

CORONAVIRUS (COVID-19) UPDATE

ALLERDALE & COPELAND

Newsletter for the Allerdale and Copeland Area

Issue 9
18 May 2020

This is the ninth 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/>

In this week's edition of the newsletter, our focus will be mainly on supporting mental wellbeing, with it being Mental Wellbeing Week from 18-24 May 2020, we have included mental health support services, which contains their services provided and contact details. These will be highlighted in **PINK**

Mental health resources can be found on the Mental Health Foundation website:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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



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



Mental Health Services

Together We

Together We are hosting a free virtual mental health and wellbeing festival live on Facebook, this is to mark mental health awareness week 2020. Workshops and classes include; what is mental health & what can we do to keep well, how to sleep better, fitness – Clubbercise live, fitness – Pilates live and keeping well & moving forward. The festival will be held on Wednesday 20 May and will be from 10:00am to 4:00pm.

For further information you contact Together We either via email or telephone:

referral@togetherwe.co.uk or 0808 196 1773

Together We Facebook page: <https://en-gb.facebook.com/togetherwetalk/>

Equally Well UK

A new publication from Equally Well has been released around looking after your health during COVID-19, it is a resource for people living with severe mental illness

'Looking after your health during COVID 19. A guide for people living with severe mental illness' has been developed by Equally Well UK. Please see below:

<https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf>

CADAS Countywide Addiction Helpline

CADAS have launched a new countywide Addiction Helpline, Mon-Sat, 11am-8pm, with help from the COVID-19 Response Fund (via the Cumbria Community Foundation). It's for anyone struggling with their, or anyone else's, addictive habits. And we're also taking referrals into our service again now, too. It's just that all the work will be done over the phone and groups are being held over video call. We thought this might be a useful service to include in the Resilience Directory.

General Enquiries:

- 0300 111 4002 (Mon–Thu 10am–5pm)
- info@cadas.co.uk

Addiction Helpline:

- 0800 2 54 56 58 (Mon–Sat 11am–8pm)
- contact@cadas.co.uk (for immediate call back requests, advice and guidance Mon–Fri 10am–5pm)

For full information visit the website:

<https://cadas.co.uk/call-us-were-back-to-business-as-usual/>

Active Cumbria

Many people find that physical activity helps them maintain positive mental health. During the coronavirus pandemic staying active can really help. Even if you're mostly in your house at the moment due to shielding or self-isolating, there are plenty of things you can still do, see www.activecumbria.org/stayinworkout

Cumbria Together We Can

During Mental Health Awareness Week, Cumbria Together We Can will be sharing lots of positive stories on this year's theme of Kindness. If you have a story, please email togetherwecan@cumbria.gov.uk and join in the conversation on social media.

Twitter & Instagram: [@TogetherCumbria](https://twitter.com/TogetherCumbria)

Facebook: [Cumbria Together We Can](https://www.facebook.com/CumbriaTogetherWeCan)

Sport England

Sport England have summarised findings from a number of surveys in relation to COVID-19 on topics such as; mental wellbeing and physical activity. The findings are summarised below:

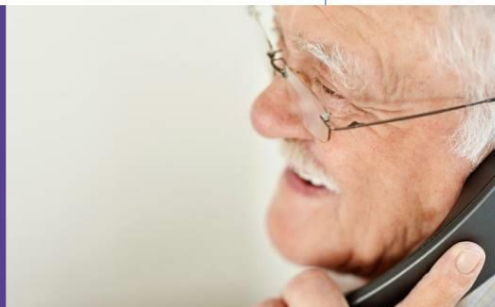
Mental Health:

- COVID-19 is clearly having an impact on people's mental health and wellbeing, with different surveys finding anywhere from 50% to over 80% are worried, and that younger people and those on lower incomes are most affected.
- 81.7% of adults in Great Britain said they were 'very worried' or 'somewhat worried' about the effect that the coronavirus (COVID-19) is having on their life right now.
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/coronavirusandthesocialimpactsongreatbritain/30april2020>
- 46% say that they feel very worried or worse about COVID-19
This is slightly down on the daily figures captured in late March/ early April (between 53 -56%). Savanta Coronavirus Data Tracker (04.05.2020)
- Depression and anxiety levels have continued to show a slight decrease since lockdown came in (most clearly for anxiety).
However, the levels overall are higher than usual reported averages. Younger people were more likely to categorise (18-29) as depressed or anxious than older (60+); as are those with lower household incomes (less than 30k).
<https://www.marchnetwork.org/research>
- Relationships are under increasing strain
20% think the current lockdown situation is putting more strain on relationships with those they live with.
<https://yougov.co.uk/topics/relationships/survey-results/daily/2020/04/01/9cd3e/2>

Cockermouth Linking Lives - Two's Company



Are you concerned about the impact Covid-19 is having on socially isolated people in your community? Perhaps you know someone who is needing some support.



