



Community Action Sutton
Building Stronger Communities

**Community Champions
Covid-19 (Coronavirus)
Information & Resource
Booklet**

Edition 3

Introduction

This information booklet has been produced by Community Action Sutton.

During these uncertain times information will change frequently, we will be working hard to ensure the information within this booklet is as up to date as possible.

Visit our website and follow us on social media

www.communityactionsutton.org.uk

Copies of this information booklet can be found here -
<https://www.suttoncvs.org.uk/community-champions/>

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

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

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Community

2027

Do you have experience working or volunteering in a frontline-based role in your community, or have lived experience of issues affecting working-class communities?

Are you keen to develop your career, getting paid whilst undertaking first-class professional development and having a say on how funding is spent?

Do you consider yourself to be from a working-class community?

You may like to consider applying for 2027 – but hurry, applications close at midday on 31st March 2021!

What is 2027?

At the heart of 2027 is a paid 12-month job at a leading foundation or trust. A grant-giving organisation such as a foundation or trust is a charity that funds individuals or other organisations to run projects that positively impact the community.

As part of the programme, you'll be employed full time in a grant-giving role, with one of our dynamic host organisations. You'll deliver brilliant work to improve the communities they serve, whilst receiving a salary over the year of up to £25,000.

This blend of training, networking and on-the-job experience will mean that at the end of the 12-month programme you will have the experience and skills you need to prepare for a decision-making position in a foundation or trust to influence real change in communities.

What does a grant-giver do?

In a grant-giving role, you will manage part of a host organisation's grant portfolio and work to find fantastic new partners for your host organisation to work with.

You'll keep the trustee board updated on the foundation portfolio, make clear and confident funding recommendations, and analyse foundation performance to identify improvements.

You will work with your foundation's funder to inspire their employees about the foundation's work.

You will also be responsible for ensuring the foundation meets all relevant legislative and compliance requirements.

You will represent the foundation externally and apply learning from outside to your work at the foundation.

Download more information [here](#).

Visit the [website](#)

Adult Carers – Wellbeing Navigator

Salary £26, 061 per annum, pro rata

We are seeking a Carers Wellbeing Navigator, who will be based within the Wellbeing Team at Sutton Uplift, and who will lead on providing practical and emotional support to Carers and those who may otherwise not access mental health services.

You will have experience of working with people who have experienced poor mental health, with values based on empowerment and building resilience, offering support tailored to the individual aiming to improve their wellbeing.

Closing Date for applications: Monday 1st February 2021 at 12 noon.

Proposed Date of Interviews: Tuesday 9th February 2021

[Adult Carers – Wellbeing Navigator - Full Advert](#)

[Adult Carers – Wellbeing Navigator - Job Description](#)

[Adult Carers – Navigator - Personal Specification](#)



Have your say on transport choices in Sutton

The Sustainable Transport Strategy is designed to create opportunities for residents to travel safely, actively and healthily around the Borough, and to support Sutton's growth.

The consultation is open until 25 March

[Find out more and have your say](#)

Vulnerable People

Ask for ANI

“Ask for ANI” (Action Needed Immediately) has been developed by the Home Office to provide a simple and discreet way for victims to signal to pharmacy staff that they need help accessing support from the police or other domestic abuse support services.

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, ability, socio-economic status, sexuality or background.

[Find out more](#)

HM Government

SAFE SPACES

IF YOU ARE EXPERIENCING DOMESTIC ABUSE,
WE ARE HERE TO SUPPORT YOU.

ASK FOR ANI 

FOR IMMEDIATE HELP

OR

IF YOU NEED A SAFE SPACE
OUR CONSULTATION ROOM IS ALSO OPEN

FOR FURTHER INFORMATION
VISIT: [GOV.UK/DOMESTIC-ABUSE](https://gov.uk/domestic-abuse)

Domestic Abuse Services

Independent Domestic Abuse Advisers (IDVAs) are available to offer face-to-face support and guidance to help you at drop-in sessions at Sutton Baptist Church, 21 Cheam Road, Sutton SM1 1SN on Wednesday mornings from 9.30am – 11.30am.

The drop-in sessions will be conducted with COVID-19 safety measures in place, i.e. observing social distancing; ensuring that hand washing facilities are available etc.

