CONNECT
Keeping in touch!

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HOWELL'S CO-ED COLLEGE
Llandaff

Week Beginning 18th October

What affect has the Covid-19 pandemic had on the services that the NHS would ordinarily provide?

Dewis doeth Choose well

GIG CYMRU NHS WALES

How you can support healthcare charities

- Any sort of sale! Whether that be cakes, books, sweets, or anything in between.
- Sponsored walks, runs. The Race for Life is a good one to choose, you can complete the 5K or 10K.
- Spread awareness on social media, amongst your friends and family. If there's an illness and/or charity that you are really passionate about, make sure to share your enthusiasm.
- Remember that whatever you can contribute makes a massive difference.

For around 18 months, we have been hearing about the amazing work of the NHS in coping with the Covid-19 pandemic including unimaginable sacrifices made by staff and Covid- related death tolls dominating the news headlines. What, however, has been critically undiscussed in comparison is the toll on other areas of the National Healthcare Service. For example, how has the function of oncological treatment been affected by the government's diversion of taxpayer money to ventilators and PPE and not to accessible treatment plans for breast cancer patients? Luckily, if you check BBC News regularly, you will have noticed more coverage regarding these discussions as we (hopefully) find our way through the pandemic and back to a 'new normal'.

A slightly shocking report from the Institute for Fiscal Studies (IFS) has revealed that since the start of the pandemic, the number of people waiting for NHS treatment in England has grown by a fifth, paired with Sajid Javid, the new Health and Social Care Secretary, warning that the number of people living in England on an NHS waiting list could grow to 13 million- it all becomes a little scary. This newsletter is here to break down what you can do, in spite of the doom and gloom statistics, to help the NHS out and do what you can to support the most valuable service in the UK.

Examples of some charities affected by Covid-19

Cancer Research UK:
https://www.youtube.com/watch?v=ZmjobYFzeSU\

Teeside Hospice:
 https://www.youtube.com/watch?v=6irzoOuanW8

NHS Charities Together Covid-19 Appeal:
 https://www.walesonline.co.uk/special-features/stagecoach-customers-raise-money-nhs-20716203

Latch: https://www.latchwales.org/news-events/posts/2020/may/latch-and-the-corona-virus/

NHS

British Heart Foundation:	https://www.bhf.org.uk/what-we-do/policy-and-public-affairs/legacy-of-covid?utm_campaign=bhf_homepage~sd2021-0013&utm_medium=homepage&utm_source=bhf&utm_content=&utm_term=

The Point of Care Foundation:
 https://www.pointofcarefoundation.org.uk/topic/supporting-staff/

Healthcare Workers' Foundation:
 https://healthcareworkersfoundation.org/

BSUH: https://www.bsuh.nhs.uk/charity/2020/06/22/charity-supporters-help-nhs-staff/

Statistics- How Covid has impacted other social services

- From data released by CQC, NHSE and the learning disability mortality review, we have seen over 130 per cent increase in the number of recorded deaths of people with a learning disability when compared with the same period last year.

- Covid-19 has had a huge, tragic impact on quality of care - By mid-June there had been nearly 30,000 excess deaths in care homes in England and Wales. There have also been more than 3,500 excess deaths among people receiving domiciliary care, although fewer of these are attributed directly to Covid-19.

- Just under half of directors of adult social services said they believe there has been an increase in unmet need since March 2020.

- Other services – particularly some care homes – closed temporarily to new clients: directors of adult social services report more than 8 in 10 providers concerned about taking on new clients.

- A Mencap survey in July 2020 found two-thirds of family members said the amount of social care support received from the local authority had fallen 'a lot' compared to the amount received before the Covid-19 pandemic, while Parkinson's UK found that nearly half of people receiving paid social care, both privately funded and council-funded, had seen a reduction in social care support.

- The CQC found that admissions to care homes fell by more than a quarter among publicly funded clients and by two-thirds among self-funders.

Wider Reading: useful links for your own research

- https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(21)00148-0/fulltext
- https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/pressure-points-in-the-nhs

How you can support key workers

- Do some further reading into how they may have felt over the last few months. A great book recommendation (especially for aspiring medics) is 'Duty of Care' by Dr Dominic Pimenta which outlines the journey of a cardiology registrar who retrained in order to work in an ICU at the height of the pandemic.

- Keep up to date with healthcare issues on social media, news channels and chat to any healthcare professionals you know.

- Support local NHS charities. Here is a really good link to check this out in more detail: https://healthcharity.wales

- For key workers who are friends or family: do things with them that have nothing to do with the virus! Although times are busy, the loveliest gift to give to someone who is stressed is a little bit of your time. Whether it be a movie night or a quick walk around the block- they're likely to be very grateful for your presence!

- Get jabbed! There's lots of research out there if you are nervous, getting the Covid-19 vaccine is crucial in supporting the NHS.

Wider Reading

- https://www.nhscharitiestogether.co.uk
- https://www.bbc.co.uk/programmes/m000pfhy
- https://www.bbc.co.uk/news/uk-england-cornwall-58521579
- https://www.mentalhealth.org.uk/our-work/research/coronavirus-mental-health-pandemic
- https://www.bbc.co.uk/news/uk-scotland-58501199
- https://www.theguardian.com/world/2021/aug/05/covid-disrupted-treatment-for-30-of-nhs-cancer-patients-survey-shows