risks

Practicalities

- Access to:
 - Food/ Supplies
 - Medicines/ Medical supplies
 - Home repairs
- Communication needs



Social Life

- Friends
- Family
- Volunteering
- Hobbies

Health and Wellbeing

- Mental wellbeing
- Physical wellbeing
- Care and Caring
 - Social care support
 - Home care support
 - Shielding Carers
 - Caring support for someone shielding
- Accessing appointments
- Ongoing treatment

Work and Money

- Work / Job security
- Financial situation
- Costs/ affordability
 - Data/ internet
 - Home warmth

The aim is to ensure that the individual remains at the centre of their own shielding experience. That they are supported to understand the risks that apply to them, given support to understand their options and provided with assistance where necessary.

Local Routes to Support

The following slides show the routes to support for anyone shielding. This should help you advise or support someone to access:

• <u>Care and Carers</u>	<u>16</u>
• <u>Digital</u>	<u>17</u>
• <u>Employment</u>	<u>18</u>
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Care and Carers

	Access through	
Carers	<p>Carers Leeds provides specialist support for all unpaid carers aged over 16 in Leeds. Unpaid Carers can be anyone who provides help to a friend or family member due to illness, disability, mental health issue or substance misuse problem.</p> <p>Assistance including: equipment, finance, access to services, respite, holidays, assessments, carer wellbeing.</p>	<p>Carers Advice Line: 0113 380 4300 Weekdays, 9am – 5pm.</p> <p><u>advice@carersleeds.org.uk</u></p>
Adult Social Care	<p>For adults who need extra support to live well. It can be long term or just until they're doing better.</p> <p>You can call about yourself or about someone else.</p>	<p>Call: 0113 222 4401 Weekdays 9am - 5pm, Weds from 10am</p> <p><u>leedsadults@leeds.gov.uk</u></p>
Leeds Directory	<p>Leeds Directory offers a comprehensive range of services and community based support, groups and activities, in order to support people to live the life they want to live. It helps you live well by connecting you to reliable local services and tradespeople who have been checked and vetted as well as activities and events near you.</p>	<p>Call: 0113 378 4610 Weekdays 9am - 5pm</p> <p><u>leedsdirectory@leeds.gov.uk</u> Visit: <u>www.leedsdirectory.org</u></p>

Digital Access

- We know that access to the internet and feeling comfortable with technology has become increasingly important this year. If you think getting help with your digital skills, including loaning free equipment will help you shop online, stay in touch with family and friends, do online banking or work from home, then please get in touch.

Accessed Through

iPad Lending and Practical Help to Get Online

As well as support with digital skills, we have access to a small number of pre-paid iPads that can be loaned to CEVs who have no other means to get online.

Digital Access

Refer by email:

ProjectDevelopmentTeam@leeds.gov.uk

Telephone:

0113 222 4444

Ask to speak to an operator. They will take your details and we will call you back.

Employment

Support	Accessed Through	
Employment Support	<p>If you need confirmation for your employer that you are clinically extremely vulnerable in order for them to undertake a risk assessment, you can contact us.</p> <p>Call the helpline, explain you need confirmation of CEV status for your employer.</p> <p>Please leave your full name, date of birth and home address and the EMAIL address we should send confirmation to.</p>	<p>Call the helpline: 0113 376 0330</p>
	<p>If you are unable to work from home, and unable to reach agreement with your employer about your risk assessment, you should seek immediate Employment Advice.</p>	<p>Citizens Advice Leeds 0113 223 4400</p> <p>National Acas Helpline on 0300 123 1100</p> <p>https://www.acas.org.uk/</p>

Employment 2

Support	Accessed Through	
Support to work from home	<p>If you need support to work at home or in the workplace you can apply for Access to Work.</p> <p>Access to Work will provide support for the disability-related extra costs of working that are beyond standard reasonable adjustments an employer must provide.</p>	<p>https://www.gov.uk/access-to-work</p>

Financial support

Support	Accessed Through	
Financial support and advice	<p>Referrals can be made for those needing food, help with gas and electricity top-ups, white goods and items for babies. Referrals from any key worker or by individuals calling. Streamlined support.</p>	<p>Local Welfare Support Scheme: 0113 376 0330</p>
Financial support to assist shielding	<p>One-off grants of either £250 or £500 are now available for CEV people who are financially impacted by the advice to shield.</p> <p>This could include :</p> <ul style="list-style-type: none">• being unable to work due to shielding,• being furloughed/on reduced income/hours due to shielding,• increased household bills/ costs to follow shielding advice• people who can evidence living in poverty situation and are shielding <p>Customers should be prepared to answer a small number of simple questions regarding their individual circumstances and provide basic details – including bank details for payments to be sent directly to.</p>	<p>Shielding – Flexible Funding Scheme: 0113 376 0330</p>

