

Newsletter for the Allerdale and Copeland Area

Issue 5
20 April 2020

This is the fifth edition of a weekly newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times. Daily updated information is available on the Cumbria County Council website:

<https://cumbria.gov.uk/coronavirus/>

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.



SUPPORT EACH OTHER
#TogetherWeCan

0800 783 1966
COVID19support@
cumbria.gov.uk

**Full details can be found
online at cumbria.gov.uk**

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

We hope that you have found our first four issues informative. We have recently included a “Useful Links” section that contains links to information that has been covered within previous issues. Please contact us at Allerdale.AreaSupport@cumbria.gov.uk or Copeland.AreaSupport@cumbriagov.uk if you think important information is missing or if you have something you would like us to include within future publications.

Government information

GOV.UK

Find out what you can do if you're struggling because of coronavirus (COVID-19)

Use this online service from the government to find out what help you can get if you're affected by coronavirus. You can use it for yourself or someone else.

You can find information about feeling unsafe, going in to work, paying bills or being unemployed, getting food, having somewhere to live, mental health and wellbeing. See here: <https://www.gov.uk/find-coronavirus-support>

Government Coronavirus Information Service on WhatsApp

The service will provide information on topics such as coronavirus prevention, symptoms, the latest number of cases in the UK, advice on staying at home, travel advice and myth busting.

To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add **07860 064422** in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Cumbria County Council

Emergency Support Helpline

How to contact the Emergency Support Helpline:

- Phone - The emergency telephone support helpline is **0800 783 1966**.
- Online - COVID-19 online support form.
- Email your request for help to COVID19support@cumbria.gov.uk

The telephone call centre operates Monday to Friday 9am to 5pm and 10am to 2pm at weekends. The service also accept referrals from members of the public who may be concerned about people in their community.

Helping in the community - Guidance for the public from CCC and Cumbria CVS

Cumbria County Council and Cumbria CVS have published new guidance for members of the public who are helping with the response to Coronavirus in their community.

The guidance covers a range of areas including the Emergency Support Helpline, helping safely, safeguarding, food and shopping, using social media and more.

Download now at: <https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y>.

Help keep children safe

Following a 40% drop in the number of people contacting the authorities with concerns about a child being neglected or abused, the public is being urged to help keep children safe.

The significant drop comes after most schools across the county have closed and lockdown restrictions put in place. Now, with children less visible in their communities and people severely limiting their social contact, the risk that the signs of abuse or neglect are being missed has increased.

People can report concerns in the following ways:

- Call the Cumbria Safeguarding Hub on **0333 240 1727**
- Call the NSPCC on **0808 800 5000**
- If a child is at immediate risk of harm call 999.
- Children can contact www.childline.org.uk if they do not feel safe on **0800 1111**

Safeguarding Adults

During these difficult times we want to make sure, the most vulnerable in our communities are safe and that we protect them. Abuse can happen anywhere and take many forms including, physical, emotional, sexual and financial. To find out more about how to spot the signs please visit our website www.cumbriasab.org.uk

We are asking members of the public, volunteers and local communities to be vigilant and if they see something, which doesn't feel right, report it.

Concerns will always be taken seriously and will be dealt with confidentially. Professionals will make the necessary enquiries to ensure that the adult at risk is safeguarded from abuse and they are supported to take action and make choices which enable them to retain control over their own life.

If you are concerned that an adult (18 years and over) is at risk of abuse or neglect please call:

- Copeland and Allerdale - **0300 303 3589**
- Out of Hours **01228 526690**

In an emergency and if the person is in immediate danger, call **999**

Free Online Courses for Families of Cumbria

Cumbria County Council have invested in 3 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation).

These courses are for ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years.

You don't need to be struggling to do these courses. The courses are relevant to parents/carers of all children, including those with special needs, autism, ADHD etc.

We would encourage you to take advantage of this time limited opportunity. These courses are normally £19-£39 per person, but are FREE with the access codes below to all residents of CUMBRIA.

