



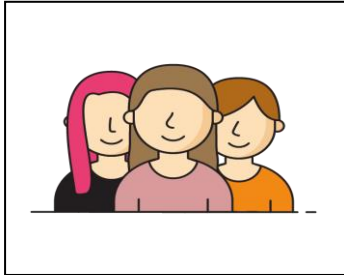
# THE SUPPORTER NEWSLETTER

9 October 2020






**NHS**

South West  
Yorkshire Partnership  
NHS Foundation Trust



## Wakefield Recovery and Wellbeing College

-  [wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)
-  [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)
-  01924 316946
-  @W5TRC
-  [facebook.com/wakefieldrecoverycollege](https://facebook.com/wakefieldrecoverycollege)

Hello everyone! We're well and truly in autumn now, with the falling leaves and the conker picking – I love this time of year! Getting wrapped up on a sunny crisp day for a walk, preparing pumpkins for Hallowe'en or baking blackberry and apple crumble – yum! What do you like about autumn? What things are you doing to keep you busy now that the nights are a little darker? And that all important question...have you put the heating on yet??? Get in touch and let us know 😊 Lindsey.

### Autumn Gold

Autumn arrived this morning with a bang  
Heavy clouds form on the horizon  
Threatening dull and gloomy

But look for the remaining bright rays of sunshine  
Forcing their way through before the onset of winter  
Love the autumn gold with its bright colours:  
Gold red and yellow leaves  
Hear the magical sound of leaves underfoot  
Enjoy the moment as the days get colder and winter approaches  
Icy mornings start to appear with frosted window panes.

The sun wrestles with the clouds on the horizon and turns  
The cold air to a vaporous mist in the mornings  
The clocks are ready to move back  
It is a transitory time to be enjoyed as nature tells us.

RYDER 2020

**Bądź miły dla siebie i innych. Be kind to yourself and to others.**



[wakefield.yorkshiresmokefree.nhs.uk](https://wakefield.yorkshiresmokefree.nhs.uk)



## **FREE for Wakefield** **Online Training** **Make your Money Work For You**

Starting Tuesday 27<sup>th</sup> October at 11.30am

**Flexible study – Go at your own pace**  
**Work from home or at Dominion Training in Wakefield**  
**Online modules – Support by email, phone and Zoom**

### **What you will receive:**

- High quality training
- Greater confidence in managing your money
- Personal coaching to achieve your goals
- Career Guidance
- A Certificate of achievement when you complete the course

### **Money Confidence in:**

- Earning
- Spending
- Cash forecasting
- Household bills
- Make your bank work for you
- Build a good credit score
- Manage debt
- Save for the future

### **Your Goals**

- A new job?
- Your own business?
- Further education?
- Training?
- A better relationship with money
- A better balance in Life
- Clear direction
- A Purpose in life



For further information, please contact  
Stephen either by e-mail [stephen@flipside.uk.com](mailto:stephen@flipside.uk.com) or  
Mobile: 07803 184300

Each year in Wakefield District smoking is responsible for around a third of deaths and 4,700 hospital admissions are attributable to smoking. Smoking does not just affect the person who smokes, it can also harm those around who inhale the fumes. Passive smoking is especially harmful for children as they have less well-developed airways, lungs and immune systems and is therefore one of the leading causes of poor respiratory health in children. Children who live in a household where at least one person smokes are more likely to develop conditions such as asthma and chest infections like pneumonia and bronchitis.

If you need help to quit smoking please contact Yorkshire Smokefree Wakefield on 0800 612 0011 free from a landline, 0330 660 1166 free from mobile or visit

<https://wakefield.yorkshiresmokefree.nhs.uk/>

<https://vimeo.com/395267481>

<https://vimeo.com/395267166>

#BeKindtoYourselfandtoOthers



## Live Well Wakefield

### New Beginnings for Mental Health

This free on-line course runs over 7 weekly sessions via your laptop or tablet and can help support anyone over 18 who is living with depression/anxiety which is challenging their mental health. The course offers people:

- Tools to address many of the common symptoms experienced when living with a mental health challenge
- Advice around healthy eating in relation to mood
- Techniques around relaxation and managing anxiety
- Tools to manage depression and improve our communication skills with our healthcare teams.

