

# Briefing for Elected Representatives

A newsletter from Belfast Health & Social Care Trust

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26 March 2021

Over the past 12 months it has been the priority of Belfast Trust and wider Health & Social Care to provide front line care to those patients most ill with Covid-19.

To achieve this the **Mater Hospital** was designated as the Covid-19 Hospital for Belfast, on 23 March 2020 and this will continue for at least the next six months. This will support us as we remain flexible to prioritise any potential increase in admissions for Covid-19. It will also ensure we can begin the process of re-establishing services at our other sites to ensure your constituents on other treatment pathways receive the care they need.



The Mater has played, and continues to play, an important and pivotal role in the fight against Covid-19.

## BELFAST TRUST CANCER SUPPORT

### ONLINE CLASSES AND WORKSHOPS

#### Online Stress Management Workshop

Session 1: Understanding Stress  
Session 2: Assertiveness  
Session 3: How to manage your time  
Session 4: Identifying and changing negative self-talk

Coming Soon May 2021



#### Look Good Feel Better

This is a free workshop for women living with a cancer diagnosis.

The next available online workshop is, Tuesday 4 May 2021, 1.30pm to 3.30pm



#### Online Workshop Introduction into self care using aromatherapy essential oils

- What is aromatherapy?
- How to use oils during self care
- Recommended oils
- Oil safety

Friday 26 March 2021  
11am - 12noon



#### Cancer Fatigue Online Workshop

Session 1: 6th May - Understanding Fatigue  
Session 2: 13th May - Managing daily life  
Session 3: 20 May - How to increase energy levels  
Session 4: 27 May - Making a plan for recovery  
11am - 12noon



FOR MORE INFORMATION OR TO BOOK A PLACE, PLEASE CONTACT US ON: 028 9615 007  
OR [CANCER.INFO@BELFASTTRUST.HSCNI.NET](mailto:CANCER.INFO@BELFASTTRUST.HSCNI.NET)

Click [here](#) to view our latest cancer support e-zine, which contains lots of helpful information and contacts.

## Infant Mental Health Strategy Virtual Launch

Your constituents are welcome to attend the virtual launch of the Belfast Area Infant Mental Health Strategy on 15th April 2021.

Click [here](#) to see the full details.



## Impact of Covid-19 on BAME Communities

Some of your constituents will be joining us as we talk about the impact of Covid-19 on Black, Asian and Minority Ethnic communities and what is being done to address this.

We will be discussing the perceptions about the safety of the Covid-19 vaccine and if there are any risks.

Staff can listen and subscribe to the podcast on the Ethnic Minority Staff Network's Soundcloud account [here](#).



## 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](mailto:publicliaison@belfasttrust.hscni.net)**

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a face  
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