Two's Company can help people make a difference to their community during this time of crisis.

WHAT IS 'TWO'S COMPANY'?

'Two's Company' is a telephone befriending programme being run through churches across the UK to respond in a relevant way to the Covid-19 pandemic. Many people are more isolated now than ever and this approach provides a way for local people to stay in touch by telephone on a regular basis.

WHO IS IT FOR?

Two's Company is aimed at those most vulnerable to the effects of social isolation due to age, location, health or other factors.

HOW DOES IT WORK?

Volunteers from local churches form a team of telephone befrienders. Referrals for phone calls are made to the Coordinator, and they then match a telephone befriender with someone requesting a phone call, called a 'Link Friend'. The Link Friend will receive a phone call from their befriender at least once a week for 4 months or more, providing much needed companionship during this difficult time. We expect this process to benefit both those involved in the regular calls.

WHO CAN GET INVOLVED?

Volunteers will have been vetted and checked through previous roles in their local church. It would particularly suit those who have a warm, friendly and empathetic character and can relate to people of different ages and backgrounds.

HOW DOES THIS PROJECT WORK IN PARTNERSHIP WITH OTHER AGENCIES?

Local Two's Company projects will work together with other groups, such as Good Neighbour schemes, Local Authorities and groups that have started in the area to respond to Covid-19. This will broaden the impact that they are able to make in the local community.

I'D LIKE TO GET INVOLVED. WHAT DO I DO NOW?

The best way to get involved is to contact the Church overseeing the initiative in your area. The dedicated phone number is below.

I WOULD LIKE TO REQUEST A REGULAR CALL – WHAT DO I DO?

To refer yourself or someone you know, please call the Coordinator, for a friendly discussion.

Coordinator: Sue Gorman

Telephone: 07957 515140

Christ Church Rooms

South Street, Cockermouth, CUMBRIA
CA13 9RU

cockermouth@linkinglives.uk

This project has been set up in partnership with Linking Lives UK which is a national Christian befriending charity that, since 2012, has established befriending projects in over 30 communities across the country, working through the local church to combat loneliness and social isolation.

www.linkinglives.uk



Mind

Mind are running a campaign around #speakyourmind. Many of us are worried about coronavirus and how it will affect us and those we love. Mind are encouraging you to #SpeakYourMind and reach out to someone who needs a friend with a positive message, or share with them your own tips for coping to make sure they don't have to face this pandemic alone.

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

The Samaritans

During Mental Health Awareness Week, the Samaritans are encouraging us to understand the 'Elements of Effective Active Listening'. You can access free learning resources here:

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/connecting-others/listening-skills/>

We Will

WILL YOU SHARE THE 'JUST LISTEN' MESSAGE?

Following years of research, WE WILL say:

Listening better is a vital skill that can save relationships, health and lives.

We are asking you to be THAT person who steps up and LISTENS BETTER to young people and each other.

WE WILL – will you?

Will you share the importance of listening with people in your work and home communities?

WILL YOU WATCH AND SHARE OUR FILMS?

We're launching our latest film 'JUST LISTEN' to highlight the need for listening - THE simplest and most effective solution to coping in challenging times.

- Please take a few minutes to **watch 'BOY'** and understand WHY listening is so important.
<https://www.youtube.com/watch?v=L9WBZ1L2s4I&t=11s>
- To find out HOW to listen please **watch our NEW film 'JUST LISTEN'**.
<https://www.youtube.com/watch?v=Kg053UnO7S0>

JUST LISTEN is an essential message for staff, clients, family, friends and the most vulnerable. Can you share our films with people you work with or those in your networks? Can you share them on your website or on social media channels to raise awareness? Can you like and comment on our Facebook, Twitter and Instagram page?