Financial Advice

Support	Accessed Through	
<p>Citizen's Advice</p>	<p>Chapelton CAB are offering a specific debt and welfare benefit service to people in LS7, LS8 and LS9 postcodes – and will extend to CEVs living anywhere in the city on low incomes.</p> <p>The service includes working with individuals ensuring all eligible benefits and grants are being claimed and any financial, employment or benefits difficulties identified and supported.</p>	<p>Phone: 0808 2 78 78 78</p> <p>Monday to Friday 9am to 5pm</p> <p>Email: info@chapeltoncab.org.uk</p>
	<p>If you are in financial crisis, you can talk confidentially with a trained Citizens Advice adviser. They can provide support to maximise your income, help you navigate the benefits system, and identify any grants you could be entitled to.</p>	<p>National Citizen's Advice 0808 2082138 open Monday to Friday, 9am-5pm</p>
<p>Welfare Rights</p>	<p>Welfare Rights Unit provides an information and advice service covering a whole range of welfare benefits. The service offers free, confidential and impartial advice to all Leeds residents.</p> <p>Help can be given to complete benefit forms, make sure you are getting the correct benefits, help with benefit problems, including an appeal/ tribunal.</p>	<p>Welfare Rights Unit 0113 3760452 welfare.rights@leeds.gov.uk</p>
<p>Financial support information</p>	<p>Information and resources updated regularly on the Council website on: debt, benefits, emergency food, low cost loans, bills or payment holidays</p>	<p>Money Information Centre website: https://www.leeds.gov.uk/leedsmic</p>

Routes to Support: FOOD

Support	Accessed Through	
<p>Priority online deliveries</p>	<p>The previous national scheme to provide priority access to online deliveries from supermarkets has now been closed.</p>	
<p>Emergency food parcels for people in immediate need</p>	<p>If someone is in immediate need, food parcels contain enough food for a few days and can be tailored to urgent needs, including baby food.</p> <p>Or a referral can be made to a local foodbank for ongoing support.</p>	<p>Call the Leeds Helpline: 0113 376 0330</p>
<p>Family, friends or volunteer assisted shopping</p>	<p>If a CEV person does not feel comfortable or confident to return to in person shopping, we can connect them to local volunteers who may be able to help.</p> <p>Local volunteers can go to a supermarket with a person's own shopping list, or can help to "collect" a click and collect order. This allows people to choose and pay for their own groceries.</p> <p>Suitable for someone who cannot get an online delivery or does not want to do an online shop.</p>	<p>Call the Leeds Helpline: 0113 376 0330</p>

Routes to Support: FOOD

Support	Accessed Through	
People on restricted diets	Dealt with on a case by case basis via the helpline.	Call the Leeds Helpline: 0113 376 0330
Culturally food hubs	<p>Cultural Food Hubs provide support to residents in Leeds who need help and support with emergency food which better meet their cultural needs.</p> <p>The Cultural Food Hubs provide food to meet diverse need such as: rice, variety of flours, dried pulses, ginger, garlic, oil, tinned and dried pulses, fresh veg, seasonings and spices etc. This will not include non-essential items or food with strict storage controls, such as, fresh meat.</p> <p>Parcels can be made up to suit general diets of Caribbean, Eastern European, South Asian, Middle Eastern, African.</p>	<p>Hamara for the South, West and North of the city <u>admin@hamara.co.uk</u> 0113 277 3330</p> <p>Give a Gift for East of the city <u>admin@giveagift.org.uk</u> 0113 3805676</p>

Routes to Support: Health and Wellbeing

- It is important that you continue to receive the care and support you need to help you stay safe and well.
- Do continue to access and ask for support from the NHS and other health providers for your existing health conditions and any new health concerns. All local NHS services have still got measures in place to limit the potential spread of the virus in health and care settings.
- You can still access a range of NHS services from home, including ordering repeat prescriptions or contacting your health professional through an online consultation, if you feel more comfortable.
- To find out more visit www.nhs.uk/health-at-home, or download the NHS App.
- If you have an urgent medical need, call NHS 111 or, for a medical emergency, dial 999.

Health - If you think you have coronavirus...

