

COVID-19 - Staff Bulletin - Keeping in Touch

18 May 2020

Recovery Roadmap


The Government has now set out its recovery strategy for the nation, and a roadmap for step-by-step lifting of restrictions.

For the foreseeable future, the advice is for workers to continue to work from home wherever possible. However, CBC recognises that for some, this prolonged period of isolation may not be conducive to health and wellbeing. If colleagues are reaching a point where they feel they may wish to return (mainly Queens Park-based staff), you should contact your line manager who will be happy to discuss options.

Risk Assessment

CBC has a duty to assess and manage risks to staff safety in the workplace. To this end, CBC senior managers will meet on Tuesday to discuss measures for undertaking Covid-related workplace risk assessments that consider all of the recommendations around social-distancing and safe working practices.

Head office based staff were recently asked to nominate a lead for their team who will undertake a detailed risk assessment of the workspace and working practices, and determine what measures can be put into place in order to maintain safe distance and hygienic working practices.



Love it or loathe it, everyone is by now used to chevron control. You can't get a box of cornflakes these days without close scrutiny from the supermarket bouncers (who would have thought it!) and the suspicious glances from fellow shoppers. Well get used to it! We will be putting measures in place to protect personal space, manage our movement around the office and ensure safe use of hygiene and welfare facilities.

There will lots of the yellow and black sticky stuff steering our comings and goings for the foreseeable. We are a sociable bunch, but all colleagues and visitors need to be extra careful and considerate until such time as life returns to normal.

Striking a Pose



Thanks this week to Nicky Butler at **Twigs and Toads**, and to the Friends of Boldon Parks who have created some fabulous scrubs and scrubs bags for our frontline colleagues. Modelled beautifully here by Drs Liddle and Kirk.



Pictured is Nicky's silver jewellery, inspired by, made using or textured with natural objects. Handmade felt and needle felt. Botanical leaf print textiles.

Take a look at Nicky's other beautiful creations [here](#)



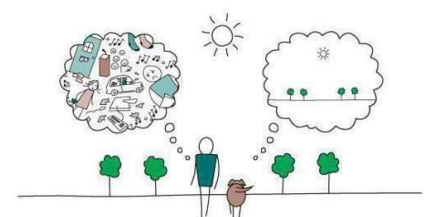
Blaydon & Second St. Hot Sites

Hot services are now well-established and providing safe and effective assessments for patients with COVID or suspected COVID, who cannot be safely managed remotely and need a face to face assessment. These services were set up rapidly to provide resilience for practices, and now we are entering what has become known as 'Phase 2'. The Federation team will be consulting with PCN clinical directors to review the current 'hot service' offer and to design a longer-term sustainable model.

Thanks go to all the Gateshead GPs, HCAs and admin volunteers who have worked in the hot sites.

Mindfulness

Here are some useful and topical articles which you may find interesting:



Mind Full, or Mindful?

[How to Juggle Caregiving Responsibilities and Work](#)

[Lockdown: How are you coping? - Top Tips](#)

[Staying Focused when Working from Home](#)

PPE

We are grateful to the CCG for supplying the hot services with PPE which has enabled us to run without any shortages. We have also been able to supply practices who have been running low on PPE and after several deliveries over the past 2 weeks, we have started to distribute a proportion of the stock to practices.

The Bureau team has been very busy counting and sorting PPE supplies and preparing PPE stock boxes for Gateshead practices. Allocations have been calculated based on the practice list size and the team has been in touch with individual practices to arrange collection or delivery. Thanks to Gary Groves (husband of pharmacist Tracy) for being a PPE delivery driver.

Testing in Hot Services

The QEH is experiencing difficulties in obtaining the reagent needed to carry out tests on Covid Swabs and this situation is likely to continue for several weeks.

After introducing swabbing only last week in the hot sites and hot home visiting service, it has become necessary to suspend this activity until such time the reagent becomes available and testing can resume.

On this day....



At 8:32 a.m. on May 18, 1980, Mt. St. Helens volcano located in southern Washington erupted. Despite the many warning signs, many were taken by surprise by the

blast. The Mt. St. Helens eruption was the worst volcanic disaster in U.S. history, causing the deaths of 57 people and approximately 7,000 large animals.

Launched from Cape Kennedy on May 18, 1969, Apollo 10 was the fourth manned Apollo launch in seven months, and it became the second spacecraft to orbit the moon. Its crew was Commander Thomas Stafford, Lunar Module Pilot Eugene Cernan, and Command Module Pilot John Young



May 18 is National No Dirty Dishes Day. A holiday most likely created by an upset parent, National No Dirty Dishes Day has sinks around the world rejoicing at the thought

of having a light workload and a clear space on this day. So keep sinks happy, and do your part by saying, "NO" to dirty dishes.

Covid-19 Statistics:

There are **980 confirmed cases** in Gateshead, out of a local population of **202,508**

In Gateshead there were **164 coronavirus-related deaths** up to the 1 May. In this area **28% of all deaths involved coronavirus** between 29 Feb and 1 May

Note: Cases only include people who have had a positive test for the virus. Not everyone with the virus will have had a test. Deaths include any death where COVID-19 was mentioned on the death certificate.

Source: UK public health bodies, ONS, NRS and NISRA.
Figures last updated 16 May



A swab test survey of nearly 11,000 people carried out over two weeks up to 10 May suggests that one in 400 people in England have coronavirus

This means around 148,000 people in England could currently be infected - 0.27% of the population.

Those tested did not include hospital patients or people living in care home where rates of Covid-19 are likely to be much higher, figures from the Office for National Statistics show.

Out of more than 5,000 households, the numbers testing positive were small - just 33 people in 30 households.

Coronavirus is now passed on at double the rate in the north east compared to London, a study shows. Modelling by Public Health England and Cambridge University



suggests 10 Covid-19 carriers in the capital will currently pass the virus to four others on average. But in the north east and Yorkshire they will, on average, currently pass the virus to 8 others. Overall, the figure - known as the reproduction rate or 'R' - varies from 0.4 to 0.8 across the country according to the modelling dated May 12.