Go to www.inourplace.co.uk and apply the relevant access code:

- Understanding your child age – Access code: WORDSWORTH
- Understanding your pregnancy, labour, birth and your baby – Access code: WORDSWORTH
- Understanding your baby – Access code: WORDSWORTH
- Understanding your teenager's brain – Access code: WORDSWORTH

Together We Can

Cumbria County Council, with partners, have launched a new campaign called Cumbria Together We Can, the aim of this campaign is to share positive stories and information from across the county, lifting morale and showcasing the efforts of people responding to the outbreak of #COVID19 #Coronavirus.

Please follow 'Cumbria Together We Can' on social media

Twitter: <https://twitter.com/TogetherCumbria>

Instagram: <https://www.instagram.com/togethlercumbria>

Facebook: <https://www.facebook.com/TogetherCumbria>

If you have any positive stories or anything you would like to share, please email TogetherWeCan@cumbria.gov.uk



Allerdale Borough Council

The latest updates regarding coronavirus and our services:

- Victims of domestic abuse in Allerdale are being urged not to suffer in silence and reassured that the borough council is on hand to support people who have left, or need to leave, their homes because of it. The council has a specialist domestic violence officer to provide advice and support for those who need it. Just call **0303 123 1702**. However, if someone is in immediate danger they are asked to call police on **101** or **999**
- Our housing and homelessness teams are still available to help those facing difficulties. If you are facing being made homeless, please do call the council on **0303 123 1702** and we'll offer whatever support we can. More information is also on our website.

- Our car parks are free to help NHS workers and others who are leading efforts to tackle the virus, as well as local people on essential trips.
- Eligible businesses can now apply for financial help from the council. By April 9 we'd paid out over £20m in grants to more than 1,800 businesses. More information, and an application form, is available via the Allerdale Borough Council website. We are working hard to get these payments out to the business community as quickly as possible. If you have already submitted your grant claim, this will have been logged and you should have received an email acknowledging receipt. We have started contacting those people who have submitted forms which are more complicated. For example, where the claim has different information than that held within the business rates system as of 11 March 2020. We politely ask that you do not call us to request an update as this will only increase any delay in making the grant payments. If we need to clarify any details about your claim, we will contact you.
- We can offer help and assistance to any individual who is facing financial hardship. The council can help to reduce council tax payments through the Council Tax Reduction Scheme or spread the cost over the remaining 11 months, instead of 10. We can also provide help and advice on any benefits which may be available. More information is on the council's website, or ring **0303 123 1702**.
- Our customer contact centres in Workington, Cockermouth, Keswick, Maryport and Wigton are closed to the public. Please use the website, online forms, webchat, 'myAllerdale' app and phone to access our services and contact us.
- We have had to suspend garden waste collections to free up resources to allow the other collections to continue as normal. Our bin crews are working hard to carry out the waste collections in these challenging times. Please help to protect them from infection by cleaning bin handles. And wash your hands after putting your bins out and collecting them back in too.
- Our leisure partners, GLL, announced the closure of our leisure centres in accordance with government advice
- To reduce social contact, the government has ordered certain businesses and venues to close. Should you see a business operating that you think should be closed then we would appreciate your help. Please forward its details to environmental.health@allerdale.gov.uk or telephone **0303 123 1702** so that we can investigate. Your details will not be passed to the business.
- If you have potentially infected waste, there is advice on how to safely dispose of it on our website.
- All of our play parks and public toilets are now closed to the public
- We have issued advice and guidance on the conduct of funerals in light of the government advice.
- We have suspended all our markets

- Our official meetings have been postponed in line with government advice on social distancing
- We have deferred payments via the festivals and events fund given that all festivals and events are no longer taking place

More information can be found at: <https://www.allerdale.gov.uk/en/coronavirus/>

Copeland Borough Council

Copeland Council's website is kept updated with up-to-the-minute information and guidance on services and support for residents and businesses during the Covid-19 crisis.