- You should isolate and take a test.
- If you test positive using a home test kit (i.e. a free lateral flow test that you check yourself) then it is advised that you follow this up with a lab test (i.e. a PCR test). You can book this test online:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>

Or by calling NHS 119.

There are also some walk in test centres in Leeds, you can check where mobile test centres are by looking here:

- <https://www.leedsccg.nhs.uk/health/coronavirus/coronavirus-where-to-go-for-testing/>

Health - If you do get Covid-19...

- If clinically extremely vulnerable people test positive for Covid 19, you need to monitor your symptoms very carefully.
- If you take **immune-suppression medication**, it is a good idea to call NHS 111 or your own doctor **as soon as you test positive**. They may be able to give you special advice on how to manage any Covid symptoms.
- If you have a **respiratory condition** and already use a pulse oximeter, make sure you keep a close eye on your oxygen levels.
- If your oxygen levels drop to 93% or 94%, speak to your GP or call 111.
- If your **oxygen levels drop below 92%, go to A&E or call 999 for an ambulance.**

Health - If you do get Covid-19... 2

For everyone - get advice from NHS 111 or your GP if:

- you're feeling gradually more unwell or more breathless
- you have difficulty breathing when you stand up or move around
- you feel very weak, achy, or tired
- you're shaking or shivering
- you've lost your appetite
- you're unable to care for yourself – for example, tasks like washing and dressing or making food are too difficult
- you still feel unwell after 4 weeks – this may be long COVID

Go to 111.nhs.uk, call 111 or call your GP surgery

Routes to Support: Health

Support	Accessed Through	
<p>Free counselling support</p>	<p>The UK Counselling Network are able to offer up to 250 clinically extremely vulnerable people in Leeds, 8 sessions of telephone/online counselling support free of charge.</p> <p>They are able to support a wide range of counselling, clients with mild to moderate trauma-related conditions and a range of nonclinical distress such as relationship problems, stress, low mood etc. This will be suitable for the majority of people facing distress post Covid.</p> <p>A brief telephone assessment is carried out to ensure suitability, you are then allocated a suitable therapist and sessions would begin at a mutually agreed time</p>	<p>Tel: 0113 285 2899</p> <p>Website: www.ukcounsellingnetwork.co.uk</p> <p>or send a direct email to: hello@ukcounsellingnetwork.co.uk</p> <p>** In order to access the free service, please use the code CEVLeeds250 **</p>
<p>Mental Health – 24 hour helpline</p>	<p>Open 24 hours a day, 7 days a week. It gives people an opportunity to talk to someone who can help them find the right support. Anyone registered with a Leeds GP can call the helpline. You do not need to be in crisis to seek help.</p>	<p>Mental Health Helpline 0800 183 0558</p>

Routes to Support: Health 2

Support	Accessed Through	
<p>Linking Leeds</p>	<p>Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional and mental wellbeing</p>	<p>Tel: 0113 336 7612 Email: linking.leeds@nhs.net Visit: www.commlinks.co.uk</p>
<p>Peer Support</p>	<p>There are new weekly online groups for CEVs to provide peer and mutual support to manage feelings of anxiety and isolation. To share coping strategies and to have a place to talk about all things CEV.</p>	<p>Tel: 0113 222 4444 Ask to speak to the operator and tell us you are interested in Peer Support Or email: ProjectDevelopmentTeam@leeds.gov.uk</p>
<p>Bereavement and Loss</p>	<p>If you are experiencing feelings of grief or loss, from any cause, you can call the telephone line, use the online chat or text Interpretation services are available for BSL or speakers of other languages.</p>	<p>West Yorkshire and Harrogate Grief and Loss Support Service 8am – 8pm, every day Tel: 0808 196 3833 or online live chat at www.griefandlosswyh.co.uk</p>
<p>Homeshare</p>	<p>A home sharer can be a valuable source of support and reduce isolation for someone who is vulnerable. They can also help with shopping and chores in the home. Sharers are carefully matched with householders and careful risk management plans are in place.</p>	<p>Tel: 0113 3785410 www.leeds.gov.uk/homeshare</p>

Routes to Support: Health 3

	Accessed through	
Mental health information (Adults)	<p>The Leeds MindWell website is full of tips on different ways you can protect your mental health, whilst staying home. Information is available on the coronavirus mental health information hub web page.</p>	<p>https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub</p>
Mental health information (Children and young people)	<p>Children and families, including those who are shielding, are recommended to look at the MindMate website for information on managing mental wellbeing.</p>	<p>https://www.mindmate.org.uk</p>
Get going with growing	<p>Groundwork runs a friendly community growing project that is suitable for people with any condition or disability.</p> <p>The group has sessions on Mondays and Tuesdays. It is based in Beeston but anyone in any part of the city is welcome to attend and help with travel costs can be provided.</p>	<p>Call Christianne in advance to book your place:</p> <p>07545 926 696</p> <p>or email</p> <p>christianne.kerrin@groundwork.org.uk</p>