The WE WILL youth mental health campaign group thank you for your support which is always appreciated and never more needed.

With thanks,

WE WILL

Website: www.ewanrigg.com/wewill

YouTube: <https://www.youtube.com/channel/UCBSzHsp1NHBzZVbilsBSydw>

Facebook: [@makingmaryportsmile](https://www.facebook.com/makingmaryportsmile)

Instagram: [@wewillcampaign](https://www.instagram.com/wewillcampaign)

Twitter: [@wewillcampaign](https://twitter.com/wewillcampaign)

Young Cumbria

Young Cumbria is providing responsive support to 11-19 years olds who are experiencing increased stress and anxiety, are affected by depression, isolation and boredom. We can provide support to young people who are experiencing conflict at home and struggling to stay in or where a young person just needs someone to talk this whole thing through with. We will provide support over the phone or via social media which ever suits you best. It can be just the one contact or you can receive ongoing support for a short period, whatever feels comfortable for you. Please contact us either via our facebook page

www.facebook.com/youngcumbria or our email foundations@youngcumbria.org.uk

Every Life Matters – Job Vacancy

Every Life Matters, a new Cumbrian suicide prevention charity, is recruiting a **Suicide Bereavement Service Co-ordinator** who can drive forward the work of our new service, delivering flexible, compassionate and person centred support to individuals, families and communities bereaved by suicide in Cumbria.

Suicide Bereavement Service Manager

30 hours per week - £20,400 per annum (£25,500 FTE)

Application packs can be downloaded at

<https://www.every-life-matters.org.uk/>

If you would like to discuss the post please contact Chris Wood at

chris.wood@every-life-matters.org.uk or call **07908 537541**

Closing date for applications is 5pm Monday 8th June 2020

Government information

GOV.UK

***NEW* Information on the Government's new recovery strategy:**

Below links to some of the Government information in relation to the new recovery strategy. See below for additional guidance:

New guidance launched to help get Brits safely back to work

Government publishes guidance for employers to help them get their businesses back up and running and workplaces operating safely. See below:

<https://www.gov.uk/government/news/new-guidance-launched-to-help-get-brits-safely-back-to-work>

Chancellor extends furlough scheme until October

The government's Coronavirus Job Retention Scheme will remain open until the end of October, the Chancellor announced yesterday. See below:

<https://www.gov.uk/government/news/chancellor-extends-furlough-scheme-until-october>

New guidance on spending time outdoors

Details on a range of outdoor activities which will be allowed in England from today subject to social distancing rules. See below:

<https://www.gov.uk/government/news/new-guidance-on-spending-time-outdoors>

New guidance on accessing green spaces safely

Guidance on using green spaces and protecting yourself and others. See below:

<https://www.gov.uk/government/news/coronavirus-guidance-on-access-to-green-spaces>

Safer Public Places Urban Centres and Green Spaces

Guidance document focusing on the design principles for safer urban centres and green spaces. See below:

https://assets.publishing.service.gov.uk/media/5ebbb57ae90e070831aeb0d3/Coronavirus__COVID-19__Safer_Public_Places.pdf

Cumbria County Council

***NEW* Respect Campaign**

As government guidance regarding the stay at home message has altered slightly, we ask that any potential visitors and current residents of Cumbria follow these 3 key messages:

Respect our local communities

- Be considerate and don't do things that increase the risk or cause problems for local people, particularly the vulnerable: avoid using paths through farmers' yards; keep your dog on a lead and take your litter home.
- Plan ahead and avoid busy places: use saferlakes.co.uk to park safely and considerately and avoid the more popular destinations.
- Bring your own food and drink to avoid pressure on local shops.
- Consider the lack of toilet and washing facilities and don't behave in an anti-social manner.

Respect the risk

- Cumbria continues to record new cases of the virus every day and the threat has not gone away
- Don't take risks on the fells, on the water or on the roads. Stay within the limits of your ability and equipment at all times.
- If you get into trouble help may take longer to arrive and you will put unnecessary additional pressure on local health and emergency workers as well as volunteer mountain rescue and coastal rescue services.

Respect the rules

- Observe all the Government's social distancing rules.
- No overnight stays, no camping, no visiting second homes.
- Avoid crowds.
- Wash your hands regularly.

