

# VOLUNTEER UPDATE



## VACCINES AVAILABLE FOR NOTTINGHAMSHIRE HEALTHCARE VOLUNTEERS

We've recently been in touch with all volunteers with instructions as to how to access the Covid-19 vaccination. If you've missed this information, please get in touch with a member of the team and we'll update you.

The Volunteering Team are working hard to plan and facilitate the return of volunteers back to sites across Nottinghamshire Healthcare, ensuring access to a vaccination is one part of that process.

We're hoping to update volunteers in a few weeks' time as to how we'll be supporting them to safely return.

Every volunteer should have contact with the Volunteering Team before they return to site.

### Issue 27

15<sup>th</sup> March

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# Volunteering Opportunities

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Each newsletter, we're going to highlight a specific volunteer role. To find out more about **all** the roles we have on offer, check the Volunteer Hub, our website or speak to the team.

[involve.nottshc.nhs.uk/blog/volunteeringopportunities](https://involve.nottshc.nhs.uk/blog/volunteeringopportunities)

0800 052 1415    [volunteering@nottshc.nhs.uk](mailto:volunteering@nottshc.nhs.uk)

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## Care Plans – Task and Finish Group

### Role Description:

A Task and Finish Group has been set up to create some guidance to support staff, patients, relatives and carers in the formulation and review of care plans. Care plans should be done in collaboration with patients, their relatives and carers (co-production) and therefore it is important to establish some guidance for staff to follow so that we can ensure good practice across the organisation. It's been requested that a volunteer attend these meetings to help represent the voice of patients and carers.

### Location:

Online, using MS Teams.

### Time Commitment:

The meetings will run every two weeks until the end of June 2021.

### Knowledge, Skills and Experience:

You need an interest in wanting to improve the information and support being given to patients, carers and staff about creating care plans. Your mandatory training would need to be up to date, which you can check with the Volunteering Team.

[Read the full volunteer vacancy online.](#)



# The IEV Team & Involvement Centres

## OSCARs Nominations

The OSCARs are now open for nominations. You can nominate people for the following categories:

- Unsung Hero Award – Clinical
- Unsung Hero Award – Non Clinical
- Quality Improvement Award
- Team of the Year Award – Clinical
- Team of the Year Award – Non Clinical
- Leadership Award
- Environmental Impact Award
- Volunteer of the Year Award
- Outstanding Care and Compassion Award
- Lifetime Achievement Award

More information and nomination forms are available on the Trust website. The closing date is Monday 5 April. [nottinghamshirehealthcare.nhs.uk/oscars](https://nottinghamshirehealthcare.nhs.uk/oscars)

## The Involvement Centres

Continuing the conversations about returning to the Involvement Centres, Laura, Joanna and a group of volunteers met on Friday 12<sup>th</sup> March. The focus of the conversation was on how the inclusion of working virtually would impact volunteering and the Centres and how the space within the Centres may be used.

The importance of having a variety of methods of volunteering including face to face and virtual was discussed; also, that people will always have a preference as to how they volunteer and get involved. It was acknowledged that although the same role could be done virtually or physically, they both may need slightly different skills. The value of the regular meetings held in the Centres was discussed, with volunteers reiterating the main benefits being the sense of community and peer support.

The volunteers at the meeting agreed that they felt that Laura and Lyndsy had enough information to create an initial plan to then review to see if it

meets their views on the Centres and support they offer volunteers. Once drawn up, the proposal will be available for all volunteers to read and comment on.

## Trevor Clower retires from volunteering

Many of you will know Trevor as he's volunteered with Nottinghamshire Healthcare for over a decade. He's announced that at the end of the month that he'll be stepping away from his volunteering role to focus on developing the Carer's Roadshows nationally. He's written an article for our blog explaining his decision. [Which you can read here.](#)

As a team, many of us have worked closely with Trevor over the years and we wish him all the best in his endeavours championing carers.



# Training Spotlight

This training is free to access on the e-Learning for Healthcare site. If you need support in setting up an account or accessing the training, please contact the volunteering team and we can help.

[e-Learning for Healthcare website](#)

## Registering on e-Learning for Healthcare



### Volunteer Learning Passport

GETTING STARTED

We've created a new video that shows how to register on the e-Learning for Healthcare system, how to access the Volunteer Learning Passport and how to download your training certificates.

You can watch the video [here](#).

#### Why should I complete the training online?

The online training is a standardised system that is being offered to volunteers in the NHS nationally. The sessions are incredibly similar to those offered to staff but have been designed specifically for volunteers. Now is a brilliant time to complete your training online, as we hope to restart volunteer roles as restrictions ease nationally, which means you'll be able to immediately start in your role as soon as you can, as your training will all be up to date.

#### Can I wait until the Involvement Centres open?

Yes you can, however we don't have a set date as to when that will be. If you wait for this, it's likely that your return to your volunteering role will be delayed. Although we're exploring with Health Education England as to how people can access training "offline" through booklets, this isn't currently an option.

