

Welcome to the December 2020 CPWY Committee Blog!

I feel very privileged not only to be a Community Pharmacy West Yorkshire committee member but to be asked to write the last Committee Blog of 2020... and what a year it has been for all of us!

As I was reflecting on the year and thinking about what to say in my blog, I came across this poem by a young poet called Tom Roberts. It might look a bit long but it's fabulous and really made me think about some of the amazing stories of kindness and going the extra mile that we as community pharmacists and our teams have shown over the last months. Take a read...

The Great Realisation, by Tom Roberts

*'Tell me the one about the virus again, then I'll go to bed.
'But my boy, you're growing weary, sleepy thoughts about your head.
'Please! That one's my favourite. I promise just once more.
'Okay, snuggle down my boy, though I know you know full well
The story starts before then, in a world I once dwelled
'It was a world of waste and wonder, of poverty and plenty
Back before we understood why hindsight's 2020
'You see the people came up with companies to trade across all lands.
But they swelled and got bigger than we could ever have planned
'We'd always had our wants, but now it got so quick.
You could have everything you dreamed of in a day and with a click.
'We noticed families had stopped talking. That's not to say they never spoke.
But the meaning must have melted and the work life balance broke.
'And the children's eyes got squarer and every toddler had a phone.
They filtered out the imperfections but amidst the noise, they felt alone.
'And every day the sky grew thicker, til we couldn't see the stars.
So we flew in planes to find them while down below we filled our cars.
'We'd drive around all day in circles. We'd forgotten how to run.
We swapped the grass for tarmac, shrunk the parks till there were none.
'We filled the sea with plastic cause our waste was never capped.
Until each day when you went fishing, you'd pull them out already wrapped.
'And while we drank and smoked and gambled, our leaders taught us why,
It's best to not upset the lobbies, more convenient to die.
'But then in 2020, a new virus came our way.
The government reacted and told us all to hide away.
'But while we were all hidden, amidst the fear and all the while,
The people dusted off their instincts, they remembered how to smile.
'They started clapping to say thank you, and calling up their mums.
'And while the cars keys were gathering dust, they would look forward to their runs.
'And with the sky less full of planes, the earth began to breathe.
And the beaches brought new wildlife that scattered off into the seas.
'Some people started dancing, some were singing, some were baking.
We'd grown so used to bad news but some good news was in the making.
'And so when we found the cure and were allowed to go outside,*

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*We all preferred the world we found to the one we'd left behind.
'Old habits became extinct, and they made way for the new.
And every simple act of kindness was now given its due.
'But why did it take a virus to bring the people back together?'
Well, sometimes, you got to get sick, my boy, before you start feeling better.
'Now lie down, and dream of tomorrow, and all the things that we can do.
And who knows, maybe if you dream strong enough, make some of them will come true.
'We now call it the Great Realisation, and yes, since then there have been many.
'But that's the story of how it started, and why hindsight's 2020.'*

Perhaps the Great Realisation for the NHS during the pandemic is how great we, as community pharmacy, all are and that we truly are the bedrock of primary care, keeping our doors open through the darkest of times so that local communities could continue to access medicines and health advice.

As Christmas draws closer please make time to be kind to yourselves and enjoy any well-deserved rest you can take over the festive period with your families... **you truly deserve it.**

Vicki Roberts

[Committee member](#) of Community Pharmacy West Yorkshire

Wellbeing Support

Pharmacists and their teams have been spending all of their time through this pandemic serving their patients and their communities. Amidst the pace of the days it is often too easy to forget about your own wellbeing and that of your teams. Please take some time to take care of yourselves and your teams so you can continue to take care of your patients and your communities; we hope the tools below will help you to do so.

A 'where to start guide' for pharmacy staff - The [wellbeing and accessing support during the COVID-19 pandemic – a 'where to start guide' for pharmacy staff](#) recognises that online support is widely available but the range of support can feel overwhelming and includes guidance to help you think about the type of help that you need.

[CPWY Your Mind Matters Event – January 2021](#)

If you are feeling **overstretched, overwhelmed, demotivated, stressed and near burnout**... Join us for a virtual evening designed to help you and your team beat stress, lift your spirits and boost your wellbeing. The event is free and open to all West Yorkshire pharmacy teams and is taking place on Tuesday 19th January 2021, 7.30pm – 9pm. [Click here to book](#).

NHS Resources

[Access the support via the NHSE&I website](#)

NHSE&I has organised a range of psychological support for all NHS staff, including those working in community pharmacy, during the COVID-19 outbreak. This includes

- [Free access to a number of wellbeing apps](#) (Unmind, Headspace, Sleepio and Daylight).
- Access to helplines and apps.
- Short [online guides](#) to help develop new skills and help improve your experience at work.
- [Confidential staff support line](#), operated by the Samaritans, which is free to access from 7.00 am – 11.00 pm, seven days a week.
- [#LookingAfterYouToo](#): Coaching support for primary care staff.

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Pharmacist Support Resources

Pharmacist Support is the profession's independent charity for pharmacists and their families, former pharmacists, trainees and MPharm students. The charity's [free and confidential support](#) includes a suite of [wellbeing resources](#).

West Yorkshire and Harrogate Health and Care Partnership (ICS)

[Information](#) on who to contact in a crisis, plus local information and support.

The ICS partnership has made resources available that have been selected by experts as representing best practice and being accessible to all health and care colleagues. They have been brought together to support health and wellbeing with a focus on all areas of life, care, and work. This is a longer-term offer, with the intention to sustain beyond COVID-19. It recognises that we are all individuals and may require different support at different points, during these challenging times. Access the resources [here](#).

CPWY Tribute and Thanks to West Yorkshire Community Pharmacy Teams

Community pharmacies in West Yorkshire have been working tirelessly throughout the COVID-19 pandemic to ensure patients and the public can continue to access their medicines. Community Pharmacy West Yorkshire has created this tribute and thank you for all community pharmacy teams. You are all amazing! Thank you. The tribute can be found [here](#) and on twitter [here](#).

Sign up to the PSNC mailing list to ensure you receive the weekly newsletters, alerts and updates [here](#). Sign up to our mailing list [here](#). Join [CPWY Connect](#) on the social media site Telegram and connect with pharmacy teams across West Yorkshire. Join by [clicking here](#).

Details of the CPWY Connect Zoom Events are on our website in the [training section here](#).

Community Pharmacy West Yorkshire's Role: We recognise and understand how much you and your teams are having to cope with right now. Please remember, you are not alone at this time. We're here to support you, providing advice and information on COVID-19, as well as pushing to make sure your work is properly recognised and fully supported throughout this pandemic. You are our eyes and ears - please let us know of any problems and we will do our best to help.

For COVID-19 related issues email: covid-19@cpwy.org / For non-COVID-19 issues email: info@cpwy.org