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

Serving the people of Cumbria

cumbria.gov.uk

Testing for Essential Workers

Testing for coronavirus (COVID-19) is now available to people in Cumbria at a range of locations.

Testing is available to:

- all essential workers including NHS and social care workers with symptoms (see the full list of essential workers <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#essential-workers>)
- anyone over 65 with symptoms
- anyone with symptoms whose work cannot be done from home (for example, construction workers, shop workers, emergency plumbers and delivery drivers)
- anyone who has symptoms of coronavirus and lives with any of those identified above

The Government are also testing

- social care workers and residents in care homes (with or without symptoms) both to investigate outbreaks and, following successful pilots, as part of a rolling programme to test all care homes
- NHS workers and patients without symptoms, in line with NHS England guidance

Testing is available for all eligible essential workers at sites in Penrith, Kendal, Preston and Gateshead. Eligible health and social care staff can also access testing in Barrow, Carlisle, Lancaster and Whitehaven.

To be eligible for testing people must be:

- Currently self-isolating for five days or less due to suspected COVID-19 infection, or;
- A member of an essential worker's household who has suspected COVID-19 infection and has been self-isolating for five days or less (which has resulted in the member of staff self-isolating as well).

Testing is most effective in the first three days of COVID-19 symptoms appearing. Testing is considered effective up until day five. No testing should be undertaken after day five, unless for a specific reason.

Importantly, while people can make their own bookings for Penrith, Kendal, Preston and Gateshead via <https://self-referral.test-for-coronavirus.service.gov.uk/>, to access the Barrow, Carlisle, Lancaster and Whitehaven sites health and social care staff must be referred for testing by their employer.

Full details of how to access all testing available to people across the whole of Cumbria can be found at <https://www.northcumbriaccg.nhs.uk/covidtesting>

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**
- Tenants and landlords are being reminded that despite the lockdown brought about by the coronavirus outbreak, homes should not be left in a state where they are unsafe and needing urgent repairs. The Government has released a number of advisory guidance documents to support and encourage landlords and tenants in adopting a pragmatic, common sense approach to issues that may arise in the current circumstances - such as boiler repairs. These can be found on the government website:
<https://www.gov.uk/government/publications/covid-19-and-renting-guidance-for-landlords-tenants-and-local-authorities>.

Tenants have a right to a decent, warm and safe place to live and it is the role of Allerdale Borough Council to keep housing conditions under review and take appropriate action in the event that hazards exist within the home.

Therefore we are reminding tenants that if they are privately renting and they feel their home is dangerous and there is an imminent risk to their health, then they should contact their landlord in the first instance to get any repairs completed as soon as possible. If they are not happy with their landlord's response, then they can contact the council's Private Sector Housing Team on **0303 123 1702**.

- 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.
- We are reintroducing charges for parking in our car parks. To reduce the risk of infection, revised signage will be erected in our car parks to ensure people keep more than 2m apart from anyone not from their household. The signs will also advise people to park in alternate bays where possible, keep hands clean and use the MiPermit app to pay for parking where available. This can be downloaded from mobile app stores. The machines will only accept card payments. The app cannot be used in Fairfield (Sainsburys) car park or the Booths car park in Keswick. It also cannot be used in car parks which we manage on behalf of others. These are: Rawnsley Hall car park, Derwent Pencil Museum car park at Keswick, Irish Street car park and South Quay car park at Maryport.

Key workers including NHS staff, care workers and NHS volunteer responders involved in the Coronavirus response will be able to obtain a key worker parking pass from their employer under the government guidance, which will allow them to park for free on all of our car parks.

- 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're encouraging all businesses who think they are eligible for the coronavirus support grant and have not provided their details to do so as soon as possible.

The council needs some information to confirm eligibility as well as bank details to pay the grant. There is a simple form on the council's website at:

<https://www.allerdale.gov.uk/en/coronavirus/coronavirus-business-grants-claims/>.

- 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 and 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**
- Check our website to find out the latest on our waste collections. Garden waste collections resume from the week beginning 11 May. Please check your collection day on our website: www.allerdale.gov.uk/bincollections.

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 they remain closed.
- 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 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
- To check if you're eligible for support to assist with housing costs email benefits@copeland.gov.uk

- If you are homeless, or may become homeless, email 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 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 or call **07388 996202** or **01946 693321**.