Please visit <https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland> for further information.

The council has also produced a Frequently Asked Questions section online, including advice on business grants, council tax support, and recycling and waste collections. It is available at <https://www.copeland.gov.uk/coronavirus-faqs>.

Copeland residents are also encouraged to sign up to receive the council's free digital newsletter, Copeland Matters, via email at <https://www.copeland.gov.uk/subscribe-cem>

NHS

Seeking medical help for non-COVID-19 related illnesses and accidents

There are concerns nationally that people are not seeking medical help when they normally would because they do not want to 'burden' healthcare services, or are anxious about potentially being exposed to COVID-19. It is incredibly important that people still seek help where required.

The Royal College of Paediatrics and Child Health have developed an easy-to-use guide for parents and carers on the symptoms to look out for in children and what to do if you are worried about a child if they are ill or have had an accident. See here:

https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf

NHS advice for all-ages:

If you need help or advice not related to coronavirus:

- for health information and advice, use the NHS website <https://www.nhs.uk/> or your GP surgery website
- for urgent medical help, use the NHS **111** online service <https://111.nhs.uk/> – only call **111** if you're unable to get help online
- for life-threatening emergencies, call **999** for an ambulance

Read more advice about getting medical help at home:

<https://www.nhs.uk/conditions/coronavirus-covid-19/getting-medical-help-at-home/>

Public Information

Trading Standards

Unfortunately, scammers are taking advantage of the spread of Coronavirus to exploit and play on the fears of consumers across the country.

There have been an increasing number of reports of potential scams which could affect you. We want to make sure that whilst you may be self-isolating and spending more time at home, you do not become a victim.

To report a scam please contact **Action Fraud** on **0300 123 2040**

For all consumer advice please contact the **Citizens Advice Consumer Helpline** on **0808 223 1133**

North Cumbria Integrated Care NHS Foundation Trust

Visiting is currently suspended on inpatient wards across North Cumbria Integrated Care NHS Foundation Trust sites - apart from a few exceptions - because of Coronavirus.

A new service has been launched offering people the chance to send a message to loved ones so they can stay connected during the Coronavirus pandemic.

The messages can be sent to patients on the trust's inpatient wards.

The Patient Experience and Involvement Team and PALS can support relatives to send a message, they will be printed and laminated and then sent to the relevant ward.

Relatives need to email or phone their message in and include:

- Your loved ones name and date of birth
- Your message with a photograph included as an email attachment if you wish.

Anyone wanting to send a message to a relative in hospital should contact:
Freephone: **0800 633 5547** or **01228 814008** or email **PALS@ncic.nhs.uk**

The service is available Monday to Friday 8am to 8pm.

More information about visiting restrictions can be found here:
<https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors>

Public Health Information

Every Life Matters

Mental Health & Wellbeing during Covid-19

Covid-19 has now had a far reaching impact on people right across the world and it's important during this time to take care of your mind as well as your body.

Download our Guide to looking after yourself and others here: <https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf>

Everyone will be reacting in their own way. You might be feeling frustrated or lonely. Concerned about your finances, your health or relatives. And you might be feeling down, worried or anxious. It is OK to feel like this. These are normal reactions to uncertainty and to challenging events.

Covid-19 has also impacted on many of the normal coping strategies we use to deal with stress, and on the everyday activity that underpins our emotional wellbeing. During this time, we may need to be more creative and thoughtful about how we look after ourselves.

Our **Guide to looking after yourself and others** contains practical information about things you can do now to look after your mental health and wellbeing, and how you can support others.

Check out the Covid-19 pages for more information and links to help and support: <https://www.every-life-matters.org.uk/struggling-to-cope/>

Protecting You and Protecting Others (Cumbria County Council)

Infection prevention advice for volunteers and people helping family, friends and neighbours in their communities.

Thank you for the support you are giving others during the COVID-19 outbreak. We want to ensure that you and others stay safe whilst you carry out this valuable role. This guidance aims to provide you with advice on how to minimise the risk of catching or spreading the virus.

