



Dear Friends,

Welcome to the latest update from **East Riding of Yorkshire Health and Care Partnership**. The update below is full of the latest news and events from the local NHS and our partners. Please feel free to forward this on to someone you know to help them access help or support.

Strep A Advice

Parents are being urged to be alert for the signs of group A streptococcal (GAS) infections. GAS is a common bacteria which can live harmlessly in our throats and on our skin. Sometimes it can cause mild illnesses like sore throats, occasionally more serious illnesses like scarlet fever and, albeit rarely, very serious diseases such as sepsis, pneumonia or bone infections. While group A streptococcus bacteria usually only causes a mild infection producing sore throats or scarlet fever that can be easily treated with antibiotics. In very rare circumstances, these bacteria can get into the bloodstream and cause serious illness – called invasive Group A strep (iGAS).

Across Hull and East Riding there has been an increase in cases this year, particularly in children under 10. Nationally, there have sadly been some deaths. While iGAS is still uncommon, we want parents to know what to look out for and when to seek medical advice so that their child can be treated appropriately and to help prevent the infection becoming serious.

Parents should contact NHS 111 or their GP if they feel:

- their child is getting worse
- their child is feeding or eating much less than normal
- their child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- their baby is under 3 months and has a temperature of 38°C, or is older than 3 months and has a temperature of 39°C or higher
- their baby feels hotter than usual when they touch their back or chest, or feels sweaty
- their child is very tired or irritable.

**Group A Strep:
What should parents look out for?**

Contact NHS 111 or your GP practice if your child:

 Is getting worse	 Has a temperature or feels sweaty
 Is eating or feeding much less	 Is very tired or irritable
 Has a dry nappy for 12 hours or more	

 Humber and North Yorkshire Health and Care Partnership

Please call 999 or go to the Emergency Department if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

Group A Strep: What should parents look out for?

Contact 999 or go to A&E if your child:



Has difficulty breathing



Has a blue tongue, lips or skin



Has long pauses between breaths



Is floppy and will not wake up or stay awake



Please consider that emergency departments are very busy at the moment, as are GP surgeries. If you feel that your child can stay at home or be seen elsewhere, such as a pharmacy, please do so. For further information, visit www.nhs.uk/Strep-A

Industrial Strike Action

Trade unions representing NHS staff have advised the Secretary of State that they are in dispute over the 2022/23 pay award. A number of the unions are balloting, or have signalled their intention to ballot their NHS members to take part in industrial action. Below is a table of current information on upcoming strikes:

Union	Status	Dates	Notes
BMA (General Practice)	Formal ballot under consideration	NA	
BMA (Junior Doctors Committee)	Formal ballot announced	Ballot planned for January	
RCN	Formal ballot concluded	Ballot 6/10-2/11	Strikes planned for 15 and 20 December
Unison	Formal ballot underway	Ballot 27/10-25/11	Strikes announced for 21 December – but mostly threshold met at Ambulance services only
Royal College of Occupational Therapists/British Association of Occupational Therapists	Formal ballot underway	Ballot 27/10-25/11	Strikes announced for 21 and 28 December
The Chartered Society of Physiotherapy	Formal ballot announced	Ballot 7/11-12/12	
Royal College of Midwives (RCM)	Formal ballot announced	Ballot 11/11-9/12	
GMB (Ambulance Services)	Formal ballot underway	Ballot 24/10-29/11	Strikes announced for 21 and 28 December
Unite (Ambulance Services)	Formal ballot underway	Ballot 26/10 – 30/11 and 28/10 – 2/12	Strikes announced for 21 December

Unions must provide 14 days' notice of industrial action, so should any further unions receive a mandate for strike action, we will be notified in advance of any action being taken.

Frequently Asked Questions in relation to the strikes

What is happening?

Trade unions representing NHS staff are in dispute with the Government over the 2022/23 pay award. A number of the unions have balloted their NHS members to take part in industrial action. As a result members of the RCN are striking on the 15 and 20 December, and members of the GMB, Unite and Unison (ambulance staff) are striking on 21 December and members of GMB (ambulance staff) are striking on the 28 December.

The NHS wants to see a resolution as soon as possible, but pay is a matter for the Government and the trade unions.

What if I need urgent or emergency care?

