



**Community Action Sutton**  
Building Stronger Communities

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

**Edition 14**

# 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](http://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/>

## In this Edition

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# Community



## The Eat Out to Help Out scheme

Find participating restaurants - <https://www.tax.service.gov.uk/eat-out-to-help-out/find-a-restaurant>

For 50% off food & non-alcoholic drinks up to a total value of £10 per person if you eat or drink in Mondays, Tuesdays & Wednesdays between 3 August and 31 August 2020

## Do you know someone that's gone that extra mile?

### Honours: how to write a nomination

During the pandemic there have been many, many amazing people doing selfless tasks to keep people safe and healthy - and they have most likely been doing that for many years previously as well. Now is the time to say thank you to these people by putting them forward for a national honour.

The Government has recently updated the guidance on how to write a citation if you want to nominate someone for a national honour.

It includes:

- how to show how a candidate has changed things, brought distinction to British life or enhanced the UK's reputation in their area or activity
- what to include
- what language to use

Click here to see the guidance - <https://www.gov.uk/government/publications/honours-how-to-write-citations>



As lockdown eases, it is expected that burglaries will rise. Look out for your neighbours and find out how you can prevent burglary in our area.

To find out more, <https://www.ourwatch.org.uk/get-involved/support-campaign/safety-neighbours-campaign>

## Local restrictions: areas with an outbreak of COVID-19

The Department of Health and Social Care has published a list of areas in England that have additional local COVID-19 restrictions (currently Leicester, Blackburn with Darwen and Luton).

Additionally they have produced information for local authorities, residents and workers about what to do and how to manage the outbreak should local restrictions be applied to your area.

Find out more - <https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>

## **When to wear a face covering**

In England, you must wear a face covering by law in the following settings:

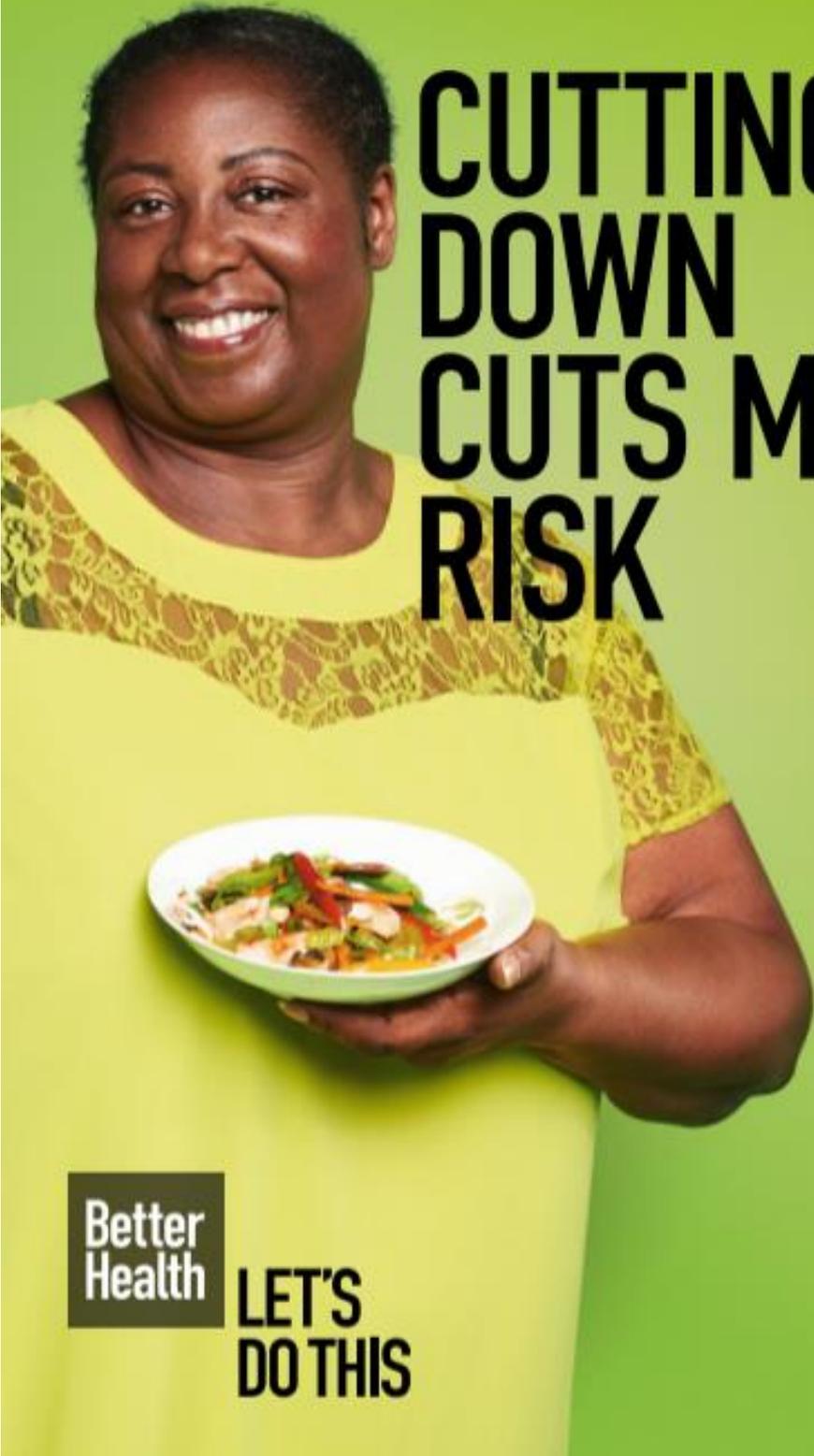
- public transport
- indoor transport hubs (airports, rail and tram stations and terminals, maritime ports and terminals, bus and coach stations and terminals)
- shops and supermarkets (places which are open to the public and that wholly or mainly offer goods or services for retail sale or hire)
- indoor shopping centres
- banks, building societies, and post offices (including credit unions, short-term loan providers, savings clubs and money service businesses)