If you or anyone you know is experiencing domestic abuse support is available – contact Transform on 020 8092 7569 (Monday-Friday, 9am-5pm) or email transformsutton@cranstoun.org.uk

“I was lonely and he made me feel special. Now if I don't do what he wants, he just snaps.”

If someone forces you to do things against your will, this is abuse.
If you are worried, help is available.

You are not alone.

NotAloneInSutton.org.uk/help

THE SUTTON PLAN

Let's Talk Wellbeing

The sessions below are part of Community Action Sutton's work with local BAME communities, the topics are designed to support and empower local communities especially during these difficult times with COVID. Below are the dates and meeting ID's for each session, the sessions will be held on Zoom on a Wednesday between 10am and 11am.

For more information please contact razia@communityactionsutton.org.uk

Date	Name of Session	Meeting ID and Passcode
18th November 2020	Health and COVID	Meeting ID: 832 3534 7421 Passcode: 896794
25th November 2020	Looking after your skin beauty inside out	Meeting ID: 896 8396 0431 Passcode: 294688
2nd December 2020	Stress Management	Meeting ID: 863 0736 8211 Passcode: 048231
9th December 2020	Dealing with Depression - Postnatal	Meeting ID: 871 8291 6427 Passcode: 278029
16th December 2020	Understanding your Emotions and Anxiety	Meeting ID: 838 1891 0119 Passcode: 727825
6th January 2021	Hormone imbalance/ Menopause	Meeting ID: 813 2149 9415 Passcode: 950060
13th January 2021	Chemical imbalance in the brain	Meeting ID: 813 2149 9415 Passcode: 950060
20th January 2021	Food and Nutrition	Meeting ID: 816 9337 3836 Passcode: 302149
27th January 2021	Wellbeing and five senses	Meeting ID: 838 7986 9128 Passcode: 340041
3rd February 2021	Obesity	Meeting ID: 823 6370 3744 Passcode: 112939
10th February 2021	Asthma	Meeting ID: 851 0033 0368 Passcode: 575746
17th February 2021	Dementia and our communities	Meeting ID: 857 7306 2407 Passcode: 737199
24 February 2021	Physical Activity	Meeting ID: 838 2696 9086 Passcode: 636975
3rd March 2021	Meditation and Mindfulness	Meeting ID: 848 9545 6332 Passcode: 817998
10th March 2021	Health and the Environment	Meeting ID: 825 7822 2051 Passcode: 341230

Children, Young People and Families



Many Sutton Libraries are open with adjusted hours [which can be found here](#), available for pre-booked emergency [PC access](#), [Select & Collect](#) book reservation and the [Home Library Service](#).

Operations will be kept under constant review during this period. More details for how to interact with those services can be found [here](#).

Resources for Kids - Learning at Home

Download these free interactive home learning activity booklets.

Children can learn about the history of Cheam, Carshalton, Sutton and Sutton at War.

[Take look here](#)

Lockdown Learning from BBC iPlayer

Take a look at the resources and programmes to support learners, teachers and parents during lockdown.

Visit the [website](#)

Free BT Wi-Fi vouchers support learning in lockdown

BT has a number of free Wi-Fi voucher codes available for schools to distribute to pupils aged 16 or under who don't currently have adequate access to internet connectivity at home. They are allocating vouchers in proportion to the number of pupils at a school who are eligible for free school meals.

[Find out more](#)



Coronavirus

The information on Coronavirus (COVID-19) is changing daily and we are working hard to ensure we keep organisations up to date with these changes.

We send regular e-bulletins, if you would like to receive a copy please [sign up here](#)

The Prime Minister has announced a national lockdown and instructed people to stay at home to control the virus, protect the NHS and save lives.

Please visit <https://www.gov.uk/guidance/national-lockdown-stay-at-home> for full details.

You **may only** leave home to:

- shop for basic necessities, for you or a vulnerable person
- work if you cannot reasonably work from home.
- volunteer - you can also leave home to provide voluntary or charitable services
- [provide care or assistance to someone vulnerable](#), or to provide respite for a carer
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your [support bubble](#) or [childcare bubble](#) where necessary.
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend communal religious worship
- attend a wedding or equivalent ceremony in exceptional circumstances and only for up to 6 people
- attend funerals - up to a maximum of 30 people. Wakes and other linked ceremonial events can continue in a group of up to 6 people.
- to facilitate a house move.

