

### Newsletter for the Allerdale and Copeland Area

Issue 12  
9 June 2020

This is the twelfth 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/>

**Coronavirus is  
affecting all  
of our lives.**



Go to [cumbria.gov.uk/coronavirus](https://cumbria.gov.uk/coronavirus)  
to see what help is at hand.



#### 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.

**0800 783 1966**

**COVID19support@  
cumbria.gov.uk**

Full details can be found  
online at [cumbria.gov.uk](https://cumbria.gov.uk)

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



**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Government information

## GOV.UK

### **\*NEW\* Cumbria LRF: Lake District asks people to visit kindly**

As the lockdown begins to ease, the Lake District has seen a significant increase in the number of visitors. While many are acting in a considerate way, there have been instances of visitor behavior that has put pressure on the local communities and the emergency services.

Richard Leafe, Chief Executive of the Lake District National Park Authority comments:

*“We’re delighted the nation has such an appetite to visit the Lake District. Our communities have been hit hard by COVID19 and as they start to recover, we ask all our visitors to be kind to both people and the place when they arrive. We’ve had some real issues with littering, fires, illegal camping and terrible car parking in the last couple of weeks.*

*“We recognise that people have spent many weeks cooped up at home and being in such a beautiful place as the Lake District is exciting but please remember it’s also a place when people live and work. Please make sure that there is no trace of your visit and you leave with great memories.”*

Agencies are urging people to follow the Countryside Code on their visit:

### **Respect other people:**

- Consider the local community and other people enjoying the outdoors. Do not block and narrow roads with your car. Only park in marked car parks. Inconsiderate parking could prevent emergency vehicles passing you. Please visit [saferlakes.co.uk](https://www.saferlakes.co.uk) and only travel to places that have available parking.
- Leave gates and property as you find them and stick to paths. Sanitise your hands before and after you touch anything.

### **Protect the natural environment:**

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Do not light fires or BBQs. It is very dry and fires can spread quickly endangering the natural environment, people’s homes and lives.

### **Enjoy the outdoors:**

- Plan ahead and be prepared. Don’t take risks in the water or on the fells.
- Follow advice and local signs.

Inconsiderate parking caused particular problems for the county’s emergency services.

The full countryside code can be found at: <https://www.gov.uk/government/publications/the-countryside-code>

### **\*NEW\* Face coverings**

On Thursday 4th June, it was announced that from Monday 15th June, it would be mandatory (a legal requirement) for the public to use face coverings on public transport. See here:

<https://www.gov.uk/government/news/face-coverings-to-become-mandatory-on-public-transport>

On Friday 5th June, it was announced that from the same date, all staff in hospitals in England will be provided with surgical masks which they will be expected to wear from 15th June and all visitors and outpatients must wear face coverings at all times when visiting hospital sites. See here: <https://www.gov.uk/government/news/face-masks-and-coverings-to-be-worn-by-all-nhs-hospital-staff-and-visitors>

### **Why are people being asked to wear a face covering specifically on Public Transport?**

People are still being advised to avoid public transport where they can, but if they do use public transport, it will be a legal requirement to wear a face covering from the 15th June on buses, ferries, trains and planes (individuals can be fined if they don't wear a face covering when they should). When necessary to use public transport, people may be more likely to be in enclosed spaces for longer periods of time where we know there is a greater risk of the spread of the virus and social (physical) distancing is likely to be difficult to follow consistently. This differs from enclosed spaces like shops for example, where people can more easily go outside if social (physical) distancing is not possible and where shop owners can place limits on the number of customers allowed inside at any one time. The Scientific Advisory Group for Emergencies (SAGE) has set out that using face coverings on public transport can provide some small additional protection to fellow passengers and can help people to avoid unknowingly spreading the virus if they are suffering from coronavirus, but not showing symptoms.

### **How do I make and wear a face covering?**

There is guidance on how to wear and make a face covering on the Government website here:

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

There is also information on the World Health Organisation website here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

## **Cumbria County Council**

### **\*NEW\* Cumbria County Council's Emergency Support Line now helped over 5,000 vulnerable people**

Cumbria County Council's Emergency Support Helpline has now received over 5,000 contacts since its launch on Monday 30<sup>th</sup> March 2020.

The helpline has been receiving requests for support from vulnerable or isolated people who aren't able to rely on friends, family or neighbours and may be struggling for essential supplies. The most common requests are for medication and prescription collections, food supplies and from family members who are isolating or shielding themselves and who would normally provide care to relatives.

Councillor Deborah Earl, Cabinet Member for Public Health and Community Services, said:

*“Our Emergency Support Helpline continues to offer a lifeline to vulnerable people who are at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours.*

*“If people have no alternative support, they should contact the helpline to request help getting food, medicines, essential supplies and home deliveries.*

*“We are continuing to work alongside local businesses, partners, community groups, volunteers and redeployed employees to support vulnerable people in our local communities, particularly those in the shielding group.”*

### **\*NEW\* Fire service urges motorists to think twice when parking**

Cumbria Fire and Rescue Service is urging motorists to be considerate after significant problems were encountered over the weekend with parking in popular areas of the Lake District. In some cases emergency services vehicles were impeded or would have been unable to access some locations if required, due to abandoned vehicles.

Craig Drinkald, Area Manager, Head of Community Safety, Cumbria Fire and Rescue Service, said: *“While we understand that people want to get out and enjoy our county’s beautiful scenery, it’s important everyone does so responsibly.*

*“We are asking people to ensure they park in a safe and considerate way that allows access for fire appliances and other emergency vehicles. If you can’t guarantee this then please find a safer alternative place to park or return at a different time.*

*“Fire engines are approximately 2.5 metres wide. Therefore if you’re parking your vehicle and don’t think a van could get through the space, it’s extremely unlikely that a fire engine will either. So please keep this in mind, especially on our narrow country lanes.*

*“Inconsiderate parking can cause unnecessary delays, and lost minutes really can mean the difference between life and death when we are responding to a serious incident. Every road user can help to avoid this by allowing enough room for us to pass.”*

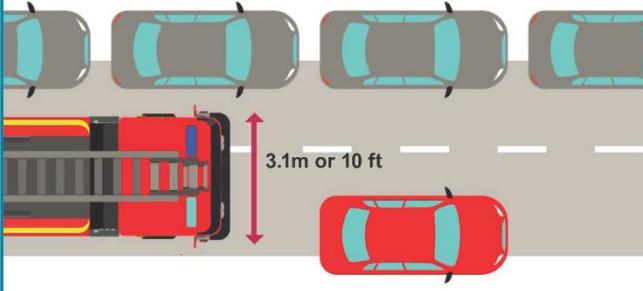
### **Top tips when parking:**

- Don’t park too close to corners, fire engines are larger than cars and need more room to turn
- If you’re parking opposite another vehicle, remember that a fire engine needs around 3m, or two car widths, to pass safely
- Park as close to the kerb as you can
- Always follow the Highway Code and obey the road markings such as yellow lines and box junctions
- In narrow streets or country lanes, only park on one side of the road where possible
- Don’t block gateways or driveways