Routes to Support: Health 4

Support	Accessed Through	
<p>Active Leeds</p>	<p>Loads of tips for keeping moving, staying active for all ages.</p>	<p>Online: https://active.leeds.gov.uk/healthy-at-home</p>
<p>Personalised physical health</p>	<p>Bramley Baths is able to provide up to 50 clinically extremely vulnerable living anywhere in Leeds with free access to their personalised services to improve health.</p> <p>This could include access to their physical health assessment which includes a Health MOT: Blood pressure, lung capacity, BMI, weight and height; gym sessions, swim sessions, light exercise, mindfulness, working with an expert to build confidence to start getting more physically and mentally well and/ or 2 months of unlimited membership to access Bramley Baths – swim, gym or workout.</p>	<p>Tel: 0113 256 0949</p> <p>Email: hello@bramleybaths.com</p> <p>Address: Broad Lane, Bramley, Leeds LS13 3DF</p> <p>**Quote the code: LeedsCEV50**</p>
<p>Guided exercise and support</p>	<p>Work online with someone who is trained in Physical Activity to help get you moving more often this winter. It is open CEVs who would benefit from some support and advice to get physically active this winter. For people who have physical restrictions or challenges, this will be done one-to-one so that the exercise suits your needs and can be done safely.</p>	<p>Email: ProjectDevelopmentTeam@leeds.gov.uk</p> <p>Telephone: 0113 222 4444</p> <p>Ask to speak to an operator.</p>

Routes to Support: Health - Pregnancy

- Pregnancy alone does NOT make someone clinically extremely vulnerable
- However, if you are pregnant AND, or specifically because you have congenital or acquired heart disease and are pregnant, please note the following you may wish to talk with your midwife about any additional precautions you should take.

Support	Accessed Through	
During Pregnancy	<p>LTHT Maternity Services – For more information and details about being clinically extremely vulnerable and pregnant</p> <p>Leeds Maternity Coronavirus Advice Line: 07464907978</p> <p>https://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/</p>	<p>Women’s Health Matters - https://www.womenshealthmatters.org.uk/</p> <p>Women’s Lives Leeds- https://www.womenslivesleeds.org.uk/</p>



Routes to Support: Prescriptions

Support	Accessed Through	
Prescription Delivery	<p>You can ask friends or family to collect prescriptions on your behalf.</p> <p>If you are struggling and need a prescription to be delivered, you can ask us if a volunteer is available to assist you and we will do our best to help.</p>	<p>Requests for volunteers to the helpline:</p> <p>0113 376 0330</p>
Priority prescription delivery	<p>N.b. The previous national scheme to ensure all CEVs could get free prescription delivery is no longer in place.</p>	

Routes to Support: Safeguarding 1

Support	Accessed Through	
Emergency help	Always call the police on 999 in an emergency (press 55 after the emergency number if you're in danger and not able to speak for help)	Emergency SMS service - If you are deaf or can't verbally communicate you can register with the Emergency SMS service. Text REGISTER to 999. You will get a text which tells you what to do next
If you are concerned for the safety of a child	Advice is available from the Duty & Advice Team during office hours. And from the Children's Emergency Duty team on evenings, weekends and bank holidays. The Front Door Safeguarding Hub.	Office Hours, Tel: 0113 376 0336 Out of hours, Tel: 0113 535 0600
Help for adults concerned about a child	NSPCC advice line.	NSPCC Tel: 0808 800 5000
Help for children and young people	Childline via telephone or online.	ChildLine Tel: 0800 1111 https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/
To report abuse or seek advice about an adult:	Contact Adult Social Care: 0113 222 4401 Out of hours: 0113 378 0644	