Coronavirus (COVID-19) symptoms? Get a test

Sutton has five testing sites for individuals with Covid-19 symptoms.

If you have any of the following symptoms, you and members of your household must self-isolate immediately and book a free test by visiting nhs.uk/coronavirus or calling 119.

The main symptoms of coronavirus are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

If you don't have Coronavirus (COVID-19) symptoms you can still get a test in Sutton

Members of the public who want a test but don't have any coronavirus symptoms can now book a rapid test at Hill House (Bishopsford Road, St.Helier).

The tests give a result within 30 minutes and are designed to identify people who are asymptomatic (not showing any symptoms), who might unknowingly be carrying and spreading coronavirus.

[You can book an appointment here](#). You should not book more than two tests a week.

These rapid tests are specifically for Sutton residents who do not have any symptoms. If you have symptoms you should book a test by visiting nhs.uk/coronavirus or calling 119.

It is important to note that if:

- as a result of the rapid test you test positive, you must self-isolate and arrange a second test by calling 119 or via nhs.uk/coronavirus. This test will confirm conclusively that you have the virus.
- this result is also confirmed as positive, you will then be asked to provide details of those you have been in close contact with.

If you test negative, you can continue as before by following all national and regional guidance.

The tests can only look for the virus at the time you have your test. It is therefore essential that even if you test negative, you continue to observe the national COVID-19 restrictions.

More information can be found on the government [website](#).

Coronavirus (COVID-19) vaccine

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. In England, the vaccine is being offered in some hospitals and pharmacies, at hundreds of local vaccination centres run by GPs and at larger vaccination centres.

An independent group of experts has recommended that the NHS first offers vaccines to those at highest risk of catching the disease and of suffering serious complications or dying from COVID-19.

- people aged 80 and over
- people who live or work in care homes
- health and social care workers at high risk

When it is the right time for you to receive your vaccination, you will receive an invitation to come forward. This may be via the phone, or through a letter either from your GP or the national booking system.

ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

COVID-19 SMS / Text message SCAMS

Please be aware and share with friends, family and colleagues, there are lots of COVID 19 scams taking place.

TOP 4 SCAMS

- Fake URL links claiming to link to GOV.UK website to claim supposed COVID-19 related payment
- Lockdown fines suggesting you have breached lockdown
- Offers of health supplements that will prevent you becoming infected
- Financial support offers that appear to be from your bank

Please read the leaflet below and share.

COVID-19: SMS / Text message SCAMS

TOP 4 SMS SCAMS

- 1. Fake URL links:** Claiming to link to GOV.UK website to claim supposed COVID-19 related payment.
- 2. Lockdown fines:** Suggesting you have breached lockdown.
- 3. Offers of health supplements:** Claiming to prevent you becoming infected.
- 4. Financial support offers:** Claiming to be from your bank.

HOW DO SMS SCAMS WORK?
Cyber criminals are preying on fears of the coronavirus and sending 'phishing' text messages that try and trick users into clicking on a bad link. Messages are short and simple and often claim to be from a known entity. Web links are harder to spot on a SMS as they are shortened so apply caution clicking on links!

Sender of UK Government SMS:
Genuine text messages from the UK Government will only come from **UK_Gov**. You will only ever be directed to **GOV.UK/coronavirus**.

HOW TO VERIFY THE MESSAGE?

- 1. Challenge -** Could it be fake? It's ok to reject, refuse or ignore any requests that don't feel right. Check **GOV.UK** to ensure it's genuine.
- 2. Be wary of text messages that try to get you to send money, or important personal information such as bank details or passwords.**
- 3. Take a moment to stop and think before parting with information to keep you safe or your money.**
- 4. Use official government websites and refer to 'Contact Us' sections of websites to access information and services.**

GENUINE UK GOVERNMENT SMS

EXAMPLES OF SCAMS

RECOMMENDED STEP-BY-STEP ACTIONS TO TAKE

- ✓ **Don't Respond**
- ✓ **Report the SMS Scam to Action Fraud**
- ✓ **Forward the message to 7726 ('SPAM' on a keypad)**

FURTHER GUIDANCE AND SUPPORT

Public Sector Organisations: The Cabinet Office has formed a COVID-19 Fraud Response Team to assist the government with its counter fraud response. Requests for assistance should be emailed to: covid19-counter-fraud@cabinetoffice.gov.uk

Public: Please report to **Action Fraud**

Digital toolkit for Flu

South West London Health and Care Partnership have pulled together a digital toolkit for Flu in the coming months.