Cumbria County Council



Cumbria Fire and Rescue Service

**Think before you park!!!**  
**Could a fire engine get through?**

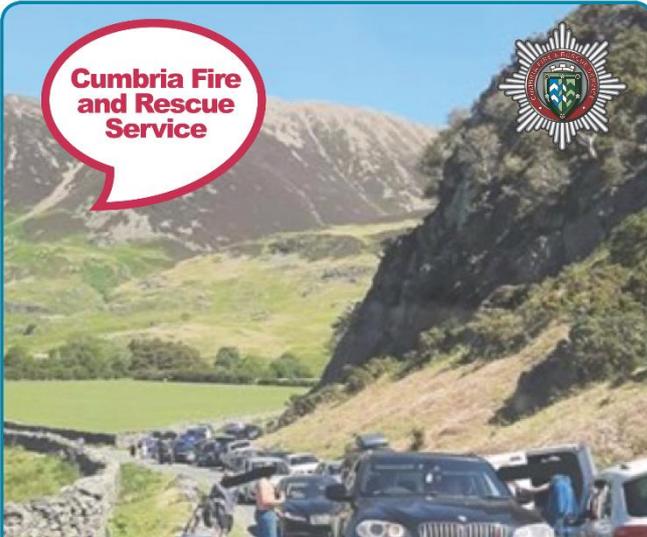
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Cumbria County Council



Cumbria Fire and Rescue Service

**Think before you park!**  
**The extra time taken to reach an incident can cost lives!**  
**Please move your vehicle**

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### Offer of hand sanitizer from Sellafield for community groups

The county council has received a kind offer of hand sanitizer from Sellafield which is to be used for community groups and their volunteers. The supply will be split across the six areas in Cumbria but if you would like to gain a supply for either your Allerdale or Copeland groups please contact either: [Allerdale.AreaSupport@cumbria.gov.uk](mailto:Allerdale.AreaSupport@cumbria.gov.uk) or [Copeland.AreaSupport@cumbria.gov.uk](mailto:Copeland.AreaSupport@cumbria.gov.uk)

The supply of the hand sanitizer is for community groups and volunteers only that do not have access to regular funding and who are directly supporting the community during COVID-19.

### \*NEW\* Guidance and advice for volunteers on how to minimise the risk of catching or spreading the virus

Before volunteering or offer to help others, you should not leave your home if:

You have had symptoms of a high temperature and / or a persistent new cough at any point in the past seven days. Or. 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 governments COVID-19 self-isolating guidance 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 'householdisolating' period because someone at the property showed symptoms of COVID-19)?

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.



Cumbria County Council

**RULES  
E  
RISK  
P  
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COMMUNITIES  
T**

**RESPECT THE  
RULES**

- LIMIT CONTACT WITH OTHER PEOPLE ✓
- STAY 2 METRES APART ✓
- WASH YOUR HANDS REGULARLY ✓
- NO OVERNIGHT STAYS ✓
- AVOID CROWDS ✓

**RESPECT OUR  
COMMUNITIES**  
**ACT RESPONSIBLY**  
**STAY SAFE**

PLAN AHEAD



PARK  
CONSIDERATELY



AVOID FARM  
YARDS



TAKE YOUR  
RUBBISH HOME



**RESPECT THE  
RISKS**  
**DON'T TAKE RISKS  
ON THE FELLS, ON  
THE WATER OR ON  
THE ROADS**



**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

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## **Allerdale Borough Council**

Find out the latest about the impact of the coronavirus on our services at [www.allerdale.gov.uk/coronavirus](http://www.allerdale.gov.uk/coronavirus). This includes information on bin collections, housing and our leisure centres and toilets. You can also call the council on **0303 123 1702**.

There is information for individuals facing financial hardship and at risk of losing their home and being made homeless. We can provide support for paying your council tax, and also rehouse you if required. If people do not have access to the internet, then call the council on the number shown. This number can also be used in an emergency. If you are experiencing domestic abuse and need to leave home, please do contact us.

The website also includes information for businesses and charities including details on the financial grants and other schemes available. The council is offering a number of grants for businesses. Details can be found at:

<https://www.allerdale.gov.uk/en/coronavirus/coronavirus-business-grants-claims/> There is also advice for businesses who are preparing to reopen at: <https://www.allerdale.gov.uk/en/coronavirus/reopening-guidance/>

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

All bin collections are operating as normal. Garden waste collections have now resumed. Please have your bins out by 7am on your bin day.

We have reintroduced charges in our car parks, however, they remain free for key workers. More information at: <https://www.allerdale.gov.uk/en/news-and-blog/parking-charges-reintroduced-but-keyworkers-can-park-for-free/>. When using our car parks we recommend using the MiPermit app. More information at: <https://www.allerdale.gov.uk/en/parking/parking-charges-and-ways-pay/>

Follow us on Twitter and Facebook to keep up to date with the latest information.

Twitter:

[https://twitter.com/allerdale?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/allerdale?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

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

## **Copeland Borough Council**

Copeland Borough 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>

Copeland Borough Council is urging all business who have not yet applied for business grants to do so via <https://www.copeland.gov.uk/coronavirus-resources-business>

Copeland Borough Council also has access to a range of help for those experiencing hardship at this time.

- For support paying your Council Tax email [ctax@copeland.gov.uk](mailto:ctax@copeland.gov.uk)
- To check if you're eligible for support to assist with housing costs email [benefits@copeland.gov.uk](mailto:benefits@copeland.gov.uk)
- If you are homeless, or may become homeless, email [housing.options@copeland.gov.uk](mailto:housing.options@copeland.gov.uk) or call **01946 427070** (24 hours a day)
- Help is available for those experiencing domestic abuse by email at [housing.options@copeland.gov.uk](mailto:housing.options@copeland.gov.uk) or by calling **01946 427070** (24 hours a day)
- For help with debts, everyday spending, ways to save and access to local food and hardship schemes, email [advice.copeland@gmail.com](mailto:advice.copeland@gmail.com) or call **07388 996202** or **01946 693321**.

### **\*NEW\* Copeland Council launches new business grants fund**

Copeland Council has launched a new discretionary grants fund to support businesses affected by the Covid-19 pandemic.

