

Dear CCG Stakeholder,

We hope that you are keeping safe and well. We wanted to send you a message to keep you up to date with our latest news.

Over the last couple of weeks, we have been busy working with our partners and providers to make sure that our services are as well-equipped as possible for dealing with the current situation.

In light of this, we have had to make the difficult decision to cancel our Way Forward Event that was scheduled to take place in May to help to keep our communities safe. We still plan to hold our Getting Better Together event in September and will keep you updated on this when more information is released from the government and when we have secured a date.

We will continue to update you on the latest opportunities to have your say and will shortly be sending out a survey to all members to get your views on being an Accord member and for your ideas on how we can improve our Accord membership.

This is a very difficult time for many of us and it is important that we look after ourselves physically and mentally to stay well. We have included some links (at the bottom of this email) to several online resources designed to help you to look after your physical and mental health and wellbeing. There is lots of advice, tips and information available to support you.

If you are struggling with your mental health due to the Coronavirus pandemic, there is a brand new service available for all ages in North East Lincolnshire which has been set up to support you 24/7 and can be accessed by phoning 01472 256256.

Please keep a look out for news and opportunities to get involved on our CCG and Accord website:

- [North East Lincolnshire CCG website.](#)
- [Accord website.](#)

You can also connect with us on social media. We are on Facebook, Twitter and Instagram. We regularly post health and care news, health advice, opportunities to have your say and more.

North East Lincolnshire Council have set up an email alert system to let you know about disruption to any of their services during the Covid19 pandemic. You can sign up for these alerts by visiting their webpage. [Click here to find out more and sign up.](#)

Online resources:

- Every Mind Matters (Coronavirus and Mental Wellbeing): <https://www.nhs.uk/oneyou/every-mind-matters/>
- Your Mind Plan (Answer the 5 questions in this interactive quiz to get top tips and advice for you): <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- NHS FREE workout videos: from pilates to aerobics choose from 24 instructor led videos: <https://www.nhs.uk/conditions/nhs-fitness-studio/>

As always, please get in touch with us if you have any questions.

Kind regards,

Sally, Jonathan and Katie

**Regards**



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