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The bulletin will help to keep you up to speed with what is happening in the local NHS.  Please do share with your networks to help us reach as many people as possible.   At the end of this issue you will find our communications e-toolkit which provides you with the opportunity to support us by sharing our campaigns and messages.  Please give us feedback and tell us what you want to know more about. If you have any questions or would like to ask about a topic please email us at:  [llricb-llr.pressoffice@nhs.net](mailto:llricb-llr.pressoffice@nhs.net) | | | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **1. Stay well this winter: Ask your pharmacist** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Ask a pharmacist week runs from 4-11 November, highlighting the skills and services available in your community pharmacy. Pharmacies are a key part of the NHS family, providing professional and convenient healthcare. The range of clinical services they provide has expanded significantly in recent years.  In the second of a series of articles to help people get in the know about how to stay well over the winter and how to access the appropriate health care when they need it, we describe some of the services provided by pharmacists.  Within the article there is information about the services pharmacies can provide including clinical advice on minor health concerns,  over-the-counter medicines, blood pressure checks, the oral contraceptive pill and emergency contraception.  There is also information about the [Pharmacy First scheme.](https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/) Many pharmacies can now offer treatment and prescription medicine for some conditions, without you needing to see a GP. These conditions include earache (in children aged 1 to 17), impetigo, infected insect bites, sinusitis (in patients aged 12 and over), shingles, sore throat (in patients aged 5 and over) and urinary tract infections (UTIs) for women aged 16-64.  To read the full article, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/stay-well-this-winter-ask-your-pharmacist/>. | | |  |  |  | | --- | --- | | |  | | --- | | Stay well this winter. Get in the know about how to keep the whole family well this winter. Find out how the services provided by your local pharmacist can help. Animated image of people in a pharmacy. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **2. Innovative headsets help to treat patients with severe depression** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Patients with depression in Leicester, Leicestershire and Rutland (LLR) have reported significant improvements in their symptoms after using a new brain stimulation headset, as part of a pilot project.  Leicestershire Partnership NHS Trust’s crisis mental health team, which supports patients with severe depression who are at risk of admission to hospital, is the first NHS mental health crisis service in the UK to pilot the Flow Neuroscience headsets as a treatment option.  Eligible patients taking part in the six-week programme completed monitoring surveys throughout their Flow treatment, which was administered alongside regular patient check-ins with clinicians, weekly clinics and, in some cases, medication. For the majority of patients who took part in the pilot, their feedback showed the headsets made a significant improvement to their mental health and wellbeing.  Data from the pilot programme also found the use of the Flow headsets helped to stabilise patients quickly, with significant improvements in patient mood within two to three weeks. In addition, one in three patients reported their symptoms had improved so much that they went into remission during the pilot period.  To read more about the pilot, visit: <https://www.leicspart.nhs.uk/news/lpt-pilots-new-innovative-headsets-help-to-treat-patients-with-severe-depression/> | | |  |  |  | | --- | --- | | |  | | --- | | iMAGE OF A WOMAN WEARING A FLOW HEADSET. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **3. Join trial on norovirus in people aged 60 and above** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Join the Nova 301 Trial to help see if people aged 60 years or older can be protected against symptoms caused by the norovirus stomach bug with an investigational mRNA vaccine.  The trial will see if an investigational vaccine (a vaccine that is being studied) may help protect against symptoms caused by the norovirus stomach bug in people 60 years of age or older.  Norovirus is one of the most common stomach bugs in the UK. It occurs every year and many cases are often in care homes and schools. The norovirus stomach bug causes unpleasant symptoms and can spread easily from person to person.  Vulnerable people, such as children younger than age 5, adults older than age 60, and people with underlying health conditions, are at greater risk for serious symptoms of norovirus, which may require medical attention.   **Who can join?**  This clinical trial is looking for participants. To join, you must:   * be 60 years of age or older * be in good health * not currently have a chronic gastrointestinal disease (including irritable bowel syndrome, colitis, oesophageal reflux, or any other medical condition where you have regular vomiting or diarrhoea)   To find out more and register your interest, visit the study website: [http://www.nova301trialuk.com/](https://connect.trialscope.com/studies/c87c418f-c051-410b-b732-9b086159eed3?pv=1&utm_locale=en-gb&utm_source=Print).   