The scheme is designed to help small businesses who have not been able to access other sources of Government funding, including the Small Business Grant Fund or the Retail, Leisure and Hospitality Grant Fund.

Copeland Council, in line with other district councils in Cumbria, launched the Small Business Discretionary Grant Fund on June 1, 2020.

Businesses in Copeland can apply for a grant between £2,000 and £10,000. Grants will be awarded based on circumstances including fixed property costs, number of employees and loss of income.

The priorities for the scheme include, but are not limited to:

- Small businesses in shared offices or other flexible workspaces that do not have their own business rates assessment
- Regular market traders with fixed costs such as rent who do not have their own business rates assessment
- B&Bs which pay Council Tax
- Charity properties in receipt of Charitable Rate Relief which would otherwise have been eligible for Small Business Rates Relief or Rural Rate Relief

However, any small businesses, in any sector, that have been significantly affected by the Covid-19 pandemic, and are not eligible for other Government hardship schemes, can apply. For more information click here: <https://www.copeland.gov.uk/node/44413>

**\*NEW\* Council leaders and Chief Executive praise officers**

Copeland Council's leadership has praised the authority's "dedicated and talented" workers for their response to the Covid-19 pandemic.

Mike Starkie, Mayor of Copeland, and Pat Graham, Chief Executive, have applauded the team's efforts following the production of a graphic which shows a snapshot of the significant difference made by the council to the community over the first two months of the crisis.

The council has been on the front line locally of Government roll-outs and initiatives, and has been key in supporting some of the borough's most vulnerable residents.

Officers have been redeployed from their normal roles to call vulnerable residents to check their welfare and set up and support community groups to issue vital food and medical supplies to those in need. This included organising home deliveries of prescriptions and issuing food parcels to those financially affected by Covid-19.

It was also responsible for housing residents affected by homelessness and supporting those affected by domestic violence, and issuing housing benefits and discretionary payments to those whose circumstances changed during the pandemic.

Its Revenues team also issued more than £14 million in business grants in the first two months - and has since issued millions more - while colleagues, including those in Waste, Street-Cleaning and Parks and Open Spaces, have continued to deliver frontline services in difficult circumstances.

For the full story click here: <https://www.copeland.gov.uk/node/44417>

## How did we help?



**1700** calls to vulnerable residents  
**233** food parcels delivered  
**166** medically vulnerable residents supported  
**234** cooked meals issued in three day period  
**25** community groups supported  
**16** staff members deployed to help  
**1** recovery centre co-ordinated

**72** people offered homeless advice and assistance  
**19** disabled facilities grants issued  
**29** homeless people accommodated  
**8** victims of domestic abuse helped

**£14.6** million in business grants awarded  
**£5.4** million in Expanded Retail Relief awarded  
**344** man hours spent supporting and advising businesses  
**800** households awarded Council Tax Hardship Reduction

**98** building inspections carried out  
**60** planning applications received  
**45** planning applications determined

**5558** customer calls answered  
**2087** customer emails answered

**130** social media posts created  
**20** press releases issued

**524** new benefit claims processed  
**3920** changes in circumstances processed  
**195** Discretionary Housing Payments made

We collected:  
**800** tonnes of recycling  
**420** tonnes of garden waste  
**3000** tonnes of household waste

Our team also dealt with:  
**189** pest control enquiries  
**187** land charges applications  
**43** licencing applications

**Thank you to all our officers who made it possible to support our residents through these challenging times.**



## **NHS**

### **\*NEW\* E-School Nurse Video Clinic**

The Public Health 5-19 Service in conjunction with Cumbria Health on Call (CHOC) is working with families, schools and other agencies to get a better understanding of how to improve health services using technology. Several health services around the world have used video clinics successfully and we want to continue to learn and develop how best to use them in Cumbria.

### **Why are we doing this?**

E-School Nurse video clinics, will allow us to support parents, carers, head teachers, school staff and other professionals by providing health information, support and advice via a fair and easily accessible digital service across the county.

### **What is a video clinic?**

A video clinic is the same as any other clinic where a patient may see a doctor or a nurse, but instead of face to face, the consultation will take place over a live video link that is private, secure and confidential. The video consultation is not recorded but the service-user will receive a written copy of the consultation summary, usually by email.

A consultation about an identified child or young person can only take place with a parent or carer if they have parental responsibility.

<https://www.gov.uk/parental-rights-responsibilities>

If a teacher or professional is seeking support on behalf of an identified parent, child or young person this can only take place if the parent or young person has given consent and has been provided with this information leaflet.

[www.nhs.uk/conditions/consent-to-treatment/children/](http://www.nhs.uk/conditions/consent-to-treatment/children/)

To ensure that the consultations run to time it is important that each appointment slot is about one child and one health problem.

A health problem is defined as a physical or mental health difficulty which is affecting a child or young person's ability to access school or everyday activities. Examples could be problems or concerns about:

- General health & development
- Continence –night or daytime wetting, constipation or soiling
- Weight management –under/overweight or diet/eating problems
- Substance misuse –cigarettes, alcohol and drugs
- Sexual health –puberty, contraception, sexually transmitted infections, sexuality
- Emotional health and wellbeing.
- Existing health conditions – support with accessing services and care planning
- Allergies
- Asthma
- Immunisations

To book an E-School Nurse appointment - Telephone **0300 30 34 365**

The link for the video clinic is [www.choclttd.co.uk/video](http://www.choclttd.co.uk/video)

**\*NEW\* NHS England has lifted the national suspension on Hospital visiting**

NHS England has lifted the national suspension on hospital visiting with new guidance for NHS trusts, which states that visiting will be subject to the discretion of individual organisations. Before visiting a relative in hospital, contact the clinical area to discuss what arrangements are in place. The number of visitors at the bedside is likely to be limited to one close family contact or somebody important to the patient. Visitors should be informed in advance about what to expect when they see the patient and be given practical advice about social distancing wearing personal protective equipment, handwashing and risks associated with the removal of gloves to hold hands. Visitors must wear masks or face coverings at all times and should not visit the hospital if they are currently self-isolating because of symptoms of COVID-19 or if a household member has symptoms.

