

Briefing for Elected Representatives

A newsletter from Belfast Health & Social Care Trust

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18 December 2020

Message from Chief Executive

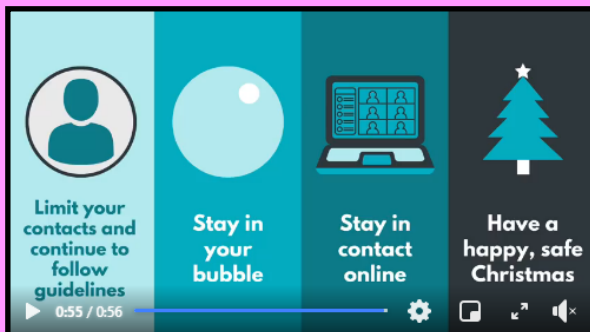


As we come towards the end of 2020 Chief Executive, Dr Cathy Jack shares a message of thanks with Belfast Trust staff as we move into 2021 with renewed hope and enthusiasm.

[Click here](#) or on the image to watch the video message.

Follow the Advice to Stay Safe

Watch this short [clip](#) for advice and guidance that will help you, your family and your Constituents stay safe this Christmas.



Increased contact means increased risk, so encourage everyone to be responsible and help limit the spread of the virus.

Order Prescriptions Seven Days In Advance

Please allow seven days when ordering any prescriptions from your GP over the festive period.

Don't leave it too late!

This short [video](#) explains the process.



Help Ease the Pressure on Emergency Departments

As we enter winter we are experiencing the annual pressures associated with this time of year.



This year, these pressures have been compounded by the impact of COVID-19 on front line services, and the need for us to maintain social distancing within our Emergency Departments.

Whilst we have winter resilience plans in place, we would appeal to the public to only attend the Emergency Department if emergency care is needed, and to do so alone, if possible.

Thank You To Our Volunteers



You may have seen over on our [Facebook](#) page we have been showcasing some of the people who volunteer for us.

These great people, some of whom will be your Constituents, are invaluable to helping out across our Trust sites.

We just want to say to them, a big thank you for the time that they give.

Suffering With Mental Health?

They say it's the most wonderful time of the year, but for some it can be a sad and lonely time.

If you know someone who is struggling, in distress or despair, let them know they're not alone.

[Lifeline](#) Counsellors are available throughout the night and day. Calls to 0808 808 8000 are **free** from mobiles and landlines. [#YouAreNotAlone](#)



If you would like to speak to a member of the Public Liaison Team please:-

Tel: (028) 9504 5888 or Email: publicliaison@belfasttrust.hscni.net

Wash your hands regularly



Keep your distance



Wear a face covering



Download the app StopCOVID NI