***NEW* Business grants from Copeland Borough Council.**

Around £2 million in business grants still remains unclaimed in Copeland.

These cash grants are for businesses in the retail, leisure and hospitality sectors, and small and rural businesses.

These grants do not need to be paid back, and you do not need to have paid a certain amount in business rates to be eligible for the grant.

The council has been unable to contact some businesses so far, to verify details and award these grants. The council is urging businesses who fall into the above categories, who have not yet claimed, to get in touch, as soon as possible.

Go to <https://www.copeland.gov.uk/coronavirus-resources-business> or email business.rates@copeland.gov.uk or call **01946 598300** for more information.

Copeland Council is reminding residents and businesses that its Planning service is still operating throughout the Covid-19 crisis.

Although staff are not meeting individuals in person at present, our team is still accepting planning applications made electronically.

Applications can be made via the Planning Portal at <https://www.planningportal.co.uk/>, or by email to development.control@copeland.gov.uk.

The council is also offering free pre-application advice for development proposals. Any enquiry should be sent by email to development.control@copeland.gov.uk in the first instance.

Officers are continuing to make decisions on applications that can be delegated to them under our agreed process. To allow for major applications to be debated and decided by Councillors, virtual meetings of the Planning Panel will soon start to take place. Members of the public will have the ability to request to address the panel remotely, and interested parties will be able to view a live stream.

Weekly lists of applications received and determined are published at

<https://www.copeland.gov.uk/view-and-comment-planning-applications>

And for further advice and guidance on the planning process, including householder developments, commercial developments, advertising and signage, please visit

www.copeland.gov.uk/planning

The council is also reminding residents and businesses that its Building Control department is continuing to operate.

Inspections of foundation excavations, drainage runs and newly completed houses that require completion certificates for sales purposes are being carried out on Tuesdays and Thursdays.

By dealing with applications made electronically, the team is maintaining the same level and quality of service so please send all general correspondence – including plans and queries – to building.control@copeland.gov.uk.

For general enquires go to www.copeland.gov.uk, email info@copeland.gov.uk or call **01946 598300**. You can also follow the council on Facebook, Twitter and LinkedIn.

NHS

The NHS remains open for business for non-COVID-19 related illnesses and accidents

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/>

***NEW* Bereavement Helpline**

Please remember that you're not alone. If someone you know has died, the NHS Bereavement Helpline is here to offer support and advice to families, friends and carers. Call **0800 2600 400** or visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/>

Public Information

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

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>

***NEW* Ewanrigg Local Trust**

Maryport Matters, the quarterly full colour community magazine that serves over 8,000 readers in the town and surrounding villages, has brought out a special edition (May). Designed to respond to the needs of local residents, putting them in touch with local services and sharing helpful tips and positive messages, it has a special pull out section with useful resources and is packed with features and pictures. As well as the print edition that is delivered through doors (using a reliable delivery company that is following government and Royal Mail safety guidance) the team have produced a digital edition which can be downloaded from <https://www.ewanrigg.com/maryportmatters>

The magazine is supported by Making Maryport Smile – a Facebook community that shares local ‘good news’ content and signposting information. Follow the story FB [@makingmaryportsmile](#)

Public Health Information

***NEW* People First**

People First in conjunction with the NHS and other partner organisations have launched a chat and check service for people who have learning disabilities and autism. The service includes check and chat calls from specialist staff who will help with issues like wellbeing, food, medication, support needs, safety and ensure understanding of the lockdown situation.

A helpline to support people with learning difficulties and/or autism during COVID-19. The helpline is called ‘Keeping People Connected’ Tel: **0300 303 2789** or email

keepconnected@wearepeoplefirst.co.uk

New telephone service by specialist advocacy staff for contact and support during COVID-19. Tel: 0300 303 2789 or email keepconnected@wearepeoplefirst.co.uk

Information for Local Support Groups

***NEW* Cumbria CVS**

Cumbria CVS continue to provide a range of services to help support the local voluntary and community sector to respond to the crisis:

