

Briefing for Elected Representatives

A newsletter from Belfast Health & Social Care Trust

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5 March 2021

Visiting guidance update

Many of your constituents have been contacting you about visiting arrangements. So you will be interested to know that changes for all care settings came into effect from Monday (1 March). We continue to follow the Department of Health Regional Principles of Visiting Guidelines. Virtual visiting remains the preferred option as this reduces the risk of spread of COVID-19.

[Find out more](#)



Update to Visiting Guidance

- All Health and Social Care Trust facilities in Northern Ireland should now move to facilitate at least one face-to-face visit per week by one person.
- In maternity services – one partner will be able to accompany the pregnant woman to dating scan, anomaly scan, early pregnancy clinic, fetal medicine appointments and when the woman is in active labour (to be defined by midwife). Visits in antenatal and postnatal wards will be for one person for up to one hour once a week.
- Neonatal unit - One of two nominated parents/caregivers can be accommodated at any given time. Two nominated parents/caregivers can be accommodated at any given time.
- Paediatrics - Any child admitted can be accompanied by one of two nominated parents/caregivers at any given time for the duration of the stay.
- Care homes that do not have a current outbreak should facilitate a variety of visiting arrangements, including in indoor settings where possible, to enable meaningful contact between residents and their loved ones. Care homes that haven't already implemented arrangements for care partners are encouraged to do so.

Wash your
hands
regularly



Keep
your
distance



Wear
a face
covering



Download
the app
StopCOVID NI



Trust Vaccination Centre: What to expect on your visit



At some point in the near future, many of your constituents will be invited to attend our Vaccination Centre at the Royal Victoria Hospital to get their Covid-19 vaccine.

We understand that visiting hospital can be a scary experience for some people, particularly when it's for something new and they are not sure what is going to happen.

Check out this [walkthrough](#) video which will help to ease any concerns and shows what your constituents can expect when they come to visit us.



Regional Fertility Centre latest update

Following a risk assessment, the [Regional Fertility Centre](#) is resuming frozen embryo transfer (FET) services on a reduced capacity. Patients at the top of the frozen embryo transfer waiting list will be contacted this week. Virtual (telephone and video) outpatient appointments at the Grove Wellbeing and Treatment Centre are continuing.

Free wellbeing and mental health course

Your constituents can enrol for a free wellbeing and mental health education course with the Belfast Recovery College. Join our growing diverse community of 2.7 thousand students to learn together, recover together and stay well together.

Contact the Belfast Recovery College on: 028 950 3059 or mail recoverycollege@belfasttrust.hscni.net



Fake news? Get the facts about the vaccine

MYTH BUSTER



IS THE VACCINE SAFE?

Vaccines go through several stages of lab tests and clinical trials before they can be approved for use. Regulators review the results of these trials to check whether a vaccine meets the required levels of safety and effectiveness.



Vaccines teach your immune system how to protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and attempting to treat them.

The long term response to the pandemic requires a safe and effective vaccine to be available for all who need it. It's a way to keep you, your friends and family safe, potentially leading to lifting of restrictions.

[Find out more](#)

A year with COVID: New film marks milestone

Every staff member, from every service, has played their part in the Covid-19 response and this new video is intended to thank our staff for their dedication and to let us reflect on the past 12 months. Whilst this video features contributions from a small group of staff, their experiences represent those of over 22,000 people who collectively faced the threat of Covid-19.

Watch the video [here](#).



Make March Your Month to Quit!



You're 4 times more likely to QUIT with our help



This week marks the start of No Smoking Month. The Trust's Health Improvement Team's [Stop Smoking Service](#) is doing their bit promoting the 'Make March Your Month To Quit' campaign.

With all that has happened in our world since March 2020, we have chosen to focus much of this week on supporting smokers with their mental health. We will be sharing some useful information, videos, animations, podcasts etc through our social channels.

Useful Information and Contacts

This pandemic has been a tough time for everyone. It has impacted on every single person, and we all deal with difficult situations in very different ways. The main thing to remember is that we are not alone and we are all very much in this together. If you have Constituents who are struggling, or those who just want some help and advice, then perhaps this handy sheet of [information and contacts](#) will be beneficial.

If you would like to contact the Public Liaison Team please:-

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

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Keep your distance



Wear a face covering



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