There is a section on flu myth busting and translations of the materials.

Materials are added to the toolkit regularly. Please click on the link below see your toolkit.
www.swlondon.nhs.uk/sutton-winter-toolkit-20-21/

The toolkit includes

- Toolkit guidance
- Posters
- Static social media Images
- Animated GIFs
- Multi-media messaging
- CRM copy
- Newsletter copy
- Generic Facebook header
- Generic Twitter header

If you have any questions, please contact – Tracey.Lambert@swlondon.nhs.uk

Useful information and contacts

NHS official information

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government information

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

Sutton Council Covid-19 online information

<https://www.sutton.gov.uk/covid-19>

Domestic Abuse information

<https://www.suttoncvs.org.uk/assets/documents/domestic-abuse-info-list-cov>

London Borough of Sutton Safeguarding information

<https://www.suttonsab.org.uk/index.php>

Volunteering information

<https://vcsutton.org.uk/volunteer/covid-19-registration-for-volu-2/>

Sutton Coronavirus Support and Action Facebook page

A page has been set up by Sutton Council to share updates, news, and information on how and where to get help during this time.

<https://www.facebook.com/groups/suttoncoronavirus/>

Information and advice

If you or anyone you know needs information or advice on welfare benefits, employment, debt or housing you can contact ALPS from 9:00am to 5:00pm, Monday to Friday on 0208 254 2616 or visit their website www.suttonalps.org.uk

Citizens Advice Sutton

The Citizens Advice Sutton volunteers and staff are continuing, through the Coronavirus crisis to provide free, confidential, independent, impartial information and advice.

We are running our usual telephone and online service. People needing information and advice can contact us as usual, Monday to Friday, 9.00 am to 5.00 pm – 020 8405 3552 - or online at www.suttonalps.org.uk

Sutton Women's Centre

Sutton Women's Centre are continuing to support women during the Coronavirus. **Support includes:**

- On-line Freedom Programme
- Free telephone counselling
- Free on-line counselling

Contact them on 0208 661 1991 or email info@suttonwomen.co.uk

Safe Spaces scheme remains open

If you're experiencing domestic abuse and need somewhere to go where you can call a helpline or support service, collect your thoughts or message a friend, pharmacy consultation rooms at Boots, Superdrug, Morrisons and many independent pharmacies are open. Find out more - <https://uksaysnomore.org/where-is-my-nearest-safe-space/>

Domestic Abuse Service

Updates on any changes to domestic abuse services will be published on the [London Borough of Sutton](#), [Not Alone in Sutton](#) and [Transform Sutton](#) websites on an on-going basis.

A signposting information sheet for residents and practitioners is available to download [here](#).

Time out Youth Project

Riverside Centre has put together a range of online activities, information and events for you to join in with and share with your friends.

Visit their Facebook page - <https://www.facebook.com/TimeOutYouthProject/>

Off the Record – Sutton

Off The Record will continue to work with young people during the Coronavirus.

They are not providing in-person support they have tweaked some of their services to include an extended online service and telephone counselling.

Visit their website to find links to sign up to their counselling services and mental health information and support to help young people cope during the coronavirus pandemic.



<https://www.talkofftherecord.org/coping-with-covid-19/>

Sutton Carers Centre – Support for Unpaid Carers of All Ages

If you have a family member or friend who relies on you because of an illness or disability, or a physical, mental health or substance-misuse issue, you can contact Sutton Carers Centre for support on 020 8296 5611, 10am – 5pm Monday to Friday, extended until 8pm on Tuesday evenings, and from 11am to 1pm on the second Saturday of each month, or email on enquiries@suttoncarerscentre.org or youngcarers@suttoncarerscentre.org.

For further information, advice and dates for upcoming support groups and activities please see the latest editions of the [Sutton Carers Centre E-Newsletter](#) and the Young Carers '[Cool News](#)' or go to www.suttoncarerscentre.org.

Community Action Sutton

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