Please share with friends and family who might be interested. | | |  |  |  | | --- | --- | | |  | | --- | | iMAGE OF A GROUP OF OLDER PEOPLE. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **4. Call 999 at the first sign of a stroke** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Every year in the UK, there are around 100,000 strokes, causing 38,000 stroke-related deaths, and it is a leading cause of disability.  Stroke symptoms might be less dramatic, painful or obvious than you might expect. Like not being able to raise your arm, struggling to smile, or slurred speech. Whether it is a friend, loved one or even a passer-by, any sign of a stroke is always an emergency, so call 999 immediately if you or someone else experiences a single symptom.  Acting FAST on any sign of a stroke gives patients faster access to specialist treatment that could save their life. Face or Arm or Speech, at the first sign, it’s Time to call 999.  Visit [www.nhs.uk/ActFAST](https://www.nhs.uk/conditions/stroke/symptoms/) for more information. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | [A video of a bouquet of flowers  Description automatically generated](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fyoutu.be%2FiDn4yjScXzg&xid=c1bd5db59e&uid=40890353&iid=28f3b93aea&pool=cts&v=2&c=1730980471&h=4eab8ee1469108ad4384bf15994fe37f484f9f6158c787a0498d557a872a2a16) | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **5. Share your views on draft Suicide Prevention Strategy** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Leicester City, Leicestershire and Rutland Councils have refreshed the LLR Suicide Prevention Strategy for 2024 – 2029.  The strategy describes how organisations plan to work together across Leicetser, Leicestershire and Rutland (LLR) to prevent suicide over the next five years.    The councils are inviting you to share your views on the draft Suicide Prevention Strategy for LLR.  Your views will be used to inform the final version of the strategy, and the corresponding action plan will detail how the priorities will be achieved.    The consultation is open to everyone in Leicester City, Leicestershire and Rutland and will run until midnight on 22 December 2024.   Click [here](https://www.leicestershire.gov.uk/have-your-say/current-engagement/suicide-prevention-strategy-2024-2029) to complete their online questionnaire. Paper copies of the questionnaire are available upon request by emailing [phconsultations@leics.gov.uk](mailto:phconsultations@leics.gov.uk) or calling 0116 305 0705.     Please share this information across your relevant networks and encourage participation in the consultation. | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | | Your opinion matters | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Extra** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Remembrance Day**  This weekend is Remembrance Sunday (10 November), followed by Armistice Day on Monday (11 November).  Both days are a time to reflect on the sacrifices made by those who fought for our freedoms. It is also an opportunity to reflect on the commitments of the Armed Forces community, including within the NHS.  On Armistice Day, a service will take place at County Hall in Glenfield, the headquarters of the Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB), to pay tribute to all those who lost their lives in conflict.  The short service will take place at the Stand Easy memorial, beginning at 10.40am, and will incorporate the laying of wreaths and a two-minute silence at 11am.  To find out more, visit: <https://www.leicestershire.gov.uk/news/armistice-day-service-at-county-hall>  The LLR ICB would like to thank all those who have served and continue to serve in our Armed Forces. | | |  |  |  | | --- | --- | | |  | | --- | | We will remember. Image of poppy's | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **NHS communication e-toolkit**  This e-toolkit provides you with the opportunity to support us by sharing our campaigns and messages. The toolkit, which will be updated every week, includes all our latest assets for you to use across your communication channels, such as social media messages and graphics. | | |  |  |  | | --- | --- | | |  | | --- | | In this weeks e-toolkit. NHS recommended vaccines. Improving inhaler technique. Urgent care services in LLR. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Click here**](https://leicesterleicestershireandrutlandhwp.uk/partner-toolkit/) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.facebook.com%2FNHSLeicester&xid=c1bd5db59e&uid=40890353&iid=28f3b93aea&pool=cts&v=2&c=1730980471&h=453a0a9682b567420d2d1abc328d86ff0616308cb8312473a68f070d578efe8a) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Ftwitter.com%2FNHSLeicester&xid=c1bd5db59e&uid=40890353&iid=28f3b93aea&pool=cts&v=2&c=1730980471&h=e0a1222201a4a4dca056e41429a703eec158aa63d720d7e79c659a73ff855ec2) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://us10.mailchimp.com/mctx/clicks?url=https%3A%2F%2Fwww.leicestercityccg.nhs.uk%2F&xid=c1bd5db59e&uid=40890353&iid=28f3b93aea&pool=cts&v=2&c=1730980471&h=dd0d66b9d2d16242f269422443df5dfb908be9468350c2e7f53b781d18e5cc8b) | | | | | | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | |

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