Support and Services

- **Information:** Latest information and resources are updated regularly and are available on the website: www.cumbriacvs.org.uk
- **The website** contains lots of useful information especially on the following two pages:
 - www.cumbriacvs.org.uk/coronavirus
 - www.cumbriacvs.org.uk/coronavirus-19-volunteering
- **Cumbria CVS Ebulletin**
The Ebulletin which is published weekly is always full of important advice and guidance, and useful articles, information and resources. If you would like to be added to the mailing list please contact info@cumbriacvs.org.uk
- **Volunteering:**
CVS have developed a wide range of support and resources for local voluntary organisations in light of COVID-19 including a Volunteering Handbook, Guidelines for Informal Volunteering Groups, A Risk Assessment template and much more. These are all available on the website:
www.cumbriacvs.org.uk/coronavirus-19-volunteering

If you are a Volunteer Manager or linked to volunteers, please join the Volunteer Network Meeting on **Thursday 14 May** from **1-2pm** which will be held using Zoom. It will provide an opportunity to look at new resources, discuss volunteer recruitment and retention and share ideas/good practice.

All welcome – to join please email Judiths@cumbriacvs.org.uk

- **Funding**
CVS have dedicated Funding Officers who are here to help support groups to access funding during this crisis. They in turn have developed a range of support and resources to enable them to do this.
To contact the team, email: cvsfunding@cumbriacvs.org.uk

Some resources have been attached but full details can be found on our website:
www.cumbriacvs.org.uk/funding

- **Governance**
The team are still offering governance advice and guidance and can be contacted via info@cumbriacvs.org.uk

- **Voice**

The response of the sector to this pandemic has been amazing and is recognised. We all now need to ensure that continued support and resources are secured and so we must all continue to feed into local and national surveys/initiatives, work with local/national funders, have discussions with local MPs. We must keep going – and for Cumbria CVS, having a strong membership (see below), supports us to play our part in this.

Cumbria CVS Membership

You may have already heard the great news that membership of Cumbria CVS is now **FREE** (as of 01/04/2020)!

Finer details are still developing for the new Membership Offer and you will be contacted in due course to renew/update membership but please rest assured that in the meantime, you will continue to be a member of Cumbria CVS and access benefits/support available.

Feedback

CVS are currently looking for a number of organisations to engage with them and provide feedback/information on support that may be needed by the sector moving forward.

They are trying to establish if there are key services (e.g. financial services) that would benefit from more resources (perhaps in the form of volunteers and/or training resources) to see if/how they can help facilitate this possibly through skilled volunteers.

They hope to develop a short survey and if you are interested - we can ensure that your organisation has the opportunity to take part - please contact via email to:

alisonp@cumbriacvs.org.uk

Please complete survey - Community Response to Coronavirus Feedback

Have you been involved in the community response to the COVID-19 outbreak? If so, Cumbria Resilience Group would like to hear from you. This survey aims to collect some quick, early feedback on people's experiences and will help to inform the ongoing work of the group. To access the survey and find out more, see below:

<https://www.surveymonkey.co.uk/r/CoronavirusCommunityResponseSM>

**You only need to complete the survey once.*

For volunteer enquiries please email info@cumbriacvs.org.uk or call **01768 800350**.

Mental Health Provider Forum Survey

We know that many of you are working flat out at the moment supporting people who are struggling to maintain their mental health and wellbeing during the current crisis.

We can see that many of you are:

- finding new ways to connect with clients you were already working with prior to COVID or with new groups of clients
- expanding the availability or frequency of the services you normally provide
- developing completely new services
- developing new levels of services to meet the increased needs that clients are experiencing

We want to try to capture some of this information and to better understand the increase in demand that you have been and continue to experience in the period since COVID 19 lockdown commenced.

We want to use the information that we gather to help to inform conversations with our local NHS agencies and a range of other funders. We also want to ensure that there is a good coverage of mental health and wellbeing support across the whole county and that it is delivered to all age groups.

We want to hear from as many of you as possible.

We have developed two surveys that we hope that you can complete.

