

What next for health and care in your area



To everyone living in Bristol, North Somerset and South Gloucestershire.



The NHS is 72 years old. Thank you for everything you have done to help the NHS and fight Coronavirus.



This letter is about what is happening in Health Services.



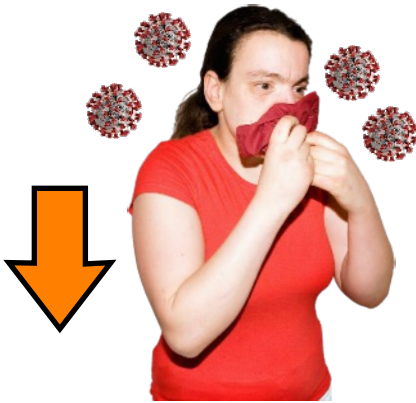
The last 4 months have been difficult for us all because of Coronavirus.



And it is very sad for anyone who knows someone who has died.



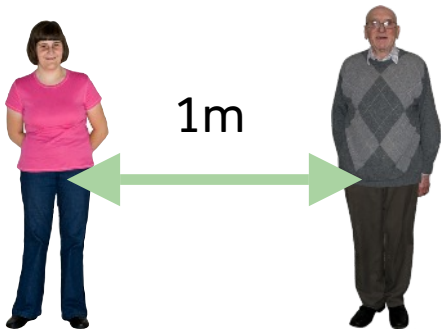
We need to say a big thank you to all the health, social care and other key workers who have worked so hard.



Because of lockdown there are now less people with Coronavirus, so we can start to go out more and do more things.



But it has not gone away so we still need to be careful.



You still need to make sure you:

- do not get too close to other people, stay 1 metre or more away



- wash your hands lots, especially when you go out and come back inside or touch things other people have touched



- use hand gel if it is there



- try not to touch your face



- wear a mask in all health and care places, on a bus or train and when you are close to others.



We need to slowly start going back to normal but do it as safely as we can.



But if more people start to catch Coronavirus again the councils will do things like shut places down again.



Staying at home to keep safe

Lots of people who have stayed in will need help to get back to normal.



We will keep supporting people, but we ask everyone to keep an eye on any neighbours, friends and family who might need help.



Being worried

We know lots of people are very worried at the moment.



We will be supporting people more with their worries and mental health.



Some people have been in touch with services by phone and video and we plan to do more of that for people who can.

Services opening again and changes to care



Lots of Health services are open again and more will open soon.

We are trying to see urgent people first.



But there will be some changes to keep everyone safe:

- you need to wear a mask when we see you



- staff will wear masks as well



- sometimes, you might have to wait longer



- we might do some things differently



- we will send you more information about services and how we are doing things



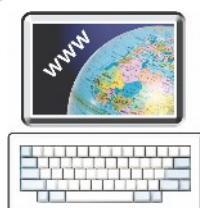
There is more information here
<https://bnssgccg.nhs.uk/health-advice-and-support/health-services-during-coronavirus-covid19/>



But it is not in EasyRead.



If you have a question you can send it to us here
<https://bnssghealthiertogether.org.uk/connect-with-us/>



Thank you from everyone at Healthier Together, a group of local organisations working together on health and care. Click here for more information:
www.bnssghealthiertogether.org.uk

Getting help

If you think you have coronavirus



- If you are coughing a lot, can't smell or taste things properly, or have a temperature you need to stay inside. Do not go to your doctor or A&E. Call 111 or your doctor instead.



- For other help call the wellbeing support line: **0300 303 1320**.



Other problems

- If you are very ill call: **999**.



- Do not go to A&E unless it is an emergency or you have been told to go.



- If it is something not so urgent ring your doctor, ask at the chemists or go to the Minor Injury Units in Yate and Clevedon or the Urgent Treatment Centre in South Bristol.



Care at home

- If you get care at home and need to talk about that call: **0300 125 6789**.



If you are staying inside and need help with things like shopping or medicines call:

Bristol: We are Bristol: **0800 694 0184**



North Somerset: North Somerset Together: **01934 427 437**



South Gloucestershire: **0800 953 7778**

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