



Community Action Sutton
Building Stronger Communities

**Information for
Ward Coordinators
during Covid-19
(Coronavirus) outbreak**

Edition 13

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/covid-19-ward-coordinators/>

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

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

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Community

The Prime Minister updated on progress on 17 July, setting out the next stages of our roadmap. This includes the following steps.

From 1 September:

- schools, nurseries and colleges will open for all children and young people on a full-time basis
- universities are working to reopen as fully as possible

From 1 October, if prevalence remains around or below current levels: we will bring back audiences in stadiums, and allow conferences and other business events to recommence in a COVID-19 Secure way

In November, our ambition is to scale back remaining social distancing measures, but this is contingent on a number of factors, including consideration of the specific challenges as we move into winter.

Visit the website for the latest information on opening dates for council-run venues.

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

COVID-19 Honours

Do you know someone who has made an exceptional contribution to the response during the COVID19 outbreak?

Why not nominate them. Their contribution could include:

- frontline work supporting the most vulnerable members of society and those who have caught COVID-19
- providing critical care to COVID-19 patients
- developing innovations to support the vulnerable and those with COVID-19
- going to extraordinary lengths to keep critical services going
- volunteering in the community or for service organisations in support of those affected by COVID-19

You should try to include:

- the nominee's name
- any contact details
- their role
- a summary of the impact the person has made

Find out more <https://www.gov.uk/government/publications/covid-19-honours-nomination-form>

Largest testing programme for coronavirus publishes its initial findings

Imperial College London has published its findings after they tested over 120,000 volunteers across England between May and June as part of the country's largest study into coronavirus.

The research shows the rates of infection fell during May, the last month of lockdown, halving every 8 to 9 days.

The report will undergo peer review before a final report is published.

Further details of the findings and the Government's response can be found here.- <https://www.gov.uk/government/news/largest-testing-programme-for-coronavirus-publishes-its-initial-findings>

How to stop your glasses steaming up – and 19 other essential facts about face masks

How often should you wash a cloth mask? And how effective are the disposable ones?

Take a look at this [guide](#) to choosing, wearing and caring for your face covering

Updated guidance for the safe use of multi-purpose community facilities

The Ministry for Housing, Communities and Local Government has updated its guidance for those managing community centres, village halls and other community facilities on safely re-opening multi-purpose buildings.

The updates include reflecting the stance on face masks, maintaining records of staff, customers and visitors to support NHS Test and Trace and guidance on the phased return of outdoor sport and recreation in England.

Click here for more details - <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>

Translators without Borders

Translators without Borders has produced a very useful table which translates 186 words and/or phrases associated with COVID-19 into 35 different languages. It also provides you with a definition of each term and it is searchable by term and languages, making it easy to navigate.

Take a look at the table here - <https://glossaries.translatorswb.org/covid19/>

Vulnerable People

Supporting someone as lockdown lifts

Everyone will feel differently about lockdown lifting. If a friend is feeling anxious, try not to minimise their concerns and take the time to really listen. Have a look at our tips to help you be there for someone.

Take a look at these top tips

<https://twitter.com/TimetoChange/status/1278644243377111040>



Children, Young People and Families

Majority of children no longer need to shield

The Department of Health and Social Care has announced that the majority of children now no longer need to shield, as evidence from paediatric clinicians shows COVID-19 poses a low risk to children and young people.

More details can be found here - <https://www.gov.uk/government/news/majority-of-children-no-longer-need-to-shield>

Advice for parents and carers of early years children who have not yet started school.

While children gain a lot from nursery, things that parents do at home can help their development more.

How to help young children learn at home

You can help your child to learn through the little things you do with them, for example:

- everyday conversations
- make-believe play
- games with numbers or letters
- reading together
- involving them in the things you are doing, such as household chores, and talking with them about it

Find ideas for new things you can try at Hungry Little Minds -

<https://hungrylittleminds.campaign.gov.uk/>

Advice to the public on keeping children safe from abuse and harm

A new centralised hub of information on child safeguarding is now available online for parents, carers and the wider community to make use of to keep children safe from risk and harm.

Led by HM Government, it includes information on safeguarding risks and harms children may be particularly vulnerable to during coronavirus (COVID-19) such as domestic abuse, child sexual abuse and criminal exploitation, with links to support available from such organisations as NSPCC and Barnardo's.

For further information which may be of use to support your conversations with parents and carers click here - <https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm>

Summer Inclusive Cage Cricket Sessions

At Community Cricket we offer accessible and inclusive activities which allow people of any age, experience, ability or disability to enjoy the benefits of being more active in a safe and social environment.

Cage Cricket

This adapted format has worked spectacularly well with many charities including Dwarf Sports, LimbPower, Mencap, Special Olympics and Wheelpower along with Special Schools and with older people.

We are looking forward to working with children and young people with Special Educational Needs and Disabilities in Sutton over the summer holidays!

Dates and Times of Sessions:

There are 4 sessions a day and we are limiting it to 6 spaces per session in order to keep children and young people safe in line with the government recommendations on outdoor sports.