See the guidance here: <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0524-visiting-healthcare-inpatient-settings-5-June-2020.pdf>



HM Government



**CATCH IT.**



**BIN IT.**



**KILL IT.**

# Public Information

## **\*NEW\* Volunteers' Week 2020**

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. Although the coronavirus pandemic has stopped many of the things we would usually do, you can still get involved in your area. Find out more here:

<https://volunteersweek.org/>

## **\*NEW\* Faith at end of life resource**

Public Health England has produced a resource for professionals, providers and commissioners working in communities. The information in this resource focuses on the practices and rituals of the largest six religions in England according to the 2011 Census: Buddhism, Christianity, Hinduism, Islam, Judaism and Sikhism. It is designed to provide those working in community settings with an understanding of faith at the end of life, to support the provision of personalised and holistic care. See here for further information:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/496231/Faith\\_at\\_end\\_of\\_life\\_-\\_a\\_resource.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/496231/Faith_at_end_of_life_-_a_resource.pdf)

## **Cumbria Police**

Police together with partner agencies including Victim Support, Health, NSPCC and Cumbria County Council's Adult and Children's social care, have been hosting live Q&A sessions on Facebook over the last two weeks. The sessions on domestic abuse and safeguarding were so popular, that they will continue to be held. Visit Cumbria Police Facebook page for more information.

<https://www.cumbria.police.uk/News/News-Articles/2020/April/Facebook-live-QA-sessions-help-seven-victims-of-abuse.aspx>

<https://www.facebook.com/pg/cumbriapolice/events/>

Everyone is entitled to live safely without fear of violence or abuse.

If you, or someone you know is suffering from domestic abuse, help is available. Call 101, or report online at:

[https://www.cumbria.police.uk/Report-It/Report-a-Crime/Non-Emergency-Crime-Online.aspx?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=SocialSignIn&utm\\_content=Coronavirus](https://www.cumbria.police.uk/Report-It/Report-a-Crime/Non-Emergency-Crime-Online.aspx?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Coronavirus)

**Always call 999 in an emergency.**

See below the link for support for victims of domestic abuse from the Government during coronavirus: <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

Further information can be found in the below links regarding the safeguarding of adults and children:

Adults: <http://www.cumbriasab.org.uk/AdultSafeguarding/covid-19.asp>

Children: <https://www.cumbriasafeguardingchildren.co.uk/LSCB/covid19.asp>

## Public Health Information

### **\*NEW\* Groundswell Homelessness & COVID-19 Self-Assessment Tool**

Crisis, Groundswell and Pathway have been supporting local areas with their coordinated response to COVID-19 for people experiencing homelessness; developing a number of practical resources to support this. They have all teamed up to create a new rapid self-assessment tool for local responses to COVID-19 for people experiencing homelessness.

Local system leaders can use it as a prompt to check that they are maximising any opportunities for wider health gain for this vulnerable population.

For further information about this visit the Groundswell webpage here:

<https://groundswell.org.uk/covid19-selfassessmenttool/>

### **\*NEW\* Videos from British Association for the Study of Community Dentistry and Faculty of Public Health**

The Faculty of Public Health and the British Association for the Study of Community Dentistry have published a suite of video resources for the public on accessing dental care and keeping your mouth healthy during COVID-19.

These include pointers on how to keep your mouth healthy and advice on how to access dental services in England, Scotland, Wales and Northern Ireland during the Coronavirus pandemic.

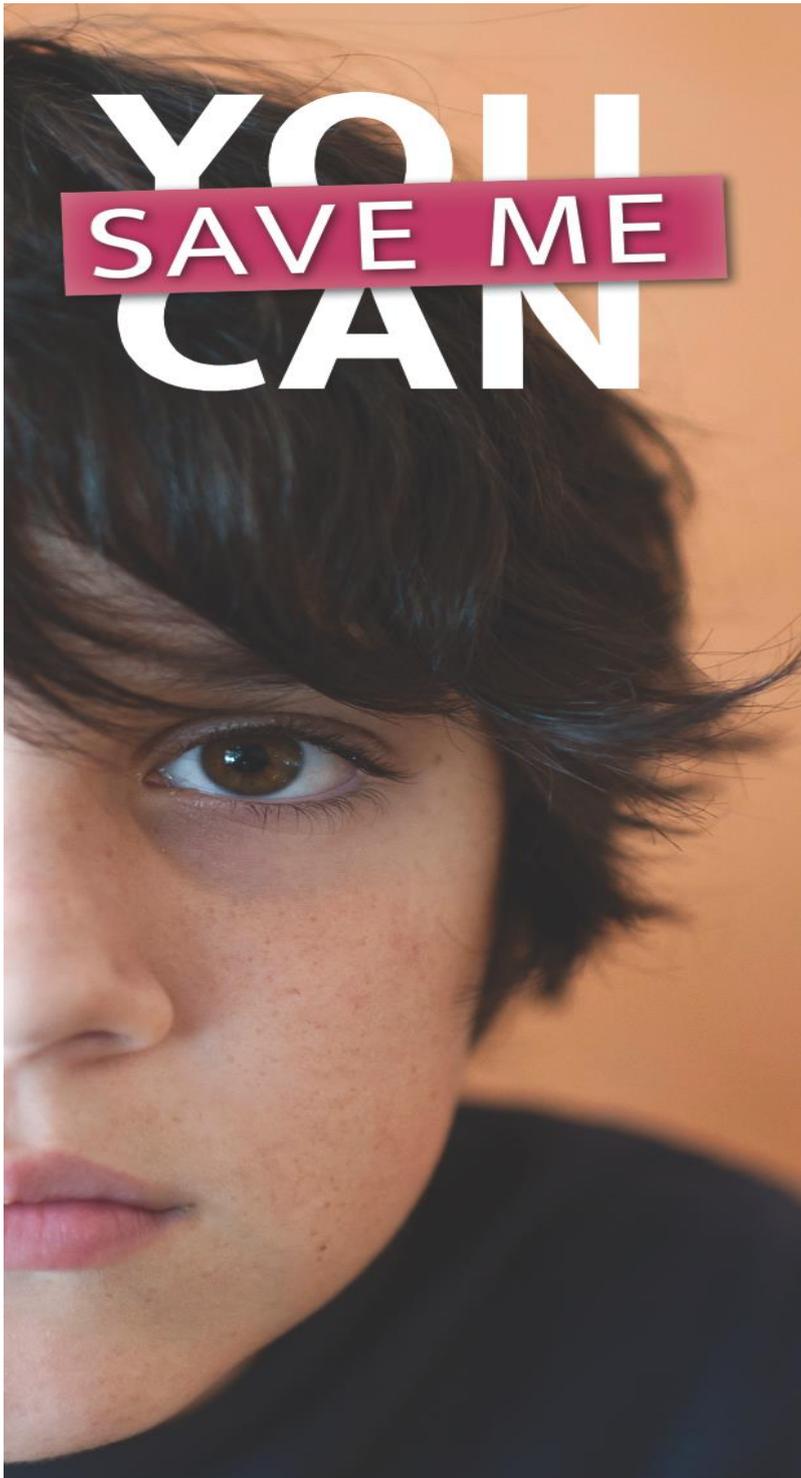
Visit the BASCD webpage for further information here: [www.bascd.org/activities/consultants-and-specialists/covid-19-information/](http://www.bascd.org/activities/consultants-and-specialists/covid-19-information/)

### **\*NEW\* Supporting mental health during Covid-19: a brief guide for local councillors**

This briefing has been created by the Mental Health Challenge group to help local councillors support the mental health needs of their community during the Covid-19 pandemic with helpful points and links.