#### What's the difference between the Volunteer Learning Passport and the National Volunteer Certificate?

The Volunteer Learning Passport is standardised training which has been designed to be portable across volunteering organisations and is free for volunteers in health and social care. The programme aims to enable safe volunteering and to build community capacity to complement public services, which is a key strategy for improving health and wellbeing. [The National Volunteer Certificate](#) can be awarded to volunteers who have completed the Volunteer Learning Passport and who can evidence 60 hours of volunteering.

# Nottinghamshire Healthcare Update

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Highlights from John Brewin's daily staff briefings.

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## BBC Radio Nottingham

I was interviewed on BBC Radio Nottingham about the Covid-19 vaccination plan. Speaking on behalf of the system, I spoke about how 350,000 vaccines have been given in Nottinghamshire to date, administering second doses, ensuring we prioritise vulnerable people and encouraging as many people as possible to have the vaccine. You can listen again at 1:05:20 here: <https://www.bbc.co.uk/sounds/play/p097slw0>



## OSCARS 2020/21 launched

This year's OSCARS (our Outstanding Service Contribution and Recognition Scheme) has launched today. The OSCARS is an opportunity to acknowledge and celebrate you, our incredible staff and volunteers, and the outstanding work that you do. We know this has been a particularly difficult year, working through the pandemic, and I'm sure there will be lots of very worthy nominations so please do take the time to put your colleagues forward. The closing date is Monday 5 April.

<https://www.nottinghamshirehealthcare.nhs.uk/oscars>



## Trust looks to renew its commitment to 'Forces Friendly' covenant

We are currently looking to renew our commitment to the Armed Forces Covenant we first signed up to in 2015. As soon as restrictions allow, we plan to celebrate that commitment.

The Armed Forces Covenant is about fair treatment for the Armed Forces community. Our pledge was to 'commit to honour the Armed Forces Covenant and support the Armed Forces Community and recognise the value Serving Personnel, both Regular and Reservists, Veterans and military families contribute to our business and our country.'

We are also proud to be a Defence Employer Recognition Scheme Gold Award employer. The scheme honours employers with Gold, Silver and Bronze awards for their level of support to the Armed Forces and for aligning their values with the Armed Forces

Covenant. We are in the process of reapplying for the award, which we very much hope to achieve.

If you are part of the armed forces family, please email [communications@nottshc.nhs.uk](mailto:communications@nottshc.nhs.uk) so we can include you in our celebrations and any future work we do. Also, don't forget that 10 days of Special Leave are available for Reservists and this now includes Forces Cadets' work too – [see Connect](#) for the Special Leave Guidelines. We will be showcasing our work with the Armed Forces at the next Connecting Notts session.



### **Covid-19 Population Risk Assessment –new shielding letters**

Recent research commissioned by the Chief Medical Officer has enabled the Department of Health to identify more people who may be at increased risk of becoming seriously unwell from Coronavirus. This is because of a combination of their individual characteristics and their underlying health conditions. People who are new to this category will have received a letter with advice to shield and stay at home as much as possible until 31 March, except to exercise or to attend health appointments (including vaccination appointments). If you have been recently identified by this research and have received a shielding letter for the first time, please notify your line manager. Guidance has been issued to managers to provide you with appropriate support. Staff who have received a letter to shield previously and have received a recent update to extend the period until 31 March 21, must continue to shield



### **Radio stars**

There's more from the Trust on Radio Nottingham. To mark Eating Disorder Week, and as part of the Happy Heads campaign, Alison Newsham-Kent, Clinical Nurse Specialist Eating Disorder Lead was on Sarah Julian's morning show talking about eating disorders and the support available from the Trust. Alison is joined by 17 year old Abbie and mum Amy who talk about Abbie's experiences. Abbie's articulate account of how her eating disorder started and the support she received from CAMHS makes this a must listen. Listen here (1.12 and 2.14) <https://www.bbc.co.uk/sounds/play/p0974j4t>

You can listen again link to hear Sarah Benson, EMHP (Education Mental Health Practitioner) and CBT (cognitive behavioural therapist) Clinical Supervisor in our Mental Health Support Teams in schools, speaking about the importance of early intervention with children and young people and offering top tips for parents and signs to look out for. You can hear the interview at 1.15 <https://bbc.co.uk/sounds/play/p0974jv3>

# Eating Disorder Awareness Week: 1-7 March

## What is Eating Disorder Awareness Week?

Each year, the organisation 'Beat' runs an Eating Disorder Awareness Week in March to help people learn about and understand the impact of eating disorders which affect 1.25 million people each year in the UK. There are several different types of eating

disorders. This year the focus is on Binge Eating Disorder which affects 1 in 50 in their lifetime. You can watch their campaign video [here](#).



