

Staying connected

- updates, opportunities and support
from the Patient Participation team

Edition 1, 15th April

Updates from the team

“Hello” from Rachael Brown, Patient and Community Engagement Facilitator



“Hello Side-by-Side members! I am pleased to say that I rejoined the team mid-March and it’s good to be back. When I returned to the office it was quite funny seeing a larger than life picture of myself on the wall! It’s not been ideal nor quite what I had hoped for, being based at home with the Covid-19 situation, but getting on well considering.

I’ll be working part-time for the foreseeable future and focused on a couple of projects for Research and Improvement, not specifically engagement. Nicola and Yerin will keep me in the loop and I look forward to joining you all again at a later date. Take care, Rachael”

Covid-19 Symptom Tracker App - help slow the spread



An app has been launched to help track the spread of Covid-19 and provide real-time information on how the disease is spreading in the UK, including hotspots. **Covid Symptom Tracker** is a collaboration between researchers at King’s College London and Guy’s and St Thomas’ hospitals.

The free app initially asks users to provide some general information such as your age, location and details of any pre-existing medical conditions. Once this has been completed, all you need to do is log on once a day and report whether you feel healthy or not (this takes less than one minute!). To download the app please visit the [Covid Symptom Tracker website](#).

Blog: Fit testing FFP3 - what’s it all about?



In the first of a series of pieces of content that we will be sharing regarding what we’re learning as a result of Covid-19, Sarah Williams spent a week helping to fit test FFP3 masks on some of our front line staff, and explains what happens during these tests.

[Read the blog on the Academy website](#)

Support available

For the latest information and guidance on Coronavirus from Solent NHS Trust, including updates, important visitor guidance, referrals for vulnerable people and health and wellbeing resources, [please visit the trust website](#).

NHS Mental Health Triage Service

If you or someone you know is experiencing a crisis and needs urgent mental health support, please get in contact with the **NHS Mental Health Triage Service** by calling 111 or visiting <http://111.nhs.uk>.

They are available 24 hours a day, seven days a week across Hampshire and the Isle of Wight.



SO:Linked - support for Southampton residents

SO:Linked is a service for people who live in Southampton (or registered with a Southampton GP), who are looking for activities, groups and services that are local, in order help improve or maintain health and general well-being.

To find services in your area, simply [visit their website and use the search and filter function](#). This service is run by Southampton Voluntary Services in conjunction with Mind.

Connect to Support Hampshire - local information relating to Covid-19

Connect to Support Hampshire aims to help you stay independent and to manage your own care by enabling users to find local groups, activities and services. They have also developed a set of helpful resources specifically relating to Covid-19 that you can [now find on their website](#).

Opportunities to get involved

Optitip study documentation review

The Optitip Study is a preliminary study which aims to assess a new type of catheter design called Optitip. We have been working on the documentation for the Optitip study over the last couple of months and it would be really useful to have some patient and community feedback on them. The documents include a participant information sheet, informed consent form and a number of others.

If you would like to be involved in reviewing any documents for the study please email Cathy Murphy (c.murphy@soton.ac.uk).

CLIMB research study participation

We are still recruiting participants for the [Solent CLIMB study](#) which is open to all UK residents. The study aims to explore public views on the sharing of health and social data for clinical purposes and for research.

The study is completed online anonymously, and we ask that if you do choose to take part, that you select "Southampton - Solent NHS Trust" or "Portsmouth - Solent NHS Trust" when asked where you heard about the study. To take part please [visit the CLIMB Project website](#).

National Health Data Consent Survey



How do you think health data should be shared and used?

Share your story

We are always looking to share examples of where we have improved or influenced change in our services as a result of working with you, our patients. With this in mind, if you have a story or an experience that we could work together to develop into a blog, news story, infographic, video or podcast (the possibilities are endless!) please drop us an email: involvement@solent.nhs.uk

Let's stay social!

Now, more than ever, we understand the importance of staying in contact and keeping lines of communication open. With this in mind, we'd like to know if you'd find some form of network-wide "check-in" useful. This could take place once every few weeks, or on a more ad-hoc basis.

If you like the sound of this, let us know by emailing involvement@solent.nhs.uk and we can work out what would work best for everyone. In the meantime, you can also keep up to date with what's going on in the Academy by following our social platforms:



[@solentacademy](https://twitter.com/solentacademy)



[/solentacademy](https://www.facebook.com/solentacademy)

We hope you've enjoyed this first "Staying connected" bulletin and look forward to catching up with you all in the future.

Kind regards,
The Academy Team