You are expected to wear a face covering immediately before entering any of these settings and must keep it on until you leave.

**For members of the public, from 8 August the places where you will have to wear a face covering will be expanded to include:**

- funeral directors
- premises providing professional, legal or financial services
- cinemas
- theatres
- bingo halls
- concert halls
- museums, galleries, aquariums, indoor zoos or visitor farms, or other indoor tourist, heritage or cultural sites.
- nail, beauty, hair salons and barbers - other than where necessary to remove for treatments
- massage parlours
- public areas in hotels and hostels
- place of worship
- libraries and public reading rooms
- community centres
- social clubs
- tattoo and piercing parlours
- indoor entertainment venues (amusement arcades, funfairs, adventure activities e.g. laser quest, go-karting, escape rooms, heritage sites etc)
- storage and distribution facilities
- veterinary services.
- auction houses

Find out more - <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

A woman with dark skin and short dark hair is smiling warmly at the camera. She is wearing a bright yellow top with a lace-trimmed neckline. She is holding a white bowl filled with a colorful salad of vegetables and protein. The background is a solid, vibrant green.

# CUTTING DOWN CUTS MY RISK

Extra weight puts extra pressure on your body. Which makes it harder to fight against diseases like cancer, heart disease and now, Covid-19. Losing weight can help reduce your risk.

Get help and support to lose weight at [nhs.uk/BetterHealth](https://nhs.uk/BetterHealth)

**Better  
Health**

**LET'S  
DO THIS**

## **What can you expect when you're discharged from hospital?**

The usual processes the NHS follows to discharge you from hospital have changed during the coronavirus pandemic. Here's what you can expect when it's time to leave hospital.

<https://www.healthwatchsutton.org.uk/advice-and-information/2020-07-24/what-can-you-expect-when-youre-discharged-hospital>

## **Supporting your recovery after COVID-19**

As you find yourself recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time, some may take longer than others, but there are things you can do to help. Your COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery. <https://www.yourcovidrecovery.nhs.uk/>

## **Guidance for the safe use of places of worship during the pandemic**

### *Update 27th July*

This guidance remains under review and may be updated in line with the changing situation.

Gatherings of more than 30 people will be permitted but only in certain public places as set out in law. This will include places of worship and their surrounding premises. There are however activities where it is advisable to restrict numbers to 30 within a place of worship for public health reasons.

This [guidance](#) sets out those activities as well as how to ensure your place of worship is COVID-19 secure.

# Vulnerable People



**NHS**

## Need urgent mental health support?

If you, or someone you know, is experiencing a mental health crisis, the NHS is here for you. Find your local urgent support offer at [nhs.uk/UrgentMentalHealth](https://nhs.uk/UrgentMentalHealth). Call 111 if you can't get online.

**HELP US  
HELP YOU**  
GET SUPPORT

## **Disabled people exempt from wearing face coverings under new government guidance**

Government has set out a [list of face covering exemptions](#), as they are mandatory in additional enclosed spaces.

Find out more - <https://www.gov.uk/government/news/disabled-people-exempt-from-wearing-face-coverings-under-new-government-guidance>

## **What you need to know when visiting a care home (new guidance for COVID-19)**

Take a look at what the guidance around visiting your loved ones in care homes means in practice. - <https://www.healthwatchsutton.org.uk/advice-and-information/2020-07-27/what-you-need-know-when-visiting-care-home-new-guidance-covid-19>

## **COVID-19: providing unpaid care**

This guidance is for anyone who cares, unpaid, for a friend or family member who, due to a lifelong condition, illness, disability, serious injury, a mental health condition or an addiction, cannot cope without their support.

Find out more - <https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

# Children, Young People and Families

## Parenting in lockdown: Coronavirus and the effects on work-life balance

Lockdown in the UK has presented challenges for families whose day-to-day lives were transformed virtually overnight.

Take a look at the office for National Statistics article to see how Parents fitted in work commitments around childcare.