Anyone who needs urgent care should use NHS111 online or call NHS 111 to be assessed and directed to the right care for them. When someone is seriously ill or injured and their life is at risk, you should seek emergency care in the normal way, by calling 999 or attending A&E.

What do strikes mean for NHS services in my area?

Not every hospital and ambulance service will be affected by strike action. You can check which Trusts are affected on the NHS England website.

What if I have an appointment on a strike day?

Everyone who has an appointment should attend as planned, unless your local NHS provider has contacted you to reschedule. If you have not been contact, please attend your appointment even if your Trust is affected by strikes.

Will emergency care be affected on strike days?

Emergency care will continue to be available across all parts of the country. It is really important that in emergency and life-threatening cases - when someone is seriously ill or their life is at risk patients continue to come forward as normal.

Will GP services be affected on strike days?

GP services will be running as normal on strike days. Please continue to attend scheduled GP appointments.

When will I find out if my appointment is rescheduled?

The NHS will contact you if your appointment needs to be rescheduled due to strike action. This is likely to be a letter or phone call, and you should be offered an alternative date for your appointment. If you have not been contacted, please attend your appointment as planned.

Is there anything I should do now?

No, the NHS will contact you if your appointment needs to be rescheduled due to strike action.

Should I cancel my appointment on the day of strikes?

No, if you have not been contacted, please attend your appointment as planned.

What should I do if I need an ambulance?

On strike days, patients should only call 999 if seriously ill or injured, and there is risk to life. Ambulances will be dispatched where clinically appropriate.

For all other health care needs support will be available through NHS111 online, via the NHS 111 helpline or at your local GP or pharmacy.

What is considered an emergency?

Patients should only call 999 if seriously ill or injured, or there is risk to life. Ambulances will be dispatched where clinically appropriate.

How long will services be impacted?

The nurses strikes on 15 and 20 December will last for 12 hours and the ambulance strikes on 21 and 28 December will last for 24 hours. However patients should be aware that it may take slightly longer for services to return to normal.

Let's protect ourselves

Cold and damp weather, ice, snow and high winds can be bad for our health. This is especially true for people aged 65 or older, and people with health conditions such as heart or kidney disease, COPD (including emphysema and chronic bronchitis), asthma or diabetes. The good news is there are lots of steps you can take to support your own health over the winter:

Have your flu vaccination and COVID seasonal booster

There has been a significant increase in flu cases across our region over the last few weeks and this is likely to spread further between now and the festive period. Local hospitals are also seeing a high number of patients, of varying ages, being admitted with flu.

For most people, flu is a very unpleasant illness that can knock even the most healthy of us off our feet. For more vulnerable people, it can cause serious and life-threatening complications.

To reduce the risk of spreading flu:

- Have the flu jab as soon as possible (available free to certain groups via the NHS and for anyone – for a small fee – at their local pharmacy)
- wash your hands often with warm water and soap
- cover your mouth and nose with a tissue when you cough or sneeze
- bin used tissues as quickly as possible
- try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities.

A **free** flu vaccine is given to adults who:

- are 50 and over (including those who will be 50 by 31 March 2023)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis

You can walk in to a participating pharmacy or search 'get the flu vaccine' online to book your flu vaccination.

The COVID vaccine is our best protection this winter against the dangerous viruses, protecting you and your loved ones too.

It's not too late to book yours, and if you're 50 years or over you are eligible for a free COVID vaccine. Just search 'Grab a jab' online to find your nearest COVID walk-in vaccination centre.



Be kind to yourself

Being kind to yourself is all about self-care, keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help, and when to get advice from your GP or another health professional. If you have a long-term condition, self-care is about understanding that condition and how to live with it.

Common conditions such as colds and flu, upset stomachs, and aches and pains are generally not serious health problems for most people. You can easily treat yourself at home, or with advice from a local pharmacist, helping you to feel better sooner and avoid unnecessary trips to your doctor or A&E department. If you are feeling ill or under the weather there are some simple self-care steps you can follow:

Keep a well- stocked medicine cabinet

Make sure you have plenty of remedies to treat common ailments, such as paracetamol, cough syrup and throat lozenges. Having a thermometer is important to let you know if you have a high temperature. Most people suffering from colds and 'flu can treat their symptoms at home with medicines available at your local pharmacy or supermarket at a reasonable price, without a prescription and without needing to see your doctor.