*Our courses are free and are provided by your local NHS. They are run by volunteers and staff who have mental health challenges just like you. Call Janet on 07920 711983*

For more information contact Live Well Wakefield on 01924 255363

Visit our Facebook page: [www.facebook.com/Livewellwakefield](http://www.facebook.com/Livewellwakefield)

Self-Management



We need your help

Please let us know asap if you are unable to attend a course/workshop. We are working hard at trying to offer our students the courses they request and we have waiting lists in place on some.

If you do not let us know you are unable to attend you may not be able to attend any other courses for the rest of the current term

Many thanks

## Free Meditation online sessions

Pastoral and spiritual care service is now offering **online** lunchtime meditation sessions to help students, staff, service users and volunteers to maintain peace and calm by taking time out to unwind and recharge their batteries.

The session will be held every Thursday from 12.30pm to 1.00pm on Microsoft Teams.

To join us, please click on the link below.

[Join Microsoft Teams](#)

[Meeting](#)



[Learn more about Teams](#) | [Meeting options](#)

↑↑↑ Thursday mornings from 10:30am – 1:00pm from 15 October until 26 November 2020 (7 weekly sessions) ↑↑↑

But where are the answers to last week's quiz??

We're keeping you on your toes a week longer! Next week, you'll be able to find both last week and this week's quiz answers



*Be True To You*  
COACHING FOR THE MIND, BODY AND SOUL

We'd love to welcome our newest partner "Be True To You" to our Recovery and Wellbeing College team. Check out more about them on our website under "Partners".

Last week we mentioned ESOL For Beginners, but we forgot to explain what ESOL is! We're sorry about this – it stands for English for Speakers of Other Languages. If you know of someone who might need help with their English, please let them know about these courses – they're usually free of charge!

## ESOL For Beginners

### Mondays

From 28th September

Agbrigg Community Centre, Montague St WF1 2BB  
9:30-11:30am

St John the Baptist RC Church, Newland Lane Normanton WF6 1BA  
1:00-3:00pm

### Tuesdays

From 29th September

No class

The Rainbow Café  
26 Duke of York Ave  
Pertobello, WF2 7BY  
12:30-2:30pm

### Wednesdays

From 30th September

Ghausia Education Centre, 41a Duke of York St, WF1 3PD  
9:30-11:30am

St Swithuns Community Centre, Arncliffe Rd Eastmoor, WF1 4RR  
12:45-2:45pm

### Thursdays

From 1st October

The Ridings  
102 Cathedral Walk (near the cinema)  
9:30-11:30am

Balne Lane Community Centre, Balne Lane WF2 0DP  
1:00-3:00pm

### Fridays

From 2nd October

The Ridings  
102 Cathedral Walk (near the cinema)  
9:30-11:30am

No class

Classes are open to Wakefield residents aged 19+ who are not in employment\*

For more information Karen Quigley on 07584 333081, or email kquigley@wakefield.gov.uk

\*Please note Asylum Seekers are not eligible for these classes.

wakefieldcouncil  
working for you

## TURNING POINT TALKING THERAPIES

As October is now upon us and the autumn months and dark nights loom ahead, our online workshops are still available online throughout to provide support as furlough schemes come to an end and more and more organisations begin to tentatively re open – or as is the case in the last few days – possibly prepare for further local lockdowns and restrictions.

Our webinars will continue to cover four areas that we believe people have been most affected by, and that has been amplified by COVID-19 and beyond. Our therapists have taken care and consideration to compose the content of these workshops to considerably address the pressures that most are facing. This includes:

- Anxiety & Worry - Wellbeing at Work - Sleep - Mindfulness

Our website is live now for bookings for September and October dates will be live within the next working week, these can all be accessed via (link below). We are also promoting our workshops across all of our social media platforms so please feel free to share these too to get the word out across the district.

**LINK TO BOOK:** <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

## THOUGHTS FOR TODAY

As we travel on our paths through life  
Think of those we have met along the way  
People whom we have connected with on  
life's journey

And as dark clouds again threaten  
Remember those who have helped and  
supported us

Think of them as being there as a guide to  
make us the person who we are today.

Do not forget that we have all travelled a  
long way

This life is full of ups and downs: it is the rich  
tapestry of life.

As the sun sets

Reconnect with the past:  
In order to help us with the future.