See here: <http://www.mentalhealthchallenge.org.uk/briefings-for-councillors/>

**\*NEW\* CSAE**



## KNOW

During lockdown, some children and young people may be being abused and exploited at home. They can be made to believe that they should never tell anyone and that the abuse is their fault. Shut in with their abusers, they have little chance to escape or to tell anyone.

These children need your help! As a neighbour or key worker visiting homes for any reason, you may be the only person able to spot abuse and report it.

## LOOK

- Guarded behaviour of a child around particular individuals
- Sudden changes in behaviour
- Children with bruises, burns, bite marks or fractures
- Children appearing withdrawn, anxious or frightened
- Hearing or seeing shouting and violence towards a child
- Children seen carrying or using drugs
- Children being late or arriving home late in different cars
- Unaccompanied children visiting a house where only adults live

## ACT

- Stay curious and look beyond the obvious
- If something doesn't feel right, it might not be
- Even if you're unsure, it's better to report your concerns
- Do not attempt to intervene yourself
- If you have a safeguarding manager / lead within your organisation, notify them immediately
- Call the police on 101 or 999 in an emergency
- Call the NSPCC on 0808 800 5000



# Information for Local Support Groups

## **Cumbria CVS**

### **\*NEW\* Fundraising in the time of COVID-19 – A free webinar**

Cumbria Community Foundation and Cumbria CVS, in collaboration with Tarnside Consulting are offering this free webinar for local voluntary and community organisations considering what their next steps may be in relation to fundraising in the wake of COVID-19. There are two opportunities to attend the webinar: Wednesday 10th June: 2-3pm or Wednesday 17th June: 2-3pm. To book email [info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk)

Cumbria CVS continue to provide a range of services to help support the local voluntary and community sector to respond to the crisis, for information on how Cumbria CVS is supporting the community during these times visit their website <https://cumbriacvs.org.uk/> or contact via email or phone: [info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk) or **01768 800350**

### **Community Fund Launches £200m Coronavirus Community Support Fund**

The Community Fund has launched a £200m fund aimed primarily at small to medium organisations in England. The fund is part of the Government's £750m financial support package for charities and social enterprises announced by Government on April 8. This will distribute the Government funding alongside National Lottery funding, to support organisations to continue to deliver services to people and communities affected by COVID-19.

#### What can be funded?

Activities supporting people and communities affected by COVID-19. The fund can also help organisations overcome any acute financial difficulties they're facing because of the pandemic. The types of projects and organisations being prioritised. A high demand for funding is expected. Priorities will be:

- Organisations supporting people and communities who experience disproportionate challenge and difficulty as a result of the COVID-19 crisis.
- Organisations providing services and support for vulnerable people, for which there will be increased demand as a result of the COVID-19 crisis.
- Organisations which connect communities and support communities to work together to respond to COVID-19.

#### How much you can apply for and for how long

The fund will award funding between £300 to £10,000 or funding over £10,000 to cover your spending for up to six months after award. This will give you time to consider what the longer-term implications of the pandemic might be.

#### How to apply for emergency funding in England:

- If you need between £300 and £10,000 – apply for under £10,000
- If you need over £10,000 – apply for over £10,000
- If you're working in partnership with other organisations and need over £10,000 – apply for over £10,000 as a partnership

More information on the fund is available via this link:

<https://www.tnlcommunityfund.org.uk/funding/covid-19/learn-about-applying-for-emergency-funding-in-england>

### **Cumbria Community Foundation – COVID-19 Response Fund**

Following the launch of the Cumbria COVID-19 Response, Cumbria Community Foundation (CCF) they have awarded local community and voluntary organisations a total of over £900,000 to date. There is still time to apply and more grants will be provided in the coming weeks.

For information about the fund: <https://www.cumbriafoundation.org/fund/covid19-response-fund/>

If you need assistance applying for funding: [cvsfunding@cumbriacvs.org.uk](mailto:cvsfunding@cumbriacvs.org.uk)

## **Personal Financial Support**

### **COVID-19 Emergency Fund - Keswick Lions and Rotary**

A COVID-19 Emergency Fund that has been set up to support families and individuals in the Keswick (CA12) area who are facing financial difficulties.

People who want to apply to the emergency fund can either fill in a simple online form, send an email or a letter with a short explanation of their current circumstances. Each application will be reviewed in confidence by one member of Keswick Lions and one member of Keswick Rotary only.

Online Form:

<https://www.cognitoforms.com/KeswickLionsAndRotaryCovid19EmergencyFund/EmergencyFundApplicationForm>

Email: [CA12emergencyfund@gmail.com](mailto:CA12emergencyfund@gmail.com)

Grants of up to £100 will be made available initially. Anyone who applies will also be given information on other sources of support.

### **Cumbria Victims Charitable Trust**

Cumbria Victims Charitable Trust exists to help victims cope and recover from their experience and to prevent them being targeted or becoming repeat victims of crime.

We provide financial help for victims of crime. Applications need to be supported by an independent person with knowledge of the individual and their circumstances.

Grants will be targeted at cases where no other funds are available to the victim

Further details <http://www.cumbriavictimstrust.org.uk> or email [grants@cumbriafoundation.org](mailto:grants@cumbriafoundation.org)

## **Phoenix Enterprise Centre**

Phoenix Enterprise Centre provides a free and independent advice and guidance service. This service is available to Copeland residents who claim Universal Credit, other working age benefits or who are at risk of redundancy.

We can help with:

Universal Credit Claims, Maintenance of Universal Credit Accounts, CV Preparation, Job Search Application Forms / Covering Letters, Interview Techniques

For more information call the advice and Guidance team on **07388 996202** or email [joanne@phoenixenterprise.co.uk](mailto:joanne@phoenixenterprise.co.uk)

## **Citizens Advice**

### **Universal Credit and COVID-19 – CHECK BEFORE YOU CLAIM**

If you need to seek financial help with living or housing costs during the 'lockdown' Universal Credit is the main source of support for new claims.

#### **Take advice before claiming Universal Credit**

Universal Credit (UC) was introduced to replace 6 'legacy benefits' including Working Tax Credits and Housing Benefits.

If you claim UC this brings to an end your previous claims for all legacy benefits and even if you are worse off you cannot go back to your old claim.