Routes to Support: Safeguarding 2

Support	Accessed Through	
Leeds Domestic Violence Service	24-hour Helpline for anyone in Leeds wanting immediate advice, support and information. Emergency accommodation, support, advice and advocacy to women, men and families across Leeds.	Tel: 0113 246 0401 www.ldvs.uk/
Leeds Women's Aid	Online chat service is available Monday to Friday from 1pm till 3pm. Please go to the to access a confidential live online live chat for support and help.	Online Chat Service: https://leedswomensaid.co.uk/
The Mother Load	Advice for domestic abuse victims on how to keep safe during self-isolation.	www.the-motherload.co.uk
Karma Nirvana	Support for victims of honour based abuse and forced marriage	https://karmanirvana.org.uk/
Galop	LGBT+ anti-violence charity	www.galop.org.uk/
Respect Phonenumber	Anonymous and confidential helpline for men and women who are harming or considering harming their partners, ex-partners, or families. Advice and information to promote behaviour change	Respect Helpline: 0808 8024040
Respect Men's Advice Line	National Men's Advice Line for men experiencing domestic abuse	Tel: 0808 8010327 https://mensadviceline.org.uk/

Routes to Support: Transportation

Support	Accessed Through	
People who usually use Patient Transport Service	<p>Advice given by each Clinic on if patient should attend in person and if passenger transport can handle this safely.</p> <p>Transport arranged via existing passenger transport system or via NHS responders where needed by the clinic.</p>	<p>NHS Volunteer Responders 0808 196 3646 between 8am and 8pm.</p>
Transport for anyone who has been asked to attend a clinic in person	<p>If clinics do not have passenger transport available, and NHS Responders are unable to help, and a person is unable to travel to an appointment safely and cannot afford to pay for private transport, it may be possible for us to assist them.</p>	<p>Call the Leeds HELPLINE: 0113 376 0330</p>

Routes to Support: Vaccine

- Vaccination is now available for all Clinically Extremely Vulnerable people, carers and household members aged over 16.
- If you have not yet had your FIRST vaccination can now book an appointment. If you have not yet had your SECOND vaccination, and it has been 8 weeks or more since first vaccination, you can now bring forward your second appointment. Go to www.nhs.uk/covid-vaccination or call NHS 119 between 7am and 11pm.
- There are also walk in vaccination clinics available for first or second jabs. Check here: <https://www.leedsccg.nhs.uk/health/coronavirus/covid-19-vaccine/walk-in-clinics/>
- If you cannot travel to a vaccination centre, or need assistance to attend your vaccination appointment wherever it is you can contact the helpline who will assist you to attend. 0113 376 0330.
- If you are experiencing any problems or concerns with booking vaccination, you can text the word “**Callback**” to **07480632471**
- I've had my vaccine video: https://youtu.be/hb_8KH2wQ8s