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 **autism plus**  
Specialist Employment Support



Do you live in Wakefield district?



Do you have autism  
(diagnosed or undiagnosed)?



Do you want help improve  
the lives of people with autism?

We are currently undertaking a research project  
within the wakefield district and we would love to  
hear your views!

Please get in touch!  
research@autismplus.co.uk  
07814 732386

# STEP FORWARD

**Providing Specialist Employment Support to adults with autism in the Wakefield District**

Helping individuals to move into education or employment

Our Step Forward project can help by providing one to one sessions, social groups and job club opportunities in local areas

This project is funded under the PEAT project in partnership with Wakefield Council

To enquire about our support or to check eligibility for the project, please contact our team on 07921484342 or [stepforward@autismplus.co.uk](mailto:stepforward@autismplus.co.uk)

We are also offering discounted Autism Awareness Training to employers across the Wakefield area. To find out more please get in touch.

## DO YOU, OR ANYONE YOU KNOW LIVE IN ANY OF THESE AREAS?

S72 9	WF10 5	WF7 7
WF10 1	WF11 0	WF9 2
WF10 2	WF11 8	WF9 3
WF10 3	WF4 1	WF9 4
WF10 4	WF4 2	WF9 5

**Do you have autism or any additional needs? Would you like support into employment, education or training?**

If you have answered yes to all these questions, you may be eligible for free support from the Step Forward Project. For further information contact us on 07854586781 or [stepforward@autismplus.co.uk](mailto:stepforward@autismplus.co.uk)

\*Due to funding criteria, eligibility is based on postcode.



## ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic. It feels better" - Dalai Lama**



**5** Start your day with the most important thing on your list

**6** Do something constructive to improve a difficult situation

**7** Remember that things can change for the better

**8** Make progress on a project or task you have been avoiding

**9** Avoid blaming yourself or others. Just find the best way forward

**10** Take time to reflect on what you have achieved this week

**11** Focus on a positive change that you want to see in society

**12** Look for the good intentions in people around you today

**13** Put down your To-Do list and let yourself be spontaneous

**14** Do something to overcome an obstacle you are facing

**15** Look out for positive news and reasons to be cheerful today

**16** Thank yourself for achieving the things you often take for granted

**17** Share your most important goals with people you trust

**18** Make a list of things that you are looking forward to

**19** Set hopeful but realistic goals for the week ahead

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Share an inspiring idea with a loved one or colleague

**23** Write down 3 specific things that have gone well recently

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

**26** Start the week by writing down your top priorities & plans

**27** Be kind to yourself today. Remember, progress takes time

**28** Ask yourself, will this still matter a year from now?

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

## SEASONAL CHANGE

The fields of corn are showing  
rolled up bales  
The white clouds float by in the  
morning sunlight  
Creating a perfect scene for the  
artist's palette:

Do not be deceived  
Changes are afoot  
The sky temporarily darkens as  
heavy rain clouds form  
The great clouds form into an  
anvil shape  
Threatening gloomy and black:

You forgot your umbrella  
A sudden freezing downpour  
Soaks through your summer  
clothes  
You scramble for the car  
Hot coffee is a must and waiting.

The lawn is covered in leaves  
The wind rocks the house  
Look carefully for the remaining  
sunlight:  
Forcing a shaft of light through  
the gloom  
Giving a spectacle often missed

Trample the leaves underfoot with  
a satisfactory crunch  
Kick them up  
If you dare:  
Avoid the man who swept them  
neatly into a pile.

Watch and enjoy:  
The days as they shorten  
Love the colours with its resonant  
hues  
Autumn slowly unfolds.

RYDER 2020

## This Week's Quiz...



## All things October

1. By what other name do carved pumpkins usually go by in the USA?
2. Which two star signs could you be if you have a birthday in October?
3. October was originally which month of the year  
a. 4<sup>th</sup>    b. 6<sup>th</sup>    c. 8<sup>th</sup>
4. October 21<sup>st</sup> is dedicated to what fruit in the UK holiday calendar?
5. October is the "national month" of which red-haired animal?
6. True or False... There have been more US Presidents born in October than any other month?
7. The Saxons referred to October as "Wyn Month". What does this translate to?
8. Which beer-related Bavarian festival takes place every year in October?
9. Which gemstone is the official October birth stone?
10. What has the annual The Simpsons Hallowe'en special always been called since 1990?