You may also be slightly better off on UC but the current levels of payment are temporary and may be reduced when the crisis is over.

The people most affected are those with savings and those paying rent. The difference between UC and Working Tax Credits can be a loss of £1,000's a year and there may be lower payments for many years to come when compared to 'UC managed migration' a loss of £10,000's of income is possible.

Help to Claim is a dedicated service from Citizens Advice. It's free, independent, confidential and impartial. Our trained advisers can help with things like how to gather evidence for your application or how to prepare for your first Jobcentre appointment.

You can read our online advice on Universal Credit at any time  
<https://www.citizensadvice.org.uk/benefits/universal-credit/>

You can contact an adviser through free national Help to Claim phone service:

England: **0800 144 8 444**

England textphone: **18001 0800 144 8 444**

Talk to us online:

Chat lets you talk to a trained adviser online about your Universal Credit application process. Chat is usually available 8am to 6pm, Monday to Friday. It's not available on public holidays.

### **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](mailto:advice@citizensadviceallerdale.org.uk)

Our telephone and email services are open Monday to Friday 9.00am to 5.00pm.

### **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](mailto: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. We can offer loans and immediate repayment holidays for those awaiting wage or benefit payments in the current situation. You do not have to be an existing member to apply for a loan. For information please contact: **01946 817508**, email: [info@affinitycu.co.uk](mailto:info@affinitycu.co.uk) or visit the website: [www.affinitycu.co.uk](http://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](mailto: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/>

# Food and Shopping

## 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](http://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 at 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/>

## Useful Links

Government	
<b>Allerdale Borough Council</b> Coronavirus (COVID-19) latest information	<a href="https://www.allerdale.gov.uk/en/coronavirus/">https://www.allerdale.gov.uk/en/coronavirus/</a> or <b>0303 123 1702</b>
<b>Copeland Borough Council</b> Coronavirus (COVID-19) latest information	<a href="https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland">https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland</a> or <b>01946 598300</b>
<b>Cumbria County Council</b> Coronavirus (COVID-19) latest information	<a href="https://cumbria.gov.uk/coronavirus/">https://cumbria.gov.uk/coronavirus/</a>
<b>GOV.UK</b> Guidance for managing a funeral	<a href="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">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</a>
<b>GOV.UK</b> Find coronavirus support	<a href="https://www.gov.uk/find-coronavirus-support">https://www.gov.uk/find-coronavirus-support</a>
<b>GOV.UK</b> Tackle loneliness during coronavirus	<a href="https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown">https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown</a>

<b>GOV.UK</b> Get help with funeral costs	<a href="https://www.gov.uk/funeral-payments">https://www.gov.uk/funeral-payments</a>
<b>GOV.UK</b> Help and support if someone dies	<a href="https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies">https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies</a>
<b>GOV.UK</b> Support for Businesses	<a href="https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses">https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses</a>
<b>NHS &amp; GoodSAM</b> Register to become a NHS Volunteer	<a href="https://www.goodsamapp.org/NHS">https://www.goodsamapp.org/NHS</a>
<b>Public Information</b>	
<b>Action Fraud</b> Report a scam	<a href="https://www.actionfraud.police.uk/">https://www.actionfraud.police.uk/</a>
<b>AgeUK</b> Bereavement Support	<a href="https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/">https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/</a>
<b>Autism Support Allerdale and Copeland</b>	<a href="http://www.asaac.uk">www.asaac.uk</a>
<b>AWAZ Cumbria</b> Free community online sessions	<a href="https://awazcumbria.org/">https://awazcumbria.org/</a>
<b>CADAS</b> Helpline launched to provide callers with information, advice and guidance	<b>0800 2 54 56 58</b> – from 11am to 8pm from Monday to Saturday, and arranging longer call-backs for callers if necessary.
<b>Child Bereavement Network</b> Bereavement Support	<a href="http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx">http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx</a>
<b>Copeland Age and Advice Service</b>	<a href="https://caasteam.com/covid-19-support-information/">https://caasteam.com/covid-19-support-information/</a>
<b>Cruse</b> Bereavement support	<a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a>
<b>COVID-19 Scams</b> Report possible scams via Citizens Advice	<a href="https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/">https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/</a> or <b>0808 223 1133</b>
<b>Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust</b> Involvement Communications to Service Users and Carers	<a href="https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/">https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/</a>
<b>Family Action</b> Family Line	<a href="http://www.family-action.org.uk/familyline">www.family-action.org.uk/familyline</a>
<b>GOV.UK</b> FAQs on what you can and can't do at home	<a href="https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do">https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do</a>
<b>NHS</b> Bereavement Support	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/">https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/</a>

<b>North Cumbria Integrated Care NUS Foundation Trust- E-School Nurse</b> Weekly video clinics providing health & wellbeing advice for parents / carers of children aged 5-19	<a href="https://www.cumbria.gov.uk/ph5to19/priorities.asp">https://www.cumbria.gov.uk/ph5to19/priorities.asp</a>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Send a message to a relative in hospital	Free phone: <b>0800 633 5547</b> or <b>01228 814008</b> or email <b>PALS@ncic.nhs.uk</b>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Visitor Information	<a href="https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors">https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors</a>
<b>People First</b> Chat + Check Service	<a href="http://www.wearepeoplefirst.co.uk">www.wearepeoplefirst.co.uk</a> <a href="mailto:keepconnected@wearepeoplefirst.co.uk">keepconnected@wearepeoplefirst.co.uk</a> <b>0300 303 2789</b>
<b>Ramadan and COVID-19</b> Guidance on managing fasting during lockdown	<a href="https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/">https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/</a>
<b>RNIB</b> Digital download service	<a href="https://www.rnib.org.uk/talking-books-service">https://www.rnib.org.uk/talking-books-service</a>
<b>Together We</b>	<a href="http://www.togetherwe.co.uk/">http://www.togetherwe.co.uk/</a>
<b>Public Health Information</b>	
<b>Active Cumbria</b> Activities to maintain positive wellbeing	<a href="http://www.activecumbria.org/stayinworkout">www.activecumbria.org/stayinworkout</a>
<b>Alzheimer's Society</b> Regularly updated information	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
<b>Bereavement Helpline</b> The NHS Bereavement Helpline is here to offer support and advice	Call <b>0800 2600 400</b> or visit: <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/">https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/</a>
<b>Bright Sky App</b> Domestic abuse online journal	<a href="https://apps.apple.com/gb/app/bright-sky/id1105880511">https://apps.apple.com/gb/app/bright-sky/id1105880511</a>
<b>CADAS Countywide Addiction Helpline</b>	General Enquiries: 0300 111 4002 <a href="mailto:info@ cadas.co.uk">info@cadas.co.uk</a> Addiction Helpline: 0800 2 54 56 58 <a href="mailto:contact@cadas.co.uk">contact@cadas.co.uk</a>
<b>Cancer Research</b> Coronavirus and Cancer	<a href="https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer">https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer</a>
<b>Cockermouth Linking Lives - Two's Company</b> Telephone befriender programme	Contact Sue Gorman at <a href="mailto:cockermouth@linkinglives.uk">cockermouth@linkinglives.uk</a> or 07957 515140