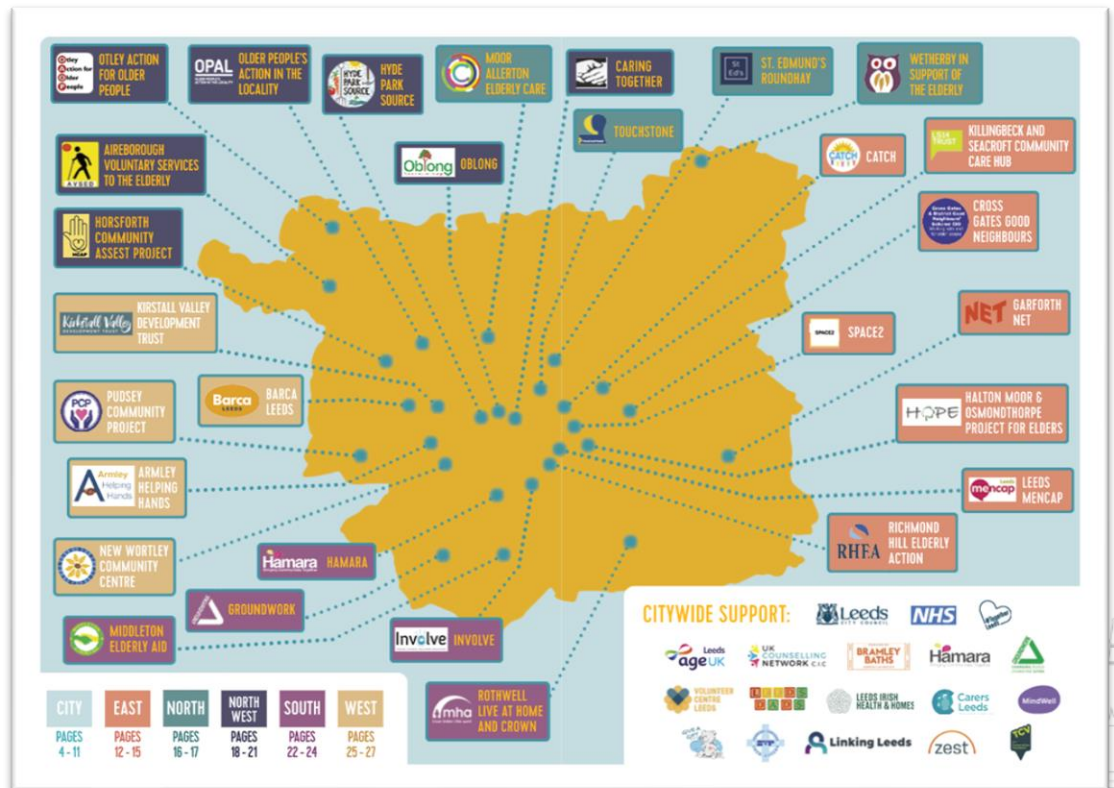
Vaccination - Children and Young People

- The Joint Committee on Vaccination and Immunisation (JCVI) advise that the following groups of children should be offered vaccination from COVID-19:
 - 12-15-year olds with the underlying health conditions specified below:
 - Severe neuro-disabilities
 - Down's Syndrome
 - Underlying conditions resulting in immunosuppression
 - Those with profound and multiple learning disabilities, severe learning disabilities or who are on the learning disability register
 - 12-15-year olds who are healthy, but are **household contacts** of individuals (adults or children) who are **immunosuppressed**
- The NHS is now contacting eligible children aged 12-15 to invite them for vaccination. However, if a parent or guardian thinks that their child is eligible but has not been contacted **by the end of August 2021** please contact your GP.
- All 16-17-year olds who are either clinically extremely vulnerable or have underlying health conditions are already eligible for the Pfizer vaccination. If a 16-17 year old not yet been vaccinated – you can make an appointment through the national booking system.
- If you are experiencing any problems with booking vaccination, you can text the word “**Callback**” to **07480632471**

Support Booklet

All CEVs have been sent a copy of a booklet outlining the support offered by community care hubs and other city organisations.

To download a copy: <https://bit.ly/CEVSupportLeeds>



Helpful Organisations and Groups

	Description	Contact
Leeds Directory	Leeds Directory offers a comprehensive range of services and community based support, groups and activities, in order to support people to live the life they want to live. It helps you live well by connecting you to reliable local services and tradespeople who have been checked and vetted as well as activities and events near you.	Call: 0113 378 4610, weekdays 9am to 5pm Email: leedsdirectory@leeds.gov.uk Visit: www.leedsdirectory.org
Community Hubs	There are still thousands of volunteers who are willing to help working across Leeds. If you are struggling, worried or just need someone to point you in the right direction – call and they will put you in touch with someone who can help.	Call: 0113 376 0330
Linking Leeds	Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional and mental wellbeing.	Call: 0113 336 7612 Email: linking.leeds@nhs.net Visit: www.commlinks.co.uk
Forum Central	Forum Central offer information about voluntary and community services that are available to help and support you, and help with accessing these services.	Call: 0113 242 1321 Email: hello@forumcentral.org.uk Visit: www.forumcentral.org.uk

Helpful Organisations and Groups 2

	Description	Contact
Carers Leeds	If you are a carer over the age of 18 – i.e. you look after a friend or relative with an illness, frailty, disability, mental health issue or an addiction – Carers Leeds offers a range of support, advice and information for carers and professionals in Leeds.	Call: 0113 380 4300, weekdays 9am to 5pm Email: advice@carersleeds.org.uk Visit: www.carersleeds.org.uk
Family Action	If you are aged under 18, Family Action can support you via a range of methods including social media, activities, group work, networking, accessing and signposting to external agencies for young carers and families to gain additional support.	Call: 0113 733 9126 Email: leedsyoungcarers@family-action.org.uk Visit: www.leedsyoungcarers.org.uk
Mindwell	The Leeds MindWell website is full of tips on different ways you can protect your mental health, whilst staying home. Information is available on the coronavirus mental health information hub web page.	Visit: https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub
Mindmate	MindMate is the mental health website in Leeds for young people, their families and professionals who support them.	Visit: https://www.mindmate.org.uk/
Voluntary Action Leeds	There are a wide range of opportunities to help others by volunteering in Leeds including carrying out volunteering from your home.	Visit: https://doinggoodleeds.org.uk/i-want-to-volunteer/ Call: 0113 2977920