## Hearing Voices Group Facilitation (3-day zoom training)

Suitable both for professionals and for those with lived experience of voices, visions or beliefs — for anyone looking to enhance existing facilitation skills or to learn from scratch — user-survivors, support workers, psychologists, nurses & O.T.'s all welcome.

Session 1: Fri 23 October 10am – 3pm (inc. 1 hr 15 mins total breaks)

Session 2: Fri 30 October 10am – 3pm

Session 3: Fri 13 November 10am – 3pm

Register here: <https://oct2020hvfac.eventbrite.co.uk>

Registration entails a commitment to attend all three sessions.

### ABOUT HEARING VOICES GROUPS

Peer support groups are an established and valuable resource for people who experience voices, visions and other unusual sensory perceptions or alternative realities. Groups provide a safe space for people to share individual viewpoints, support each other, and find ways of making sense of their experiences. When we locked down in March there were upwards of 30 Hearing Voices or Paranoia & Beliefs Groups across the capital, and across the nation roughly 150. Hearing Voices Networks are flourishing in >26 countries. The majority of groups take place in the community, but others can be found embedded e.g. in hospitals, prisons & Early Intervention teams.

### MIGRATING THE GROUPS ONLINE

We will look at the benefits and challenges of holding peer support groups online, and provide space to explore different ways of facilitating online. This course will help you get a sense of how setting up and facilitating an online group might work. It can also be a practical starting point for creating an online version of what was previously a face-to-face group.

The content will also include:

- Exploring diverse understandings of voices, visions, beliefs & 'psychosis'
- Coping strategies and pathways to recovery
- Rethinking power & empowerment
- Practical group facilitation skills and problem solving
- Hearing Voices Network ethos

### COURSE FEES

FREE - People with lived experience of voices or beliefs

£75 - Self-funded individuals

£130 - Voluntary sector organisations

£180 - Private healthcare & NHS

\*The full fee will be chargeable if you cancel less than 7 days before the event

From Open Country's October 2020 newsletter:

### Masking a problem



The effect of non-recyclable waste created due to Covid-19 is likely to prove extremely damaging to the natural world. Here is a picture, taken in Yorkshire, of a young peregrine falcon with his feet trapped in a discarded face mask. One name for a peregrine is 'wanderer'. Please take care of your PPE, making sure it does not 'wander' and ideally, use washable face coverings where you can.



Credit: Steve Shipley Photography

## Saturday 10<sup>th</sup> October is World Mental Health Day

World Mental Health Day is day recognised each year by the World Health Organisation (WHO) to take time to think about our Mental Health and take action.

This year, we're going to be wearing #GreenForMentalHealth 🌿 in solidarity with Poppy Jaman OBE (@PoppyJaman) and her #GreenSareeForMentalHealth pledge.

We loved hearing Poppy's open and honest story about her life, her mental health and her family. Poppy has very kindly let us share her story with our students and wanted to also make you all aware of support available through Student Space @StudentMindsOrg ([www.studentspace.org.uk](http://www.studentspace.org.uk)) and the Charlie Waller Trust @CharlieWallerUK ([www.charliewaller.org](http://www.charliewaller.org)).



Read Poppy's story on the next pages, or at <https://poppyjaman.wordpress.com/2020/10/03/greensareeformentalhealth/>



# A story about the green saree.

\*this blog talks about suicide and maybe emotional. Please apply self care.

Two weeks ago I dropped my baby girl off to University. She was excited to meet her new flat mates and start the journey of independence, new knowledge and friendships that will shape her into the woman she will become.

5 days ago I received a call from my girl telling me through tears in a broken voice that a young person in her friendship group had died by suicide. Words are not enough for the loss that young person's family are going through. My heart shattered by this devastating news. I have reached out to their family. This loss is all of our loss.

My own maternal instinct was to drive 5 hours to go and see my girl right there and then. However that city is in lockdown. So doing the most natural thing a mum could do to sooth and to comfort with my arms around my baby has been made impossible by the pandemic. My girl is doing okay and I am very proud of her.