Read full article here -

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/condition sanddiseases/articles/parentinginlockdowncoronavirusandtheeffectsonworklifebalance/20-07-22>

## Rhymetime in Trinity Square

The ever-popular, super fun rhymetime is coming to Trinity Square on Sutton High Street. Kids can bring their own shakers, drums and scarves to join in with. Book now to avoid disappointment!

<https://www.eventbrite.co.uk/e/rhymetime-in-trinity-square-tickets-114644125666>



Sessions on 10th, 17th, 24th Aug & 7th Sep, 10:30 & 11:30am

## Help secondary school children continue their education during coronavirus (COVID-19)

Take a look at the government's advice for parents and carers supporting the home learning of secondary school children (year 7 to 11).

Find out more - <https://www.gov.uk/guidance/help-secondary-school-children-continue-their-education-during-coronavirus-covid-19>

## Staying alert and safe – social distancing guidance for young people

This guidance for young people is about social distancing and what you can do to stay alert and safe during this time. The focus is on the main public health principles for staying safe and helping prevent the spread of COVID-19. This guidance has been written for young people in collaboration with young people. More detail is provided in the all-ages guidance on [staying alert and safe \(social distancing\)](#)

<https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-young-people/staying-alert-and-safe-social-distancing-guidance-for-young-people>



Time Out Youth Project

# SUMMER '20

HOLIDAY CLUB  
(CRAFTS, MULTI-SPORTS)  
SKOOT  
DETACHED YOUTH WORK  
(VARIOUS LOCATIONS INCLUDING RIVERSIDE CENTRE,  
SUTTON HIGH STREET AND LOCAL PARKS)  
\*LUNCH PROVIDED AT CERTAIN SESSIONS



BOOKING IS REQUIRED FOR ALL ACTIVITIES

VISIT US AT [HTTPS://TOYP.WILDAPRICOT.ORG/](https://toyp.wildapricot.org/)



# 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](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](mailto: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.

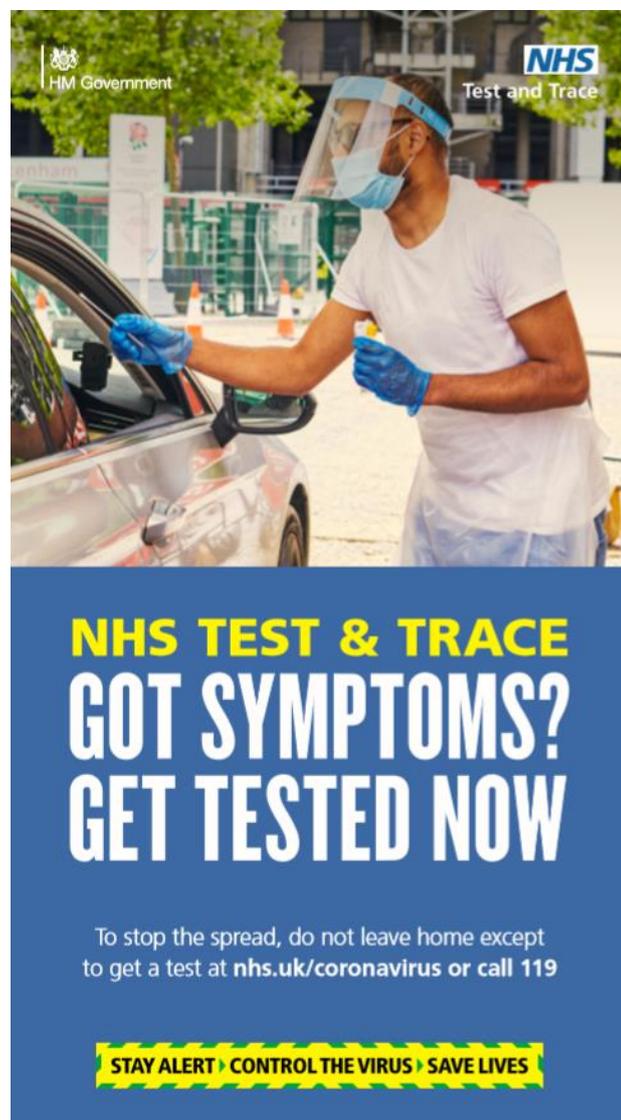
You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves.

**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>



The image is a vertical advertisement for NHS Test & Trace. The top half shows a healthcare worker in full personal protective equipment (PPE), including a white t-shirt, blue gloves, a blue surgical mask, and a clear face shield. The worker is standing next to a car at a drive-through test site, with a sign in the background that says 'HM Government' and 'NHS Test and Trace'. The bottom half of the image has a dark blue background with white and yellow text. The text reads: 'NHS TEST & TRACE GOT SYMPTOMS? GET TESTED NOW'. Below this, in smaller white text, it says: 'To stop the spread, do not leave home except to get a test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119'. At the very bottom, there is a yellow banner with black text that says: '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](http://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](http://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](mailto: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](mailto:info@communityactionsutton.org.uk)**

**[www.communityactionsutton.org.uk](http://www.communityactionsutton.org.uk)**

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