Neighbourhood Networks

Action for Gipton Elderly	5-11 Oak Tree Drive, Gipton, LS8 3LJ Call: 0113 2409784 Email: age.gipton@talktalk.net	Community Action of Roundhay Elderly – CARE (RVS)	The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW Call: 0113 8873597 Email: LeedsYorkHub@royalvoluntaryservice.org.uk Visit: www.royalvoluntaryservice.org.uk
Aireborough Voluntary Services to the Elderly	ANSA Clubhouse, Nunroyd Park, Yeadon, Leeds LS19 7HR Call: 0113 2501702 Email: info@avsed.org.uk Visit: www.avsed.org.uk	Cross Gates & District Good Neighbours' Scheme CIO	Station Road, Crossgates, Leeds, LS15 7JY Call: 0113 260656 Email: admin@crossgatesgns.org.uk Visit: www.crossgatesgns.org.uk
Armley Helping Hands	Strawberry Lane Community Centre, Armley, LS12 1SF Call: 0113 2799292 Email: admin@armleyhelpinghands.org.uk Visit: www.armleyhelpinghands.org.uk	Farsley Live at Home Scheme	St John's Farsley Parish Church Hall, New Street, Leeds, LS28 5DJ Call: 0113 2909340 Email: farsley.liveathome@mha.org.uk Visit: www.mha.org.uk/community-support/live-home/farsley
Belle Isle Senior Action	26 Broom Crescent, Leeds LS10 3JW Call: 0113 2778208 Email: info@belleisle.org.uk Visit: www.belleisle.org.uk	Halton Moor & Osmondthorpe Project – HOPE	Osmondthorpe Hub, Osmondthorpe Lane, LS9 9EF Call: 0113 2493597 Email: info@hopeprojectleeds.org.uk Visit: www.facebook.com/hopeprojectleeds/
Bramley Elderly Action	Bramley Community Centre, Waterloo Lane, Bramley, Leeds LS13 2JB Phone: 0113 2361644 Email: info@bramleyea.org Visit: www.bramleyea.org.uk	Hamara Healthy Living	Tempest Road, Beeston, LS11 6RD Call: 0113 2773330 Email: admin@hamara.co.uk Visit: www.hamara.org.uk



Neighbourhood Networks 2

<p>Burmantofts Senior Action</p>	<p>Lower Ground Floor, 75a Stoney Rock Lane, Leeds LS9 7TB Call: 0113 2489191 Email: info@bsaleeds.org Visit: www.bsaleeds.org</p>	<p>Hawksworth Older People's Support – HOPS</p>	<p>Hawksworth Wood Village Hall, Hawkswood Crescent, Leeds LS5 3PT Call: 0113 2285552 Email: hops.2001@yahoo.co.uk Visit: www.facebook.com/Hawksworth-Older-People-Support-Services-HOPS-LTD200871099929233/</p>
<p>Caring together in Woodhouse & Little London</p>	<p>Woodhouse Community Centre, 197 Woodhouse Street, Leeds, LS6 2NY Call: 0113 2430298 Email: info@caringtogether.org.uk Visit: www.caringtogether.co.uk</p>	<p>Holbeck Together</p>	<p>The Old Box Office, 99 Domestic Street, Holbeck, LS11 9NS Call: 0113 2455553 Email: info@holbecktogether.org Visit: www.holbecktogether.org/</p>
<p>Chapel Allerton Good Neighbours (RVS)</p>	<p>The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW Call: 0113 8873597 Email: LeedsYorkHub@royalvoluntaryservice.org.uk Visit: www.royalvoluntaryservice.org.uk</p>	<p>Horsforth Live at Home Scheme</p>	<p>Central Methodist Church, Town Street, Horsforth, LS18 4AH Call: 0113 2591511 Email: horsforth.liveathome@mha.org.uk Visit: www.mha.org.uk/community-support/live-home/horsforth</p>
<p>Leeds Black Elders Association</p>	<p>3 Reginald Terrace, Leeds, LS7 3EZ Call: 0113 2374332 Email: info@lbea.co.uk Visit: www.lbea.co.uk</p>	<p>Otley Action for Older People</p>	<p>Otley Older People's Welfare Centre, Crossgates, Otley, LS21 3AA Phone: 01943 463965 Email: info@otleyactionforolderpeople.org.uk Visit: www.otleyactionforolderpeople.org.uk</p>
<p>Meanwood Elders Neighbourhood Action (RVS)</p>	<p>The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW Call: 0113 8873597 Email: LeedsYorkHub@royalvoluntaryservice.org.uk Visit: www.royalvoluntaryservice.org.uk</p>	<p>Pudsey Live at Home Scheme</p>	<p>53 Richardshaw Lane, Pudsey, LS28 7NB Call: 0113 2562717 Email: Pudsey.liveathome@mha.org.uk Visit: www.mha.org.uk/community-support/live-home/pudsey</p>
<p>Middleton Elderly Aid</p>	<p>Middleton Elderly Aid Centre, Acre Road, Middleton, Leeds LS10 4LF Call: 0113 2721050 Email: middletonelderlyaid@btconnect.com Visit: www.middletonelderlyaid.org.uk</p>	<p>Richmond Hill Elderly Action</p>	<p>Richmond Hill Community Centre, Long Close Lane, Leeds, LS9 8NP Call: 0113 2485200 Email: info@rhea-leeds.org.uk Visit: www.rhea-leeds.org.uk</p>