Before you volunteer or offer to help others

Before volunteering or helping family, friends and neighbours in your community, please remember:

You should NOT be leaving your house to volunteer or help others if:

- You have had symptoms of a high temperature and/or a persistent new cough at any point in the past seven days
- Anyone you live with has had a temperature and/or persistent new cough within the past 14 days

If this is the case, you should stay at home, rest and follow the Government's COVID-19 self-isolating guidance, which can be found here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Before coming into contact with the person/household you are supporting, consider the following:

- Is the person or anyone in their household self-isolating (i.e. had symptoms of COVID-19 within the past 7 days)?
- Or, is the household isolating (i.e. is the household in the 14 day 'household-isolating' period because someone at the property showed symptoms of COVID-19)?

Guidance on self-isolating can be found here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

If the answer is 'Yes' to either of these questions, we recommend you maintain social distancing, and do not enter the house or share a vehicle with the person.

If you are planning to help someone who is suspected of having COVID-19 (or they live with someone suspected of having COVID-19) you should ensure the organisation you are volunteering on behalf of has completed a risk assessment to determine the level of risk and personal protective equipment (PPE) you require.

They are also responsible for providing PPE and ensuring you can put it on, take it off and dispose of it safely.

If the answer is 'No' to the questions above, check the following:

- Has the person you are supporting (or anyone in their household) been identified as being extremely vulnerable'? (i.e. have they received a letter or been told by a health professional that they need to 'shield' for 12 weeks)?

See here for the list of conditions that requires someone to shield:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

It is important to know if someone is shielding because you may need to take extra precautions to keep them safe.

For more information on the steps you can take to protect yourself and others or to view the full document, please visit:

<https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E>

Self-Harm Awareness For All (SAFA)

Cumbrian counselling charity SAFA is mobilising its team of experienced counsellors to help people through the COVID-19 pandemic.

An emotional support helpline has been set up that ANYONE in Cumbria can ring if they feel isolated, worried or anxious about the situation. Our counsellors are able to provide a calm, listening ear as well as provide people with coping techniques to help improve their emotional resilience. They can also help people view things in different lights – something that can be very important at this time.

The service launched on Tuesday 14th April. It will be open from Monday -Friday, 9am-5pm. It is being funded by Cumbria Community Foundation.

All calls are confidential - they need a first name and a contact number to call people back. The helpline number is **01229 832269**

Kooth.com

We would like to remind you of the availability of our online service to support the wellbeing and resilience of young people. Throughout this unsettled time Kooth will continue to provide online mental health and wellbeing support to young people aged 11 to 18 years via any internet accessible device. Children and young people are able to access support on Kooth from the month that they turn 11 years old, up until their 19th birthday.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When young people register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated. To find out more visit www.kooth.com where young people can register and others can find out more about the service.

Lancashire and South Cumbria NHS Foundation Trust- Mental Health Helpline (Barrow, South Lakeland and Millom)

The Wellbeing and Mental Health helpline is now open 24/7 to help people deal with the implications of the coronavirus pandemic on their mental health.

If you need mental health support call **0800 915 4640** or text 'Hello' to **07862 022846** there is more information at www.lscft.nhs.uk/news/814

Information for Local Support Groups

Digital Cumbria

Free support for Cumbrian SMEs

Digital Cumbria is offering free support for businesses, valued at £5,000 each. The support will help businesses use digital technologies more effectively so they can be more productive and profitable, freeing owners up to do the things that really matter to them.

To take part in the programme, you must have fewer than 250 FTE staff and be based in Cumbria. Places are limited and on first come, first served basis. To find out more and to get involved with the programme, visit <https://digitalcumbria.c4dta.co.uk> or contact Winning Moves on **01228 934001** or email digitalcumbria@winningmoves.com

Neighbourhood Watch

Free Public Liability Insurance for Groups

Cumbria Neighbourhood Watch Association has organised free Public Liability Insurance for groups involved in Covid-19 community support.

