




ENABLING QUALITY IMPROVEMENT IN PRACTICE

# Tower Hamlets Our Latest Newsletter (11/05/2020)



## Happy May bank holiday: the silver linings to the coronavirus crisis

Wishing you all sunny, peaceful weekend, folks of East London.

Today's bulleting, in contrast with last week's, is information free. If this email was a form of exercise, it would be restorative yoga. If it was an animal, it would be a cuddly bunny rabbit. If it was food, it would be cake, and if it was a song, it would be Travis's "Flowers in the Window" (no gagging, nothing wrong with cheesy!).

The last six weeks have been difficult beyond our collective imagination. Painful, intense, and with much loss and grief. It's with profound respect towards to gravitas of COVID-19 that the following thoughts, some of which shamelessly stolen from Phil Hammond, are shared. Because the other side of grief, of course, is joy, and it can be a powerful and surprising thing to acknowledge that the two generally coexist. So, here's celebrating the little things, the silver lining of this cloud that we are all learning to know so well.

- Our citizens are becoming **more resilient and less dependent** on the NHS: self-management has received the strongest boost in memory. And whilst of course it's important to return to chronic disease management as soon as possible, something important is happening behind closed doors, and we need to figure out how to capture and bottle it.
- **The air** is so **clear and clean**!! Less pollution, great for asthma and the planet, and finally Greta can take step back, relax, and focus on some home

schooling. It's high time.

- NHS and social care staff now have **free parking**. Let's make it

permanent.

- **The chorus** of "coming over and taking our jobs" **has been silenced**, as people realize 1 in 8 staff are from overseas (that's actually 6 in 8, in the EQUIP team!) and 1 in 4 are BME. In social care, the ratios are even higher.
- The **CQC HAS SUSPENDED INSPECTIONS** and the **GMC HAS SUSPENDED REVALIDATION**. Plenty of time now to re-think and weed out the unnecessary...
- The NHS has been brutal about **stopping work of little or less proven value**. Let's not restart it. As in, ever. We now know that just doing what's necessary and right is more than enough work.
- Even the **anti-vaxxers have gone quiet**, and joined the rest of us in praying for a vaccine. Hallelujah.
- Leading to.... We might actually **hit our flu vaccine targets** next year, for patients

and staff both!

- All that **hand washing** will reduce all sorts of illnesses and **hairs in your**

### **takeaway!**

- Finally finally finally, and to the delight of our patients, we have **MADE OUR WAY TO TOTAL TRIAGE**... To find it's not that scary after all, and that, when done well, it comes packed with perks and opportunities.
- A crisis always bring out the best and the worst in humanity, and **the best appears to be winning**. NHS and social care staff are extraordinary. There have been over 500,000 NHS volunteers, and communities have come together to support each other and discover the joy of intelligent kindness.

- **CAPTAIN TOM EXISTS**. Period.
- You're probably calling your mom, dad, brother or sister, annoying auntie and best friend ten times more than you used to. And actually asking "how are you feeling". With time to listen the answer. **We are all talking**.
- Ladies, check out your **hair and nails**. All strong and shiny and full of white roots. No products, we are resetting to emerge lustrous (and ready for said products!!).
- **Exciting comebacks** have been made by precious long lost friends: **homemade food**, good 'ol **exercise videos, hobbies and books** for crying out

loud!!

- We are all managing risk and sorrow, and still making space for **five portions of fun per day**. As evidenced by this email.

Wishing you your five portions of fun per day for the weekend ahead. As a side to your main course, of meaning and connection.

Virginia