<b>Cumbria County Council</b> Public Health 5-19	<a href="https://cumbria.gov.uk/ph5to19/default.asp">https://cumbria.gov.uk/ph5to19/default.asp</a>
<b>Cumbria County Council</b> Infection prevention advice for volunteers	<a href="https://drive.google.com/open?id=17CJxmTgCNdyXOdrCIOqDwMOXS6xCbe5E">https://drive.google.com/open?id=17CJxmTgCNdyXOdrCIOqDwMOXS6xCbe5E</a>
<b>Every Life Matters</b> Download their Mental Health and Wellbeing Guide	<a href="https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf">https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf</a>
<b>Equally Well UK</b> Publication around looking after your health during COVID-19	<a href="https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf">https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf</a>
<b>GOV.UK</b> Get coronavirus support as a clinically extremely vulnerable person	<a href="http://www.gov.uk/coronavirus-extremely-vulnerable">www.gov.uk/coronavirus-extremely-vulnerable</a>
<b>GOV.UK</b> Support for domestic abuse victims	<a href="https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims">https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims</a>
<b>Kooth</b> A online service to support the wellbeing and resilience of young people	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Lancashire and South Cumbria NHS Foundation Trust</b> Mental Health Helpline	<a href="http://www.lscft.nhs.uk/news/814">www.lscft.nhs.uk/news/814</a>
<b>Mental Health Foundation</b> Looking after your mental health during the coronavirus outbreak	<a href="https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>
<b>Mind</b> Coronavirus and your wellbeing	<a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>
<b>NHS</b> Every Mind Matters- 10 tips to help if you are worried about coronavirus	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</a>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Maternity guidance surrounding COVID-19 FAQ	<a href="https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf">https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf</a>

<b>North East &amp; North Cumbria Suicide Prevention Network</b> Website containing help and advice about suicide and mental wellbeing	<a href="http://www.stopsuicidenenc.org/">http://www.stopsuicidenenc.org/</a>
<b>Northern Cancer Alliance</b> Information and advice	<a href="https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/">https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/</a>
<b>Royal College of Paediatrics and Child Health</b> Easy-to-use guide for parents and carers on the symptoms to look out for in children	<a href="https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf">https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf</a>
<b>Samaritans</b> If you're worried about your mental health during the coronavirus outbreak	<a href="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/">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/</a>
<b>United for Global Mental Health</b> Weekly Webinar	<a href="https://www.unitedgmh.org/news/webinarseriescovid19">https://www.unitedgmh.org/news/webinarseriescovid19</a>
<b>Victim Support Cumbria</b> Emotional and practical help	<a href="https://www.victimsupport.org.uk">https://www.victimsupport.org.uk</a>
<b>World Health Organisation</b> Mental health and psychosocial considerations during COVID-19 outbreak	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf</a>
<b>Young Cumbria</b> Support to 11-19 years old who are experiencing increased stress and anxiety, are affected by depression, isolation and boredom.	<a href="http://www.facebook.com/youngcumbria">www.facebook.com/youngcumbria</a> or email <a href="mailto:foundations@youngcumbria.org.uk">foundations@youngcumbria.org.uk</a>
<b>YouTube-Mindset by Dave</b> Mental Health Family Hour Episodes	<a href="https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg">https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg</a>
<b>Zero Suicide Alliance</b> Weekly Webinar	<a href="http://www.zerosuicidealliance.com/training/">http://www.zerosuicidealliance.com/training/</a>
<b>Information for Local Support Groups</b>	
<b>ABI</b> Volunteers and Car Insurance ABI	<a href="https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/">https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/</a>

<b>Action with Communities in Cumbria</b> Village Halls - Retail Hospitality and Leisure (RHL) Grant	<a href="https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf">https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf</a>
<b>Arts Council England</b> COVID-19 Funding Support	<a href="https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support">https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support</a>
<b>CFM</b> Cash for Kids Appeal submit application	<a href="https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/">https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/</a>
<b>Charities Aid Foundation</b> Funding	<a href="https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund">https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund</a>
<b>COVID-19 Mutual Support</b> Resources for groups of volunteers	<a href="https://covidmutualaid.org/resources/">https://covidmutualaid.org/resources/</a>
<b>Cumbria Action</b> If you are looking to set up a more formal, coordinated and permanent group to support your community	<a href="http://www.cumbriaaction.org.uk">http://www.cumbriaaction.org.uk</a>
<b>Cumbria Community Foundation</b> Funding	<a href="https://www.cumbriafoundation.org/fund/covid19-response-fund/">https://www.cumbriafoundation.org/fund/covid19-response-fund/</a>
<b>Cumbria Community Resilience Group</b> Advice for volunteers	<a href="https://drive.google.com/file/d/11DWo5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view">https://drive.google.com/file/d/11DWo5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view</a>
<b>Cumbria County Council</b> Infection prevention advice for volunteers	<a href="https://drive.google.com/open?id=17CJxmTgCNdyXOdrcioqDwMOXS6xCbe5E">https://drive.google.com/open?id=17CJxmTgCNdyXOdrcioqDwMOXS6xCbe5E</a>
<b>Cumbria County Council &amp; Cumbria CVS</b> Helping in the community guidance	<a href="https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y">https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y</a>
<b>Cumbria CVS</b> Information and support for volunteers	<a href="https://cumbriacvs.org.uk/coronavirus/">https://cumbriacvs.org.uk/coronavirus/</a>
<b>Digital Cumbria</b> Free support for Cumbrian SMEs	<a href="https://digitalcumbria.c4dta.co.uk">https://digitalcumbria.c4dta.co.uk</a>
<b>Eden Project Communities</b> Telephone Tree Template	<a href="https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf">https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf</a>
<b>GOV.UK</b> Safeguarding and DBS checks for volunteers	<a href="https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs">https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs</a>
<b>Grants Online</b> Find grants online	<a href="https://www.grantsonline.org.uk/coronavirus.html">https://www.grantsonline.org.uk/coronavirus.html</a>