Tuesday 28th July

10am - 11pm 11.30am - 12.30pm 1.15pm - 2.15pm 2.45pm - 3.45pm

Tuesday 4th August

10am - 11pm 11.30am - 12.30pm 1.15pm - 2.15pm 2.45pm - 3.45pm

Tuesday 11th August

10am - 11pm 11.30am - 12.30pm 1.15pm - 2.15pm 2.45pm - 3.45pm

Tuesday 25th August

10am - 11pm 11.30am - 12.30pm 1.15pm - 2.15pm 2.45pm - 3.45pm

Address:

Harris Academy Sutton,
2, Chiltern Road,
Sutton,
SM2 5RD

Cost of sessions is FREE for families

These sessions are being funded by the London Borough of Sutton

These sessions are for **ages 12 - 25 year olds**

BUT if there is a demand for sessions for a **younger age group**, please email us and we will do our best to make that happen!

Please email suttonparentsforum@outlook.com for a space!
Please include your **child's name** and a **contact mobile number for track and trace!**





Tiny Happy People is here to help you develop your child's communication skills. Explore our simple activities and play ideas and find out about their amazing early development.

Visit the website - <https://www.bbc.co.uk/tiny-happy-people>

New Mental health apps to support children and young people

A team across NHSX, NHS Digital, NHS England and NHS Improvement is working to identify a number of digital tools to support children, young people and adults who are experiencing increased mental health needs as a result of COVID-19, disrupted education or end of year exams. [Healios](#), the first supplier to complete the process for its [ThinkNinja](#) app, has now made this app available to download free of charge to all 10-18 year olds until the end of September.

ThinkNinja will be joining over 20 existing apps already approved on the [NHS Apps library](#) for users to choose from.



Have you heard about The New Generation Forum?

This new project will give young adults a voice on the criminal justice system, particularly policing. The aim is to bring together a group of young adults with lived experience to influence local and national decision makers.

They are looking for a diverse group of young people (aged 18-24) from different backgrounds and geographical areas who:

- have experience of multiple arrests or cautions
- want to share their experiences, to make a difference on the lives of other young people

Find out more - <http://www.revolving-doors.org.uk/involvement/forums>

COVID 19 (Coronavirus Information)

Government Advice

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly
- Do not leave home if you or anyone in your household has symptoms.

What you can and cannot do from 4 July

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>

Symptoms

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness. However, if you have any of the symptoms above you must stay at home and arrange to have a test to see if you have COVID-19

Find out more about testing via this website <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

Ongoing Covid-19 support from the Voluntary and Community Sector

We can still help you with securing an online supermarket delivery slot, or the services of dedicated shopper, or a short term food parcel delivery from the Voluntary sector hub depending on your circumstances.

If you are currently receiving any support from us then this will continue and we will continue to talk to you about what help you need. The Voluntary sector is already supporting the distribution of food and other essential supplies which has already been running for 8 weeks. This has been supplied by donations from the public, food via Sutton Council and monetary donations to Sutton Giving.

If you are in need of help, and are not sure who to talk to, we suggest contacting Sutton Council in the first instance,

https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2099/covid-19_how_to_ask_for_help so that they can ensure you are receiving all the support that you are entitled to.

If you need support from a local charity please email enquiries@communityactionsutton.org.uk

NHS Test and Trace: if you've been in contact with a person who has coronavirus

Stay at home for 14 days

If you're told you've been in contact with a person who has coronavirus:

- stay at home (self-isolate) for 14 days from the day you were last in contact with the person – it can take up to 14 days for symptoms to appear
- do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home
- do not have visitors in your home, including friends and family – except for essential care
- try to avoid contact with anyone you live with as much as possible
- people you live with do not need to self-isolate if you do not have symptoms
- people in your support bubble do not need to self-isolate if you do not have symptoms

Find out more -

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>



HM Government

NHS
Test and Trace

NHS TEST & TRACE
SELF-ISOLATE
WHEN ALERTED

If you're told you have been exposed to an infected person you must self-isolate for 14 days to protect your friends and family.

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Anyone who has symptoms of coronavirus (COVID-19) can get a free test to check if they have the virus.

Get a test if you have coronavirus symptoms:

- a high temperature,
- a new, continuous cough,
- or a loss or change to your sense of smell or taste

You need to get the test done in the first 5 days of having symptoms.

What the test involves

The test usually involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud.

You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves.

There are 2 ways of getting a test. You can:

- book an appointment at a drive through or walk-through test site
- ask for a home test kit – this will be delivered to your home

If you get a home test kit, you will need to do the test and return the kit in the next 48 hours. You will be told how to do this.

Find out more about testing via this website <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>



NHS TEST & TRACE
GOT SYMPTOMS?
GET TESTED NOW

To stop the spread, do not leave home except to get a test at nhs.uk/coronavirus or call 119

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Useful information and contacts

Useful websites

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 020 8405 3552 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 have adapted our service.

- We have suspended our Sutton office's face to face drop in service.
- We have suspended face to face outreach services.
- We are providing advice exclusively by telephone and online.
- We are all working from home / away from the office.

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 6611991 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/>



Community Action Sutton

Granfers Community Centre, 73-79 Oakhill Road, Sutton, SM1 3AA

info@communityactionsutton.org.uk

www.communityactionsutton.org.uk

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