Neighbourhood Networks 3

<p>Moor Allerton Elderly Care – MAECare</p>	<p>57 Cranmer Bank, Moor Allerton, LS17 5JD Call: 0113 2660371 Email: info@maecare.org.uk Visit: www.maecare.org.uk/</p>	<p>Rothwell & District Live at Home Scheme</p>	<p>First Floor, Oulton Institute, 5 Quarry Hill, Oulton, LS26 8SX Call: 0113 2880887 Email: rothwell.liveathome@mha.org.uk Visit: www.rothwellliveathome.btck.co.uk/</p>
<p>Morley Elderly Action</p>	<p>Wesley House, 32 Wesley Street, LS27 9ED Call: 0113 2534484 Email: carole@morleyelderlyaction.org.uk Visit: www.morleyelderlyaction.org.uk</p>	<p>South Leeds Live at Home Scheme</p>	<p>St Andrew's Methodist Church, Old Lane, Beeston, LS11 8AG Call: 0113 2716201 Email: liveathome@btopenworld.com Visit: www.southleedsliveathome.org.uk</p>
<p>Neighbourhood Action in Farnley, New Farnley & Moor Top</p>	<p>307 Lower Wortley Road, LS12 4QA Call: 0113 2632945 Email: neighbourhoodaction@hotmail.com Visit: www.facebook.com/Neighbourhood-Action-In-Farnley-New-Farnley-Moor-Top252574891590856/</p>	<p>Seacroft Friends & Neighbours Scheme</p>	<p>Methodist Church Hall, 1081 York Road, LS14 6JB Call: 0113 2734979 Email: ssfn@btconnect.com Visit: www.ssfn.co.uk</p>
<p>Neighbourhood Elders Team – NET</p>	<p>Dover Street, Garforth, LS25 2LP Call: 0113 2874784 Email: monica@netgarforth.org Visit: www.netgarforth.org</p>	<p>Supporting the Elderly People - STEP</p>	<p>244 Queenswood Drive, Leeds LS6 3ND Call: 0113 2757988 Email: step.2.step@btconnect.com Visit: www.stepleeds.org.uk</p>
<p>Older People's Action in the Locality – OPAL</p>	<p>Welcome In Community Centre, 55 Bedford Drive Leeds, LS16 6DJ Call: 0113 2619103 Email: admin@opal-project.org.uk Visit: www.opal-project.org.uk</p>	<p>Swarcliffe Good Neighbours Scheme</p>	<p>Swarcliffe Community Centre, Stanks Gardens, Leeds, LS14 5LS Phone: 0113 2326910 Email: mail@sgns.wanadoo.co.uk Visit: www.sgns.org.uk</p>
<p>Older Wiser Local Seniors - OWLS</p>	<p>HEART, Bennett Road, Headingley, LS6 3HN Call: 0113 3697077 Email: infoowls@gmail.com Visit: www.bramleyea.org.uk/activities-services/owls/</p>	<p>Wetherby in Support of the Elderly – WISE</p>	<p>Wetherby One Stop, Westgate, LS22 6NL Call: 01937 588994 Email: info@w-ise.org.uk Visit: www.w-ise.org.uk</p>

Definitions

- CEV = “Clinically Extremely Vulnerable” to Covid-19. The list of conditions and how it is determined can be found [here](#)
- SPL = “Shielded Patient List” – the NHS list of all the people who are CEV
- “Shielding” – the specific advice given to CEV people to stay at home when Covid-19 transmission is at its highest



These slides are intended to assist anyone working with people in Leeds who have been advised that they are clinically extremely vulnerable to Covid 19.



The information is collected from a number of sources and every effort has been made to ensure that it is accurate. If you find something has been changed, or there is an error – please do share that with us at covid.partners@leeds.gov.uk, so that we can keep improving these resources.

