**Staff Helplines – Updated location**

We have a number of helplines and support options available for staff. You can find this information on the [NHS Lothian Staff page for COVID-19](https://staff.nhslothian.scot/COVID-19/Pages/NHS-Lothian-Staff-Wellbeing.aspx).

**Important Information**

**BP Fuel Offer Ends 7 June**

In earlier editions of the Speed Read, we made you aware of BP offering free fuel to NHS Lothian vehicles allocated an all-star fuel card. BP have notified us that this arrangement will come to an end on Sunday 7 June, where normal pump prices displayed on the forecourt will be charged.

If you have information that you would like to be considered for the Speed Read please send it to lothian.communications@nhs.net by 3.30pm each day. Please ensure that your service is content with information before sending.

**Staff Health**

**Recurring Staff health information** - The current Staff Health and Wellbeing information can be found on NHS Lothian website by clicking here: [https://staff.nhslothian.scot/COVID-19/Pages/NHS-Lothian-Staff-Wellbeing.aspx](https://staff.nhslothian.scot/COVID-19/Pages/NHS-Lothian-Staff-Wellbeing.aspx)

**A Reminder**

This Section contains previously issued important information, which is unchanged –

**Reducing workplace risk from COVID-19**

It is essential that we work together to reduce the COVID risk in our workplaces, as much as we practically can. No area is completely safe from COVID-19 if we don’t observe the rules of hygiene and social distancing.
The virus is most commonly spread by droplets, so please remember to follow the following advice,

- Where possible, stay 2 metres away from other people
- Work from home, where possible
- Travel as safely as possible
- Wash your hands & follow cough/sneeze etiquette
- Minimise the number of people you meet with.

Sometimes it is not possible to maintain 2 metres physical distance when we are working, but we must follow
the rule whenever we can. It is particularly important to remember that we should not let our guard down in
‘green’ zones’, or, for that matter, when we are in the supermarket during NHS and key worker hour!
Physical distance rules are extremely important wherever you are, not just in high risk ‘red zones.’

Colleagues from Occupational Health have produced guidance and advice on reducing the risk from COVID-19 in the workplace (available on the COVID-19 base of the intranet - published under ‘Other Staff Updates’ on 20th May - or click on the following link: Reducing Workplace Risk COVID-19

Also, see the ‘COVID-19 protecting yourself and others’ poster on the intranet, available through this link: protecting yourself and others.

NHS Lothian in the news – Emergency Eyecare Treatment Centre

STV News featured a positive piece, reminding the public that we are here for them when they need urgent
healthcare advice or treatment. In case you missed it, you can watch the piece on the intranet-
http://intranet.lothian.scot.nhs.uk/News/LatestNews/Pages/EmergencyEyeCareCentreOnSTV.aspx and on the
internet - https://news.nhslothian.scot/Pages/20200603_EmergencyEyecareTreatmentCentreOnSTV.aspx

Mental health and COVID-19 – how to support recovery?

The Royal College of Nursing (RCN) Scotland is hosting an online event on Wednesday 17 June (6.30pm – 7.45pm) with discussions on how health professionals, organisations and service users can work collaboratively to respond to the challenges of the pandemic and the key role mental health nursing plays in providing support for people at all stages of life. The event will be chaired by Theresa Fyffe, RCN Scotland Director, who will be joined by:

- David Thomson, Associate Director of Nursing, NHS Ayrshire and Arran, and Chair of the Mental
  Health Nursing Forum Scotland
- Professor John Crichton, Consultant Forensic Psychiatrist, Chair of the Royal College of Psychiatrists in
  Scotland and Vice President of the Royal College of Psychiatrists UK
- Representative from SeeMe Scotland (to be confirmed).

To reserve your place, please register here: https://www.rcn.org.uk/news-and-events/events/rcnscotland-
public-debate-2020

Black and Minority Ethnic staff – the impacts of COVID-19 - reminder

NHS Lothian is acutely aware of the concern felt by members of staff who believe they may be more
vulnerable to the ill effects of the coronavirus than others. We know through the work of our BME (Black and
Minority Ethnic) Staff Network that our own BME staff have particular concerns, because of the evidence
emerging from England and Wales about the disproportionate risk for some Black and Minority Ethnic people
from the effects of the virus.

The BME Staff Network. Union representatives, professional bodies, elected members, and other advocates
have told us about these concerns, and we take them very seriously. We have a duty of care to all of our
employees, and that means that if we know some people are particularly vulnerable to a particular risk, we
must make any reasonable adjustments we can.
Health Boards across Scotland are working with the Scottish Government to agree a national response to this challenge. At present, there is no reliable data in Scotland to indicate whether the disproportionate impact seen in England is happening in Scotland. Until we do have data, we will continue to support all staff to work safely, carrying out individual risk assessments wherever required.

NHS Lothian seeks to ensure that line managers are supported to have sensitive, supportive conversations with Black and Minority Ethnic staff that consider their health, safety and psychological wellbeing. Occupational health advice should be followed; psychological support, where sought, is available for staff across the NHS Lothian system. If you want to discuss your own personal circumstances, please contact the Staff Network via Rakiya.Suleiman@nhslothian.scot.nhs.uk

Validated Statistics as at 1400
A total of 120,601 people in Scotland have been tested through NHS labs to date. Of these:
- 105,048 were confirmed negative
- 15,553 were positive
- 2,395 have sadly died.

Important Reminders
You can now find useful links for the latest guidance and information on the COVID-19 Base on the intranet above the daily Speed Reads.

If you have any communication related questions please email: lothian.communications@nhs.net