Survey 1

This survey is for organisations that provide one or both of the following types of services in Cumbria (organisations who complete this survey may also want to complete Survey 2 as well)

- Multi-appointment programmes of support that are considered to be a clinically or socially therapeutic intervention e.g. CBT, counselling, mindfulness based cognitive therapy, interpersonal therapy, behavioural activation
- Multi-appointment group-based programmes of support that are considered to be a clinically or socially therapeutic intervention e.g. CBT, counselling, mindfulness based cognitive therapy, interpersonal therapy

<https://www.surveymonkey.co.uk/r/SJ5R5C2>

Survey 2

This survey is for organisations that provide one or more of the following services in Cumbria

- Self-help and sign posting support
- One off listening ear/social calls
- Regular listening ear/social calls
- One off welfare calls with a specific emphasis on mental wellbeing support
- Regular welfare calls with a specific emphasis on mental wellbeing support

<https://www.surveymonkey.co.uk/r/SMRB9Y7>

Personal Financial 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

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

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

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 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 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/>

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

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	
Allerdale Borough Council Coronavirus (COVID-19) latest information	https://www.allerdale.gov.uk/en/coronavirus/ or 0303 123 1702
Copeland Borough Council Coronavirus (COVID-19) latest information	https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland or 01946 598300
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 Find coronavirus support	https://www.gov.uk/find-coronavirus-support
GOV.UK Tackle loneliness during coronavirus	https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown
GOV.UK Get help with funeral costs	https://www.gov.uk/funeral-payments
GOV.UK Help and support if someone dies	https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies
GOV.UK Support for Businesses	https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses
NHS & GoodSAM Register to become a NHS Volunteer	https://www.goodsamapp.org/NHS
Public Information	
Action Fraud Report a scam	https://www.actionfraud.police.uk/
AgeUK Bereavement Support	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/
Autism Support Allerdale and Copeland	www.asaac.uk
AWAZ Cumbria Free community online sessions	https://awazcumbria.org/

CADAS Helpline launched to provide callers with information, advice and guidance	0800 2 54 56 58 – from 11am to 8pm from Monday to Saturday, and arranging longer call-backs for callers if necessary.
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
COVID-19 Scams Report possible scams via Citizens Advice	https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/ or 0808 223 1133
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust Involvement Communications to Service Users and Carers	https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/
Family Action Family Line	www.family-action.org.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
NHS Bereavement Support	https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/
North Cumbria Integrated Care NUS Foundation Trust- E-School Nurse Weekly video clinics providing health & wellbeing advice for parents / carers of children aged 5-19	https://www.cumbria.gov.uk/ph5to19/priorities.asp
North Cumbria Integrated Care NHS Foundation Trust Send a message to a relative in hospital	Free phone: 0800 633 5547 or 01228 814008 or email PALS@ncic.nhs.uk
North Cumbria Integrated Care NHS Foundation Trust Visitor Information	https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors
People First Chat + Check Service	www.wearepeoplefirst.co.uk

Ramadan and COVID-19 Guidance on managing fasting during lockdown	https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/
RNIB Digital download service	https://www.rnib.org.uk/talking-books-service
Together We	http://www.togetherwe.co.uk/
Public Health Information	
Alzheimer's Society Regularly updated information	www.alzheimers.org.uk
Bright Sky App Domestic abuse online journal	https://apps.apple.com/gb/app/bright-sky/id1105880511
Cancer Research Coronavirus and Cancer	https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer
Cockermouth Linking Lives - Two's Company Telephone befriender programme	Contact Sue Gorman at cockermouth@linkinglives.uk or 07957 515140
Cumbria County Council Public Health 5-19	https://cumbria.gov.uk/ph5to19/default.asp
Cumbria County Council Infection prevention advice for volunteers	https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E
Every Life Matters Download their Mental Health and Wellbeing Guide	https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf
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
Kooth A online service to support the wellbeing and resilience of young people	www.kooth.com
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/
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
North East & North Cumbria Suicide Prevention Network Website containing help and advice about suicide and mental wellbeing	http://www.stopsuicidenenc.org/
Northern Cancer Alliance Information and advice	https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/
Royal College of Paediatrics and Child Health Easy-to-use guide for parents and carers on the symptoms to look out for in children	https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf
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/
United for Global Mental Health Weekly Webinar	https://www.unitedgmh.org/news/webinarseriescovid19
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
YouTube-Mindset by Dave Mental Health Family Hour Episodes	https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg
Zero Suicide Alliance Weekly Webinar	http://www.zerosuicidealliance.com/training/