Look after yourself

Particularly, if you have a high temperature. Make sure you get plenty of rest and sleep when you need to. Regularly drink fluids, eat lots of fruit and vegetables and if possible get out in the fresh air for a gentle walk. Visit [NHS Live Well](#) online for advice on healthy living.

Visit your local pharmacy

If you have a minor illness or condition that hasn't gone away after a few days. They can give you help and advice on the best way to treat it or where to go. **Go online –** you may find it helpful to look up your symptoms or condition on [NHS Choices](#).

You can explore how to look after and treat yourself. The page will also suggest when you should see your doctor.

Stay on top of your prescriptions

Don't forget to get your prescription medicines before your pharmacy or doctors closes for Christmas. If you have been prescribed antibiotics or other medication, make sure you take them according to the instructions

Try to avoid picking up bugs

Ideally continue to wash your hands regularly, particularly before eating or drinking. If running water isn't available you could use hand wipes or hand sanitiser.

Opening windows and letting fresh air circulate while meeting people indoors helps to keep bugs from building up

You may want to consider wearing a face covering in crowded areas.

Keep warm

Cold weather can affect your body's ability to fight off viruses and infections. Keeping warm over the winter months can help to prevent cold and flu. We recommend you:

- Heat your home to 18°C (65°F) or higher if you can
- Leave your bedroom window shut at night
- Wear several layers of light clothing
- Check you're receiving the financial help and support you are entitled to
- Make sure heating and cooking appliances are safe

Check your local council's cold weather support pages - [Cost of living - help for households \(eastriding.gov.uk\)](https://www.eastriding.gov.uk/cost-of-living-help-for-households)

Let's look after our mind

We all sometimes feel stressed, anxious or down from time to time and there are little things you can do to look after your mental health.

Visit [Every Mind Matters](https://www.everymindmatters.org/) an online space offering simple practical tips and advice to help you look after your mental wellbeing.

If, however, you have been feeling low for a few weeks or more, you may benefit from additional support. There are several symptoms you should be aware of and just keep a check on them.

NHS catching more cancers earlier than ever before

The NHS is diagnosing more patients with cancer at an earlier stage than ever before, according to new analysis. Last year (2021-2022), over 100,000 (100,461) patients were diagnosed with cancer at stages one or two when it is easier to treat – the highest proportion on record. Record numbers of people are getting checked for cancer – almost half a million more patients were checked between March 2021 and August 2022, compared to the same period before the pandemic.

Thanks to extensive NHS campaigns and early diagnosis drives, 471,233 more people were referred for cancer during this period – helping to recover the drop in people coming forward during the pandemic, when around 370,000 fewer people received checks. Over the last 18 months, NHS staff have been working hard to recover the shortfall in cancer referrals. Now, more than a fifth more people with suspected cancer are being referred every month compared to pre-pandemic levels.

One in every four GP referrals is currently for suspected cancer, and in August alone, a quarter of a million people (255,055) were checked following an urgent GP referral in August – the highest number since records began.

Alongside the rapid recovery of services, the NHS continues to put in place extensive plans to increase early diagnosis in line with the NHS Long Term Plan ambitions – rolling out new initiatives from lung scanning trucks in the heart of local communities to high street cancer checks and cancer symptom hotlines.

NHS ‘one stop shops’ have already delivered over two million checks and tests since July 2021, including for cancer, since the rollout began, with over 90 community diagnostic centres (CDCs) offering MRI, CT and other services closer to patients’ homes, often in the heart of local communities.

Help raise awareness and spot the signs for Abdominal and Urological Cancer

As part of the ‘Help Us, Help You’ campaign, NHS England is raising awareness of cancers in the abdominal area and urological cancers, and is encouraging anyone who has had tummy troubles such as discomfort or diarrhoea for three weeks or more, or seen blood in their pee – even just once, to contact their GP practice. Persistent tummy troubles can be a sign of a number of cancers, including bowel, ovarian or pancreatic cancer, and blood in pee – even just once, can be a sign of urological cancers, including bladder or kidney cancer. The number of people being

sent for urgent cancer checks by their GP has been at record levels since March 2021, but people who are suffering with abdominal or urological symptoms may be reluctant to visit their GP. They may be embarrassed about their symptoms, concerned that they might be wasting their doctor's time, or they may just put their symptoms down to getting older. While it's probably nothing serious, any of these symptoms could be a sign of something that needs treatment. If it is cancer, finding it early makes it more treatable and can save lives.