## What is Binge Eating Disorder (BED)?

Binge eating disorder (BED) is a serious mental illness where the individual engages in binge eating (where people eat a large quantity of food in a small timeframe and feel out of control) at least once a week for a period of three months.



If someone engages in binge eating but not as frequently, they may be diagnosed with OSFED (Other Specified Feeding or Eating Disorder). This is another serious disorder and it is just as important to seek help for.

Binge eating episodes may involve eating until uncomfortably full, eating large amounts of food when not hungry, and feeling shame, guilt and disgust afterwards. BED can be linked to low self-esteem, anxiety and depression and severely impacts the mood of the individual.

## How common is Binge Eating Disorder?

Binge eating disorder is more common than anorexia or bulimia and can occur in people of any age, gender, weight or ethnicity. Only 1 in 4 people with BED ever receive treatment and 1 in 6 of those with BED disorder attempt suicide.

## What support is available for those with eating disorders?

If you or someone you know has BED or another eating disorder, it is important to get help as soon as possible. Beat run a free helpline on 0808 801 0677 and a free [web chat](#) 365 days a year (weekdays 9am-8pm, weekends and bank holidays 4pm-8pm) for anyone who is affected by eating disorders. The talkers are highly trained and are there to help provide non-judgemental support and help talk through different options. The next step is usually booking a GP appointment. Treatment for BED can include guided self-help, group cognitive behavioural therapy (CBT) and individual CBT. For more information, check out Beat's website or the other resources below.

### Resources

[BEAT](#)

[Anorexia and Bulimia Care](#)

[Overeaters Anonymous](#)

[National Centre for Eating Disorders](#)

[Guide for family and friends](#)

[A leaflet to help you during a GP appointment about eating disorders](#)



## Links and information

### “Bogus Boss” Scam

Please be aware of this scam that has been used to target people locally. People will receive an email which looks genuine from a manager or someone they know. This email will request the individual being targeted to go and buy gift cards and then provide the numbers and codes. The email will claim that they are otherwise indisposed and unable to do it.

If you receive a request like this, contact the person independently by another method to ensure it is a genuine request. For example, call or text them, even if the email says they can't be disturbed. Don't reply to the email, as you can't be sure that the person responding is really who they say they are.

Scams like these take advantage of people's kindness. Remember that it's ok to say no, and to check and challenge the request if you're not sure.

[business.natwest.com/business/security/bogus-boss.html](https://business.natwest.com/business/security/bogus-boss.html)

[takefive-stopfraud.org.uk/](https://takefive-stopfraud.org.uk/)



### Census 2021 - Carers

On the National Census, there is a section about carers to fill in. You can find out more on the Carers UK website.

[carersuk.org/news-and-campaigns/campaigns/census-2021](https://carersuk.org/news-and-campaigns/campaigns/census-2021)



### Public Face 258 – East Midlands Academic Health Science Network

**Attend** this Midlands Health Alliance [Beyond COVID-19: New directions for Public Involvement in Health and Social Care Research in the Midlands on-line conference](#) on **Monday 15 March 2021, 10am until Wednesday 17 March 2021, 5pm.**

**Get involved.** The East Midlands Academic Health Science Network are refreshing our 'Expert People's Panel' to help improve health equalities. This panel is made up of people from different protected characteristics who help review Equalities Analysis/Equality Impact Assessments of programmes and projects. Here's a [Role Description](#) and [Application Form](#). Support, training, out of pocket expenses and a participation payment will be offered. Places are limited. If you are interested in applying or would like to find out more about the role please [email Deborah Wilson](#) or call 0777 361 0741. **Applications close Wednesday 24 March 2021.**



## Vaccination figures

Latest figures (8 December – 3 March) show we are making excellent progress with our vaccination programme. In Nottingham and Nottinghamshire, 340,033 vaccinations have been administered, with 58,713 in the last week alone. In total, 93.9% of over 65s have been vaccinated. In Bassetlaw, a total of 41,540 vaccines have been delivered in total and 94% of over 65s have had the vaccine.

This week has seen a period of lower vaccine supply so we have been working to prepare for the anticipated high volume of vaccine and focusing on our 'pop up' GP locations. We will be opening up more appointments at our sites in the coming days and we expect the programme to accelerate from this point onwards. We expect that we will be in a good place next week to accelerate the programme significantly.

### Cohort 1-7 can book a vaccine

Please urge those who are eligible (cohort 1-7) to book an appointment now using the [local booking site](#) or by calling 0115 883 4640 between 8am – 8pm (Mon to Fri) and 9am-5pm (Sat to Sun). The public can also call 119 or use [the national booking link](#) to book an appointment at the large scale Mansfield Vaccination Centre. People who are eligible within cohort 6 (clinically vulnerable) can book an appointment through this [booking link](#) or 0115 883 4640 between 8am – 8pm (Mon to Fri) and 9am-5pm (Sat to Sun).

Patients over 60 in Bassetlaw are being personally contacted by the PCN that covers their practice.