It is world mental health day next Saturday the 10th of October. Over the last 5 Sunday's I have been recording conversation with women from my Saree community on Instagram. I called it the #GreenSareeForMentalHealth campaign. I interviewed 5 women I respect and admire; Vini Tandon Keni, Chinna Dua, Sunena Gupta, Nandini Sarkar-Shinde and Neha Sharma. We discussed mental health from our diverse perspectives. Little did I know that as I was building this awareness campaign focusing on positive mental health, in a parallel, not too distant world there was a young person struggling and losing hope. That for them carrying on was beginning to feel out of reach. Mental illness doesn't kill, social stigma, self stigma and judgment does. If there is one wish I could have I would delete 'shame' from mental illness.

Losing the stigma starts with us. I'm convinced that my own mental health journey would have been very different if I'd been able to talk about it at critical stages of my life.

I'm a third generation British Bangladeshi. My Dada (grandad) came to UK in 1959, having served in the merchant navy for 20 years. My dad joined him when he was about twelve years old. They worked hard to provide food, shelter and education for the family back home. My dad lost his childhood, and 5 year ago he passed away at the age of 64, so he was robbed of his old age too. He was part of a generation of lonely young men who sacrificed everything to create a better future for their families.

I was born in house made of mud and straw.

It was small, and crowded. We had no electricity, no sanitation or running water. My grandmother reared chickens and sold eggs to buy our first bit of paddy field to grow rice in. My mum was 14 when she married my dad on one of his rare visits to Bangladesh. She was 15 when I was born and my dad was back in England. We joined him in UK two years later.

So here you have a young couple, without role models, or the support of an extended family, doing their best to beat poverty, raise children, grow into a foreign community and have a sense of identity in an environment where nothing feels familiar especially the language. You can understand why preserving their values and culture through food, dress, religion, language, marriage customs and gender roles – was so important to them. They struggle, they adapt as much as they possibly can, they find a place in their migrated life that works for them and then it happens...the first child (me) hits teenage years.

(Parenting teenagers can often cause huge turmoil and distress. I have done it four times, I should know!)

I was an intelligent, ambitious, Bollywood-loving, dance-loving, religion-hopping, contradiction-filled, know-it-all teenager. Trouble and troubled The one constant was my school routine, and some unforgettable teachers who made a lasting impression. Some were racist, motivating the activist in me. But others opened up my world and led me to believe that anything was possible.

I became skilled at managing multiple parallel lives: I was head girl and I bunked school, I was a grade A maths and science student, with ambitions of becoming an electronics engineer yet I knew I'd be lucky if I was allowed to attend college at all. I was my mother's main support yet I was self-harming.

As a parent now, I can say that I was every parent's nightmare. Eventually I got involved with the wrong crowd and in desperation my parents decided it was time I was married. So, at 17, I was married to someone six years older who I met for the second time on the day of my wedding, in a country I didn't recognise as home.

A couple of years later I gave birth to my first daughter and also got my first diagnosis of depression. I wanted to be a good mother,

and I wanted to die. Life was very dark for a while. In my early 20's I tried to end my emotional pain twice. I'm so glad I failed and I am here. Recovery is possible, it needs someone to hold your hope when you aren't able to. At that time of despair I remember being held by my health visitor and my best friend from school.

I was really unhappy, ill and scared. I feared I might lose my child to poor parenting. For multiple reasons I left my marriage. I was a single parent and I was driven by my need to be a good mother. I knew I had to achieve financial freedom. poverty as a single parent was not an option either. Like my dad, I too lost my childhood to work, parenting and mental illness.

I often wonder what difference a few good quality conversations would have made in my youth. Conversations like the ones I've since become skilled at because of my mental health first aid training. Fortunately, my story has a happy ending. My journey brings me here today towards this world mental health day. With my loving family by my side. I am lucky.

Most of us will have experienced some kind of mental health distress in our life. The more we, as individuals, share our personal experiences of the full spectrum of mental health, the less extraordinary they'll seem. We need to own our mental health as a normal part of everyday. World Mental Health Day serves to remind the global community that mental ill health can affect any one of us, no matter where we were born, brought up, or live. It's not about the things that happened to me it's about the fact that I experienced depression and anxiety as a result. A common and natural human response.

I believe that each time we share our personal experience, the stigma of mental illness shrinks a little and if more people join in the telling, I have no doubt we can realise our dream of a healthier, more compassionate, stigma-free world and now more than ever we need compassion and kindness.