Visit [Cancer - Signs and symptoms - NHS \(www.nhs.uk\)](https://www.nhs.uk) for more information.



Hull University Teaching Hospitals NHS Trust website

Hull University Teaching Hospitals NHS Trust is in the process of reviewing their Trust website prior to a rebuild. They would like to ask patients, relatives, carers, staff, partners and other website users to help shape its redevelopment.

Please visit their website at: <https://www.hull.nhs.uk/> **Please post your feedback using their anonymous survey:** [Website Feedback – Encapsulate \(hull.nhs.uk\)](https://www.hull.nhs.uk/)

Humber Acute Services Programme

We wanted to update you with where we are with the programme and explain what is required to enable us to take forward the great work our clinical teams have done, working alongside citizens, voluntary sector partners and patient representatives, on designing potential models for the future shape of hospital services.

Citizens and Equality Groups Workshop – Understanding the impacts of change

We recently began the process of updating our Integrated Impact Assessment (IIA). This assessment is important in allowing us to understand the impacts any potential changes to the delivery of hospital services could have on our patients, staff, the public and any other stakeholders.

To allow us to update our IIA we wanted to collect feedback from communities and groups of people who already face barriers and disadvantages to ensure they are not more adversely impacted by any future changes. To ensure as many equality groups as possible had an opportunity to provide feedback, we invited individuals and representatives with a wide range of backgrounds and experiences, this included our Citizen's Panel.

In addition, 1- to -1 sessions were offered for those unable to attend the workshop to increase participation and ensure all identified stakeholders had an opportunity to be heard. We will continue to engage with as many groups as possible over the coming months. In particular, we are reaching out to listen to, people affected by substance misuse or drug addiction, the LGBTQ+ community, people living with dementia and people who are homeless or at risk of homelessness.

If you can help us, please get in touch by emailing hasr@humberandnorthyorkshire.org.uk or by [completing our online form](#).

What is an Integrated Impact Assessment?

Over the next few months, the Humber Acute Services Programme team will be listening to staff, patients, carers, and representatives to help us update our Integrated Impact Assessment (IIA).

The Integrated Impact Assessment is a tool to help us understand how different changes could impact different people and different groups of people, both positively and negatively.

Our assessment looks at six different areas:

- Patient experience

- Patient safety
- Effectiveness
- Equality
- Workforce
- Sustainability

Bringing all the evidence we have gathered together in this way helps decision-makers to see how different options could affect different groups. The Equalities Impact Assessment part considers how changes could impact on people with protected characteristics under the Equality Act – such as race, religion or sexual orientation – and also looks more broadly at people who face additional barriers to accessing healthcare for all sorts of reasons, such as poverty or rural isolation.

If you represent or work with any communities or equality groups, and would like to feed into the Impact Assessment, please get in touch by emailing us hasr@humberandnorthyorkshire.org.uk or [completing our online form](#).

Lincolnshire Maternity Voices

Each year approximately 600 women and birthing people from Lincolnshire, particularly those living in and around Mablethorpe and Louth, travel to give birth at a hospital in the Humber. The majority at Diana, Princess of Wales Hospital in Grimsby. Working in partnership with Lincolnshire Integrated Care Board and the Lincolnshire Maternity Voices Partnership, we planned a series of engagement activities across those Lincolnshire communities, to provide an opportunity for local women to tell us how any potential changes to maternity and neonatal services in the Humber area might impact them. The insights gathered are helping to inform our Integrated Impact Assessment (IIA).

In early October we attended a [maternity roadshow event](#) in Skegness where we spoke to over 30 new or expectant parents about their birthing journey.

Throughout November and December 2022, we will visit children's centres in Louth and Binbrook and a midwifery clinic in Mablethorpe to continue our conversations with Lincolnshire families to better understand any potential impacts and mitigations.

If you would like more information on this work, please email hasr@humberandnorthyorkshire.org.uk

You can continue to follow progress of the programme on [our website](#) and by reading our newsletters. You can feed in any ideas or suggestions through the [question portal](#).

If you have any questions about these reports or any other aspects of the programme, [get in touch](#).



From everyone at
East Riding of Yorkshire Health and Care Partnership
sending you all warmest thoughts and best wishes
for a Merry Christmas and a Happy New Year.