Information can be found here: <http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning> (scroll down the webpage to Cumbria Neighbourhood Watch Insurance offer for Emergency planning groups).

To receive insurance, as well as being a Neighbourhood Watch member, you must have an emergency plan and complete a risk assessment (templates can be found on the same webpage).

Community Groups for now and the future

If you are looking to set up a more formal, coordinated and permanent group to support your community now and in the longer term, you can do this by growing your neighbourhood watch scheme and/or by creating one of both of the following:

Good Neighbours Scheme to link people up who need help with member of the community who would like to help.

Community Emergency Plan - so that communities and households are prepared for times of crises such as extreme weather conditions.

Please see ACTs website <http://www.cumbriaaction.org.uk> for further details.

Cumbria CVS

Cumbria CVS is helping local organisations apply for funding in response to COVID-19. This support includes funding advice, setting up a new group and recruiting volunteers to deliver services. If you would like support with funding applications or with setting up a new group, email cvsfunding@cumbriacvs.org.uk or call **01768 800350**. For volunteer enquiries please email info@cumbriacvs.org.uk or call **01768 800350**.

Personal Financial Support

UK Finance

Covid-19: Making payments safely in lockdown

Over the coming months, at some point some of you may find yourself unable to leave your home for basic supplies – such as groceries or medical products. This may be for a short time, or it may be for an extended period if you are in a high-risk category, as specified by the UK government. Regardless, there are several ways for you to pay for these items whether you have access to the internet or not.

For more information visit: <https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown>

Citizens Advice Allerdale

Citizens Advice Allerdale is helping clients with coronavirus and non coronavirus related issues including Benefits, Debt, Housing, Employment and Relationship.

For telephone advice, clients should phone **01900 604735**. They will be called back by an adviser as soon as possible.

For email enquiries, clients should email advice@citizensadviceallerdale.org.uk

Citizens Advice Copeland

Our telephone advice is available Monday, Tuesday and Thursday 10:00 and 13:00 (the same as our previous face to face drop in times) and in addition to this we have set up a new email address advice.copeland@gmail.com for people to contact us on. Our phone lines are open 09:00 and 17:00 and we will answer outside advice times dealing with emergencies, signposting or referring to our next advice session: **01946 693321**

For more information please contact <https://citizensadvicecopeland.org.uk/>

Affinity Credit Union

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. For information please contact: **01946 817508**, email: info@affinitycu.co.uk or visit the website: www.affinitycu.co.uk

Whitehaven Egremont & District Credit Union

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. For more information please contact: **01946 66755**, Email: info@wedcu.co.uk or visit the website <https://wedcu.co.uk>

DWP - Coronavirus support for employees, benefit claimants and businesses

Information about coronavirus and claiming benefits can be found at:
<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

You can follow DWP on:

Twitter – www.twitter.com/dwppressoffice
Facebook – www.facebook.com/dwp
LinkedIn – www.linkedin.com/company/dwp
YouTube – www.youtube.com/dwp

Food and Shopping

Aldi

Aldi have put together a Food Parcel and filled it with 22 food items and household products. You can order yours for £24.99, and they will deliver it straight to your door with full contactless delivery.

For more information visit: <https://www.aldi.co.uk/food-parcels>

Morrisons

The Morrisons Doorstep delivery service is available to vulnerable and elderly members of the community, unable to go shopping in-store.

You will be asked to make your choice from an essential items list, call **0345 611 6111** and select **option 5** to place your order. They will take the order over the phone and deliver to the doorstep and take contactless payment on delivery for you

Asda

Not being able to get to the shops for your essentials is hard. Especially in the current situation. That's why we've created the Volunteer Shopping Card, the cashless - and less stressful - way for people to help get the shopping in. Ideal for those who might be self-isolating, older or medically vulnerable, the Volunteer Shopping Card provides a contactless, safe and secure way to allow others to shop for them.

