

25 March 2020



Coronavirus - Community Learning Disability Teams Update



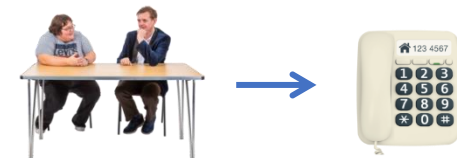
Coronavirus is a new illness spreading across the world. The most common symptoms are :

- * Fever
- * Cough
- * Trouble breathing



The government have given us new advice about how to keep service users, families, care teams and our staff safe.

Boris Johnson has told us all to stay at home unless we have to go out to work, to buy food or medicine, or to go to appointments.



We will now only be providing face to face visits in the community when there is no one else who can offer support.

We will respond over the telephone to start with.



We have to cancel most of our appointments and visits to help to keep everyone safe.

We are sorry about this.



If you feel you need support from the team, you can telephone the team and if there is no-one around to talk to you someone will call you back as soon as they can.



The teams will remain open Monday to Friday from 9am – 5pm, but some of us might be working from different places so please use these numbers to contact us:

Gloucester (Pullman Place): 01452 894280

Stroud (Weavers Croft): 01453 563103

Forest (Colliers Court): 01594 593050

Cheltenham (Leckhampton Lodge): 01242 634300



If you need help out of the hours of 9am – 5pm, you will need to contact your own GP Surgery or Out of Hours Social Care on 01452 614194



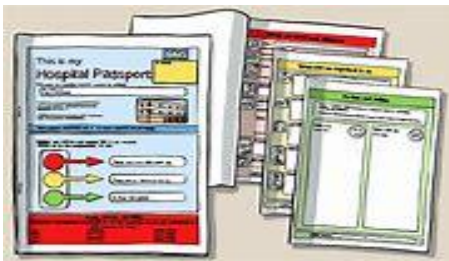
Gloucestershire's councils and partners have created a community help hub to connect local people who need help, with others who may be able to offer some support.

Here is the website:

<https://www.gloucestershire.gov.uk/helphub>



If you have any concerns about you or those around you being in contact with or contracting the coronavirus please go to the 111 online service at 111.nhs.uk or call the NHS on 111.



Just in case you get poorly and need to be seen by a medical professional it would be a really good idea to make sure you have an up to date Hospital Passport, this is now called My Health Passport. If you don't have one you can find it on our website:

<https://www.ghc.nhs.uk/other-areas/learning-disabilities/key-documents-resources/>



It is really important that you stay inside and only go out when you absolutely have to, for example to get food or medicines.

It is also really important that you wash your hands regularly.



When you are at home it is important that you keep busy and active so we've made a planner to help you to plan your days and set some goals.

You can find the planner and lots of other useful resources here:

<https://g-care.glos.nhs.uk/pathway/590/resource/7>

We hope that you stay well and we are sorry that we are not able to do the things that we usually do (like visit you at home or invite you to our offices) but we need to make sure that everyone is safe.

Please take care of yourselves.

The Community Learning Disabilities Teams