

Vaccine Roll-out Update

To date, 20 local vaccination centres have opened. Official figures show 64,000 vaccinations have been delivered in 7 weeks.

On January 25th, the Large Vaccination Centre at Stoneleigh NAEC opened to patients. Patients who are 70 and over will be invited to this site; please note that this is an option, like the offer to have a vaccination at Millennium Point in Birmingham. It is a choice and people can wait to be called for a vaccination more locally.

Roving teams have now vaccinated care home residents and their efforts will now turn to vaccinating patients who are housebound. These patients will be contacted by their GP surgery or by Coventry and Warwickshire Partnership Trust.

Hospital Hubs at University Hospital, Coventry, George Eliot Hospital and Warwick Hospital are continuing at pace to vaccinate their staff as well as health and social care from throughout Coventry and Warwickshire.

Please do not to attend or to contact a vaccination centre **without an invitation**. Teams are working hard to deliver the biggest vaccination programme in history, and your help and support will be invaluable especially as it gathers pace.

Find your NHS number

This is a new service available on the NHS website to help people when booking their vaccine. Users must enter their name, date of birth and postcode to receive a copy of their NHS number, which is then sent by text. Go to: www.nhs.uk/nhs-services/online-services/find-nhs-number/

Transport to Vaccination Sites

- Ask family/carers/bubble
- Ask a volunteer through GoodSam/NHS Volunteer Responders. Referrals can be made via: <https://www.goodsamapp.org/NHSreferral> or call 0808 196 3382. Self-referrals can be made directly, call 0808 196 3646.
- If the above options are not available, there are 3 voluntary transport services in Warwickshire:

Rugby, Warwick & Stratford

contact VASA on 01789 262889 (press option 1) Mon-Fri, 9am-4pm or email transport@vasa.org.uk

Nuneaton and Bedworth

contact Volunteer Friends (Medicar) on 024 7664 0088 Mon-Fri, 9:30am -12:30pm or email info@volunteerfriends.org.uk

North Warwickshire, contact Beeline 01827 717074 from Monday to Friday, 9am - 1pm

Support for Children and Families

The **Family Information Service** are available to support residents on anything ranging from family relationships, housing and finance through to childcare and wellbeing. **Contact FIS: 01926 742274** or www.warwickshire.gov.uk/childrenandfamilies.

Families facing unavoidable hardship can contact WCC's [Local Welfare Scheme](#) for debt and money management advice, family information and support, help to access food and household essentials and local emotional health and wellbeing services.

Call 0800 4081448 or visit www.warwickshire.gov.uk/localwelfarescheme

[Family Support Workers](#) are available across Warwickshire to listen, support and offer advice and guidance to families.

Call 01926 412412, Mon-Fri between 9am – 4pm.

WCC Covid Support Hotline for Clinically Extremely Vulnerable (CEV) Residents

If COVID-19 is affecting you and you have no support from friends or family, call 0800 408 1447

The hotline is open:

- Monday to Thursday - 9am to 5pm
- Friday - 9am to 4.30pm
- Saturday - 9am to 3pm
- Sunday - 10am to 1pm

let's do the
right thing
for Warwickshire



Stay at home



Protect the NHS



Save lives

Children's Mental Health week: 1-7 February 2021

This year's theme is 'Express Yourself' and is all about finding ways to share feelings, thoughts, or ideas, through creativity. Now in its sixth year, Children's Mental Health Week is run by children's mental health charity [Place2Be](https://www.place2be.org.uk/). In partnership with BAFTA Kids and Oak National Academy, they've created a [series of free virtual sessions](#) with stars such as Oti Mabuse and Bukky Bakray share their tips and advice for children and young people.

Download free resources for use in school, for home-schooling, online lessons or independent learning. <https://www.childrensmentalhealthweek.org.uk/>



Mental Health Support for Young People in Coventry and Warwickshire

For anyone under 18 experiencing a mental health crisis, contact the RISE Crisis team by freephone 08081 966798 (select Option 2). This service is available 24 hours/day, 7 days a week, with an advice-only service outside core hours of 8am-8pm.

Other local and national mental health support and helplines:

- ChatHealth is a free service that enables 11 – 18 year olds across Coventry and Warwickshire to send confidential SMS text messages to School Nurses who will provide impartial advice and support. For Warwickshire, text 07507 331 525. For Coventry, text 07507 331 949
- [Childline](https://www.childline.co.uk/) call 0800 1111
- [Samaritans](https://www.samaritans.org/) call 116 123
- Crisis Messenger: text YM to 85258
- [Papyrus Hopeline UK](https://www.papyrus-helpline.org.uk/) (suicide prevention helpline) call 0800 068 4141 or text 07860 039967

Time to Talk Day: Thursday 4 February

One in four people experience a mental health problem in any given year. A small conversation about mental health has the power to make a big difference, especially during these challenging times.

Research shows that people are often afraid to talk about their mental health experiences because they fear the response and stigma they may receive. However, open, direct and honest conversations can break down barriers, helping to end the isolation, shame and worthlessness that too many people feel when experiencing a mental health problem.

The theme for 2021 is '[The power of small](#)' and there is no better time to talk about mental health, show support to those that need it and promote better wellbeing for everyone.



Adult Mental Health Support in Warwickshire

Mental Health Helpline and webchat – confidential, and freely available 24/7

Access a team of trained and experienced support workers on 0800 616 171 or Time Online webchat www.mhm.org.uk/coventry-warwickshire-helpline

Wellbeing for Warwickshire – Hubs offer telephone support to anyone who feels they are in need. To talk to a member of staff or book an appointment, call the Hubs Team on 024 7771 2288 or email wbw@cwmind.org.uk.

If you need immediate support, call Samaritans – 116 123

For urgent medical needs call your GP, or NHS 111. If you are in a life-threatening situation call 999.

Support for Carers at Home

Carers Trust Heart of England's CRESS team offer a free service available at short notice to carers who need emergency cover and relief for carers. **Tel:** 02476 632972 **Email:** contactus@carerstrusthofe.org.uk

Community Testing

Tests for those without symptoms of Covid-19 are available for booking between 8.15am and 8pm, Monday to Friday and 10.15am to 4pm on Saturday and Sunday. The service uses the fast turnaround lateral flow test kits, which can deliver results in around an hour. Tests can be booked at: <https://www.warwickshire.gov.uk/covidcommunitytesting>