

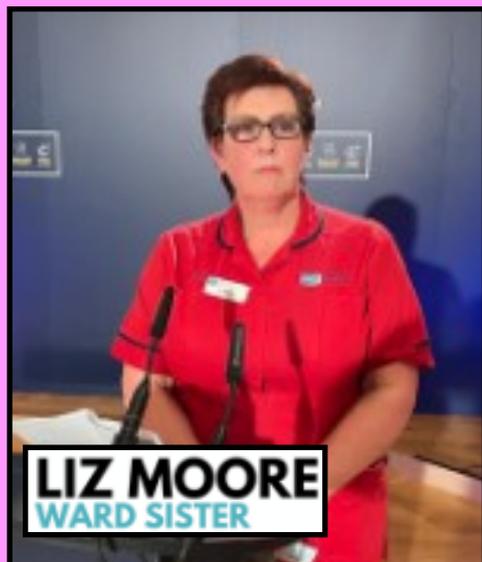
Briefing for Elected Representatives

A newsletter from Belfast Health & Social Care Trust

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5 February 2021



Recovery For Patients Can Be 'Very Challenging'

Liz Moore, Ward Sister on the Covid-19 step down ward at Belfast City Hospital spoke at a recent Department of Health conference. Watch [here](#) as she talks about the impact of the virus on younger people, with no underlying conditions. She says patients' recovery can be 'very challenging' but with the help of her team they work together to help them recover. She urges the public to continue to adhere to public health messages to help reduce the spread of Covid-19.

Covid-19 What To Expect Once Vaccinated

Belfast Trust has already administered more than 38,259 Covid-19 vaccines.

Know [what to expect](#) once vaccinated.

Please remind your Constituents, even if they've had the Covid-19 vaccine, it's vital they continue to follow regulations.

COVID-19 Vaccine

Will measures such as social distancing, face coverings and lockdowns still apply to me if I've had the vaccine?

Yes, you should still act to prevent the spread of coronavirus in the community and stick to the regulations.

HSC Health and Social Care

Your GP Will Contact You About Receiving Your Covid-19 Vaccine



[Watch](#) Dr Margaret O'Brien, Head of GP Services at the Health & Social Care Board talk about the Covid-19 vaccine.

Your Constituents don't need to contact their GP. When it's their turn to receive the vaccine, they will be invited to come forward.

Sexual Abuse & Sexual Violence - IT'S NOT OK



HSC Belfast Health and Social Care Trust
caring supporting improving together

1ST - 7TH FEBRUARY 2021

#ITSNOTOK

SUPPORT IS AVAILABLE VIA THE DOMESTIC AND SEXUAL ABUSE HELPLINE ON

0808 802 1414

YOU CAN ALSO CALL THE POLICE IN AN EMERGENCY ON 101 OR 999. IF YOU ARE IN DANGER AND UNABLE TO SPEAK, USE SILENT SOLUTION AND PRESS 55 WHEN PROMPTED.

FOR AN ADULT PROTECTION RESPONSE REGARDING SEXUAL ABUSE YOU CAN CONTACT THE BELFAST TRUST ADULT PROTECTION GATEWAY TEAM ON 02895041744.

Support is available to any of your Constituents experiencing this sort of behaviour via the [Domestic & Sexual Abuse Helpline](#). Or they can make a self-referral to our Adult Safeguarding Gateway Team by calling (028) 9504 1744. In an emergency they should always call 101 or 999, pressing 55 when they can't speak.

Pregnancy Concerns, Advice & Movement Matters

Pregnancy during this pandemic may be a worrying time for many of your Constituents. Key advice and links for pregnant women during the Covid-19 Pandemic is available [here](#).



It's really important that pregnant women are aware of what to do if they experience a change in their baby's movements. They should NOT wait until the next day. Click [here](#) for more information and watch the video [here](#).

Should you Constituents have any pregnancy concerns, click [here](#) for information on what they can do.

STROKE - You Must Act F.A.S.T

STROKE

If not treated **urgently**, a person is at a higher risk of death or disability if they take a **stroke** than from COVID-19.



You must act F.A.S.T

Know the symptoms of stroke:



Face - Has it fallen on one side?



Arms - Can they raise them?

Speech - Is it slurred?



Time - If you notice any of these signs make the call, dial **999**



Visit www.pha.site/ActFAST

It could save a life.

HSC Public Health Agency

Did you know, a person is at a higher risk of death or disability if they take a stroke, than from Covid-19? If not treated urgently.

It's extremely important to seek urgent medical care if you, or you anyone you know, experiences any of the symptoms of stroke.

You must act F.A.S.T.

Click [here](#) for more information.

Autism Advice Service

The Belfast Adult Autism Advice Service is for people aged 16+ with a diagnosis of autism and for those who support them.

It's for Belfast Trust residents and aims to provide a safe and friendly place for your Constituents to speak to someone who understands autism, and to gain information on how to access a range of appropriate services.

Available Tuesdays 1:30pm – 4:30pm
See more [here](#).

Contact: David Bradley
Email: d.bradley@cedar-foundation.org
Mobile: 07587884088 / 07725051120

Support For Those Living With Tinnitus

Our specialist team provides services to those with tinnitus and those who have a sight or hearing loss, who are profoundly deaf, or who have a 'dual' sensory loss.



If you have Constituents experiencing this, click [here](#) for more info on how to access the service.

Symptoms Consistent With Cancer

We urge any of your Constituents with [symptoms](#) that could be related to early signs of cancer to seek medical help as early as possible.

We are striving to provide safe environments for assessment and diagnostic checks, and chemotherapy and radiotherapy treatments continue.



Could You Foster?



Ever thought about Fostering or know someone who might be interested?

[Watch](#) Stephen & Deidre's story as they talk about providing specialist Foster Care for HSC Northern Ireland.

If your Constituents want to learn more, call 0800 0720 137 or visit www.adoptionandfostercare.hscni.net

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