Why not try it today! Get your Volunteer Shopping Card NOW:

<https://cards.asda.com/the-volunteer-shopping-card>

North Lakes Foodbank

Thank you so much for all the kind donations, helping to restock our shelves. We are still short of the items below. It would be great if everyone dropped one item off, our warehouse would fill up in no time. Can you help please with this Appeal? If you can't get to the shops please donate at: www.give.net/20267456

This week's appeal is for:

- 1ltr UHT Fruit Juice
- Jam (Not Homemade)
- 1 ltr UHT Milk
- Sponge Pudding
- Tinned Rice Pudding

Collection points can be found participating supermarkets including: Asda, Booths, Co-op, Morrison's, Sainsbury's, SPAR and Tesco. (Please note - you can deposit food from any supermarket at these collection points, the food does not have to be purchased from that particular store)

More information can be found at: <https://www.thefoodbank.org.uk/>

Education

Department for Education

The Department for Education have brought together an initial list of online educational resources to help children to learn at home.

The websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for pupils of all ages.

Visit: <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#special-educational-needs-and-disabilities-send>

Useful Links

Government	
Cumbria County Council Coronavirus (COVID-19) latest information	https://cumbria.gov.uk/coronavirus/
GOV.UK Guidance for managing a funeral	https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic
GOV.UK Support for Businesses	https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses
Information Commissioners Office Information for new groups	https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/
NHS & GoodSAM Register to become a NHS Volunteer	https://www.goodsamapp.org/NHS
Public Health	
AgeUK Bereavement Support	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/
Autism Support Allerdale and Copeland	www.asaac.uk
Cancer Research Coronavirus and Cancer	https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer
Child Bereavement Network Bereavement Support	http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx
Copeland Age and Advice Service	https://caasteam.com/covid-19-support-information/
Cruse Bereavement support	https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief
Family Action Family Line	www.family-action.otg.uk/familyline
GOV.UK FAQs on what you can and can't do at home	https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do
GOV.UK Get coronavirus support as a clinically extremely vulnerable person	www.gov.uk/coronavirus-extremely-vulnerable
GOV.UK Support for domestic abuse victims	https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims

Lancashire and South Cumbria NHS Foundation Trust Mental Health Helpline	www.lscft.nhs.uk/news/814
Mental Health Foundation Looking after your mental health during the coronavirus outbreak	https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak
Mind Coronavirus and your wellbeing	https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
NHS Every Mind Matters- 10 tips to help if you are worried about coronavirus	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/
NHS Bereavement Support	https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/
North Cumbria Integrated Care NHS Foundation Trust Maternity guidance surrounding COVID-19 FAQ	https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf
People First Chat + Check Service	www.wearepeoplefirst.co.uk
RNIB Digital download service	https://www.rnib.org.uk/talking-books-service
Samaritans If you're worried about your mental health during the coronavirus outbreak	https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/
Together We	http://www.togetherwe.co.uk/
Victim Support Cumbria Emotional and practical help	https://www.victimsupport.org.uk
World Health Organisation Mental health and psychosocial considerations during COVID-19 outbreak	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
Information for Local Support Groups	
ABI Volunteers and Car Insurance ABI	https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/
Arts Council England COVID-19 Funding Support	https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support

Charities Aid Foundation Funding	https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund?utm_source=Twitter&utm_medium=socialorganic&utm_campaign=GENCAMCVD1920
COVID-19 Mutual Support Resources for groups of volunteers	https://covidmutualaid.org/resources/
Cumbria Community Foundation Funding	https://www.cumbriafoundation.org/fund/covid19-response-fund/
Cumbria Community Resilience Group Advice for volunteers	https://drive.google.com/file/d/11DWo5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view
Cumbria CVS Information and support for volunteers	https://cumbriacvs.org.uk/coronavirus/
Eden Project Communities Telephone Tree Template	https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf
GOV.UK Safeguarding and DBS checks for volunteers	https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs
Grants Online Find grants online	https://www.grantsonline.org.uk/coronavirus.html
Persimmons Community Champions	www.persimmonhomes.com/community-champions
Prince's Countryside Fund Funding	https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme
Sport England Funding	https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus
Personal Financial Support	
Citizens Advice Help to claim	https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/
Money Advice Service Free and impartial money advice	https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you
Education	
Inspira Careers service for young people	https://www.inspira.org.uk/finished-school-college
Recovery College Online Coping during the Pandemic Course	https://www.recoverycollegeonline.co.uk/
United for Global Mental Health Weekly Webinar	https://www.unitedgmh.org/news/webinarseriescovid19