<b>Information Commissioners Office</b> Information for new groups	<a href="https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/">https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/</a>
<b>Mind</b> Coronavirus Mental Health Response Fund	<a href="https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/">https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/</a>
<b>Neighbourhood Watch</b> Free Public Liability Insurance for Groups	<a href="http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning">http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning</a>
<b>Persimmons</b> Community Champions	<a href="http://www.persimmonhomes.com/community-champions">www.persimmonhomes.com/community-champions</a>
<b>Prince's Countryside Fund</b> Funding	<a href="https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme">https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme</a>
<b>Sport England</b> Funding	<a href="https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus">https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus</a>
<b>Personal Financial Support</b>	
<b>Citizens Advice</b> Help to claim	<a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/</a>
<b>Department for Work and Pensions (DWP)</b> FAQs	<a href="https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/">https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/</a>
<b>Money Advice Service</b> Free and impartial money advice	<a href="https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you">https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you</a>
<b>TURN2US</b> Access to financial help including welfare benefits, charitable grants and other financial help	<a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a>
<b>UK Finance</b> Making payments safely in lockdown	<a href="https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown">https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown</a>
<b>Food and Shopping</b>	
<b>Aldi</b> Food parcels	<a href="https://www.aldi.co.uk/food-parcels">https://www.aldi.co.uk/food-parcels</a>
<b>Asda</b> Volunteer Shopping Card	<a href="https://cards.asda.com/the-volunteer-shopping-card">https://cards.asda.com/the-volunteer-shopping-card</a>
<b>Morrisons</b> Doorstep Service	Call <b>0345 611 6111</b> and select <b>option 5</b> to place your order
<b>Sainsburys</b> Latest information	<a href="https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--">https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--</a>
<b>Which?</b> Advice on how to pay volunteers	<a href="https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/">https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/</a>
<b>Education</b>	

<b>Cumbria County Council</b> Free Online Courses for Families of Cumbria with access code: WORDSWORTH	<a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a>
<b>Department for Education</b> List of online educational resources	<a href="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">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</a>
<b>Inspira</b> Careers service for young people	<a href="https://www.inspira.org.uk/finished-school-college">https://www.inspira.org.uk/finished-school-college</a>
<b>Recovery College Online</b> Coping during the Pandemic Course	<a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a>
<b>World Health Organisation</b> Healthy Parenting Resources	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting</a>
<b>Cumbria Community Learning and Skills</b> Community Learning & Skills have gone online with over 150 courses to choose from and can be accessed via Zoom	<a href="http://www.cumbria.gov.uk/learningandskills">www.cumbria.gov.uk/learningandskills</a>
<b>Transport</b>	
<b>Cumbria County Council</b> Bus Updates	<a href="http://www.cumbria.gov.uk/buses">http://www.cumbria.gov.uk/buses</a>
<b>Northern</b> Key Worker Timetables	<a href="https://www.northernrailway.co.uk/key-worker-timetables">https://www.northernrailway.co.uk/key-worker-timetables</a>



HM Government



# Coronavirus

## Isolate your household

## Stay at home

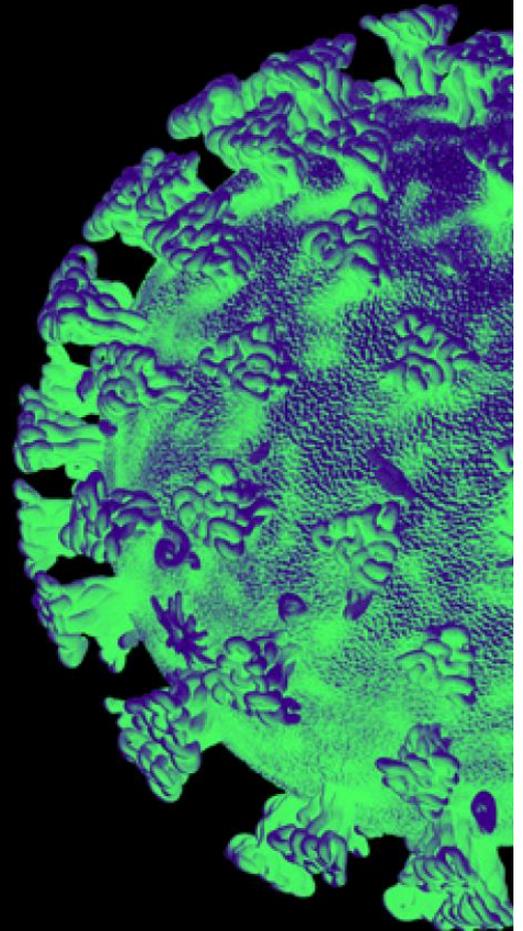
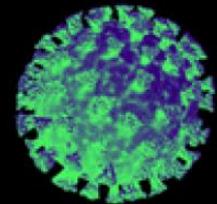
If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ 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](https://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](https://www.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.



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



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**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](http://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:

 <p><b>RED</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"> <li>• Becomes pale, mottled and feels abnormally cold to the touch</li> <li>• Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts <b>grunting</b></li> <li>• Severe difficulty in breathing becoming agitated or unresponsive</li> <li>• Is going blue round the lips</li> <li>• Has a fit/seizure</li> <li>• Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li> <li>• Develops a rash that does not disappear with pressure (the 'Glass test')</li> <li>• Has testicular pain, especially in teenage boys</li> </ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>
 <p><b>AMBER</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"> <li>• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (<b>recession</b>) or <b>head bobbing</b></li> <li>• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li> <li>• 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</li> <li>• Has extreme shivering or complains of muscle pain</li> <li>• Babies under 3 months of age with a temperature above 38°C / 100.4°F</li> <li>• Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li> <li>• For all infants and children with a fever above 38°C for more than 5 days.</li> <li>• Is getting worse or if you are worried</li> <li>• Has persistent vomiting and/or persistent severe abdominal pain</li> <li>• Has blood in their poo or wee</li> <li>• Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li> </ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>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&amp;E</p>
 <p><b>GREEN</b></p>	<p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"> <li>• You can continue to provide your child care at home. Information is also available on NHS Choices</li> <li>• Additional <b>advice</b> is available to families for coping with crying of well babies </li> <li>• Additional <b>advice</b> is available for children with complex health needs and disabilities.</li> </ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

Cumbria Safeguarding  
Children Partnership



C S C P

If you **SEE** something...  
**SAY** something!

Are you concerned about a child or family?

If you **see** or hear something that worries you...  
**say** something!

Safeguarding is everyone's responsibility.

To report a child safeguarding concern call:

The Multi Agency Safeguarding Hub

on **0333 240 1727**

NSPCC on **0808 800 5000**

In an emergency call **999**

**Help us keep our children safe in Cumbria**