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/
Action with Communities in Cumbria Village Halls - Retail Hospitality and Leisure (RHL) Grant	https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf
Arts Council England COVID-19 Funding Support	https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support
CFM Cash for Kids Appeal submit application	https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/
Charities Aid Foundation Funding	https://www.cafonline.org/charities/grantmaking/cafcoronavirus-emergency-fund
COVID-19 Mutual Support Resources for groups of volunteers	https://covidmutualaid.org/resources/
Cumbria Action If you are looking to set up a more formal, coordinated and permanent group to support your community	http://www.cumbriaaction.org.uk
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 County Council Infection prevention advice for volunteers	https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E
Cumbria County Council & Cumbria CVS Helping in the community guidance	https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y
Cumbria CVS Information and support for volunteers	https://cumbriacvs.org.uk/coronavirus/
Digital Cumbria Free support for Cumbrian SMEs	https://digitalcumbria.c4dta.co.uk
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
Information Commissioners Office Information for new groups	https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/
Mind Coronavirus Mental Health Response Fund	https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/
Neighbourhood Watch Free Public Liability Insurance for Groups	http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning
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/
Department for Work and Pensions (DWP) FAQs	https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/
Money Advice Service Free and impartial money advice	https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you
TURN2US Access to financial help including welfare benefits, charitable grants and other financial help	https://www.turn2us.org.uk/
UK Finance Making payments safely in lockdown	https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown
Food and Shopping	
Aldi Food parcels	https://www.aldi.co.uk/food-parcels
Asda Volunteer Shopping Card	https://cards.asda.com/the-volunteer-shopping-card
Morrisons Doorstep Service	Call 0345 611 6111 and select option 5 to place your order
Sainsburys Latest information	https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--

Which? Advice on how to pay volunteers	https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/
Education	
Cumbria County Council Free Online Courses for Families of Cumbria with access code: WORDSWORTH	www.inourplace.co.uk
Department for Education List of online educational resources	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
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/
World Health Organisation Healthy Parenting Resources	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting
Cumbria Community Learning and Skills Community Learning & Skills have gone online with over 150 courses to choose from and can be accessed via Zoom	www.cumbria.gov.uk/learningandskills
Transport	
Cumbria County Council Bus Updates	http://www.cumbria.gov.uk/buses
Northern Key Worker Timetables	https://www.northernrailway.co.uk/key-worker-timetables



HM Government



Coronavirus

Isolate your household

Stay at home

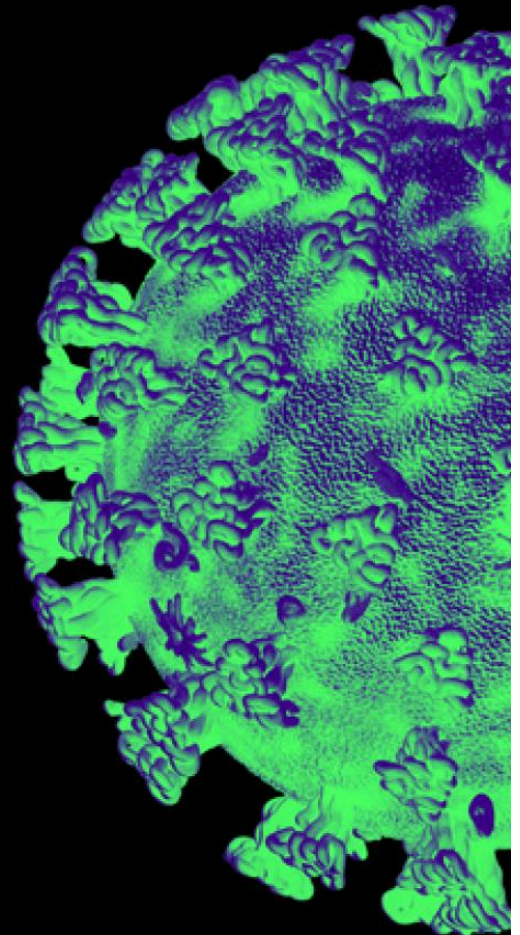
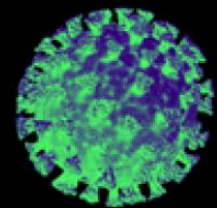
If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **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

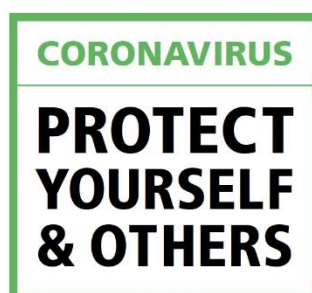
WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

**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

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