World Health Organisation Healthy Parenting Resources	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting
Zero Suicide Alliance Weekly Webinar	http://www.zerosuicidealliance.com/training/
Transport	
Cumbria County Council Bus Updates	http://www.cumbria.gov.uk/buses
Northern Key Worker Timetables	https://www.northernrailway.co.uk/key-worker-timetables



**Concerned about
a child?**

 **Call**
0333 2401727



HM Government



Coronavirus

Isolate your household

Stay at home

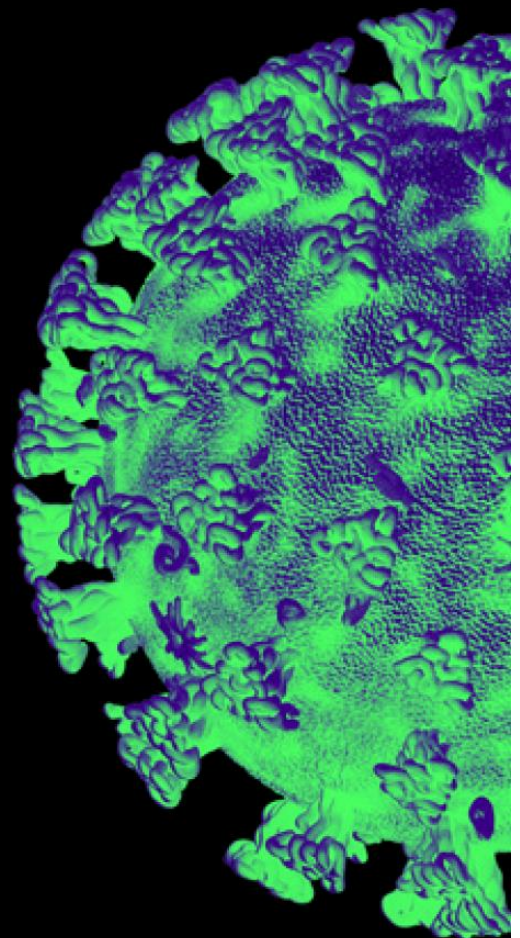
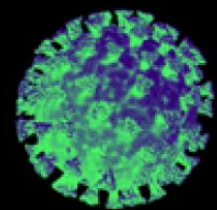
If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✗ **DO NOT** go to your GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at nhs.uk/coronavirus

CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**





HM Government



CORONAVIRUS

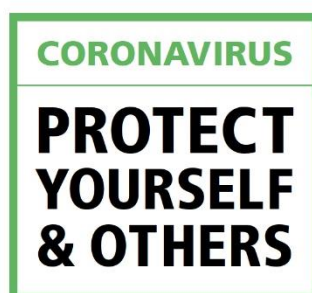
WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's
Action Plan go to **nhs.uk/coronavirus**

Staying Safe



We want to make sure that people are safe in their communities.

Here are some things to think about if you are offered, or need, support during this time.



Try to use existing and trusted community groups. If not, could a family member, friend or neighbour who you know and trust help?



Not sure? Don't answer the door.

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale

0300 303 3589

Carlisle and Eden

0300 303 3249

Furness and South Lakes

0300 303 2704

Out of Hours

01228 526690

In an emergency, call 999

For concerns about a child, report to:
cumbriasafeguardingchildren.co.uk

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.



Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111