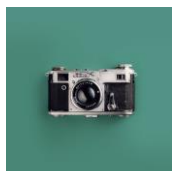
I am so grateful to my friends for all their continued support over the years. I am beyond heartbroken that another young person has died by suicide. I stand in solidarity with anyone who has experienced a mental health issue and anyone that has been touched by suicide.

Hold young people in your worlds close and squeeze them hard and remind them every day that they are loved.

For this years world mental health day I invite you to move from having empathy to compassion- by taking action. Here are five things you can do...

1. Have a conversation about mental health and explore what it means to you?
2. Learn self care – work out your stress signature and your personal wellbeing toolkit.
3. Check out and signpost everyone you know to the Every Mind Matters platform – education is key. <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
4. Do the 20 minute online suicide prevention training – skilling up to be confident to talk is necessary [https://www.relias.co.uk/hubfs/ZSA-FullTraining-10012020/story\\_html5.html](https://www.relias.co.uk/hubfs/ZSA-FullTraining-10012020/story_html5.html)
5. Join me next week on world mental health day to show solidarity by posting a green picture with the hashtag #GreenForMentalHealth or #GreenSareeForMentalHeath. Everyone welcome to join in.

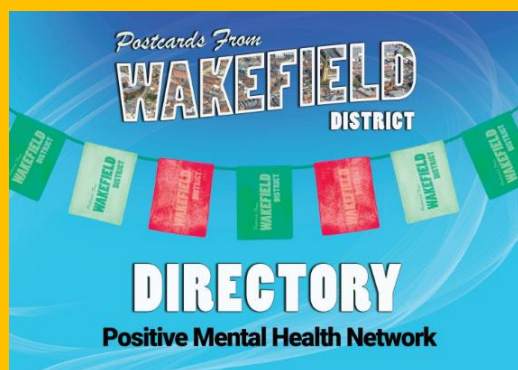
**We would like to say a huge thank you to Poppy for allowing us to share her story. Will you be joining Poppy, the College and a whole host of others by wearing green on Saturday? Send us your photos if you do – we'd love to share them with people next week!**



## You Said, We Did...

You asked us for a link to a support directory and, as we are part of the Wakefield Positive Mental Health Network, we played a part in the Postcards From Wakefield directory. Take a look here for more support...

[https://issuu.com/onetooneproductions/docs/mental\\_health\\_directory\\_final](https://issuu.com/onetooneproductions/docs/mental_health_directory_final)



The Government has launched a range of free courses to learn new skills and expand your education, from maths and English, to computer and leadership skills.

<https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>



**NHS**  
Yorkshire  
Smokefree Service

This #Stoptober let  
@YSmokefree

help you to quit smoking for good. They can help you with a personal quit plan that will help you stay smokefree one day at a time  
<https://yorkshiresmokefree.nhs.uk>



Women living in West Yorkshire and Harrogate can now use a new digital tool, [My Pregnancy Journey](https://mypregnancyjourney.co.uk/), to help them [make choices about their care](https://mypregnancyjourney.co.uk/) in pregnancy, in labour and following the birth of their baby.

<https://mypregnancyjourney.co.uk/>



Residents of the Wakefield district are being asked to take part in the Knottingley and Ferrybridge Masterplan consultation – either online, by sending a letter, via email or by making a phone call before 16 October. For more details, visit [https://citizen.wakefield.gov.uk/knottingley-and-ferrybridge-masterplan-consultation-is-online/?utm\\_content=bufferc6112&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](https://citizen.wakefield.gov.uk/knottingley-and-ferrybridge-masterplan-consultation-is-online/?utm_content=bufferc6112&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)

Check out this fantastic article from the BBC, endorsed by the eating disorder charity BEAT, looking at eating disorders in men (specifically bulimia).



<https://www.bbc.co.uk/news/new-sbeat-54343453>

Kooth is a free online counselling and support service for young people aged 11-25. Available 24/7 for young people in Calderdale, Kirklees and Wakefield

Away at university or college? You can still use Kooth - just use your home contact details

<https://www.kooth.com/>

Have you downloaded the NHS Test & Trace app yet? Did you know that it...

- ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents
- helps trace close recent contacts of anyone who tests positive for coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus