



Community Action Sutton
Building Stronger Communities

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

Edition 15

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

Family activities for VJ Day 75

Saturday 15th August 2020

The Manor Park Friends Group and Sutton New Town Community Festival have planned a series of family and community activities to remember with thanksgiving the coming of peace. All the activities are in Manor Park, Sutton and will take place between 10:45 am and 2 pm.

You can register a timeslot for your group to take part in creating the Chalk Bunting as part of the Peace Picnic for VJ Day 75. You and up to 5 companions will work in a group to decorate the paths around Sutton War Memorial with colourful chalk bunting.

<https://www.eventbrite.co.uk/e/vj-day-75-creating-chalk-bunting-tickets-113998231780>



You and your friends are invited to attend the Peace Picnic. We need people to arrange to come in groups of 6 people or less. You'll need to bring your own picnic and people should bring their own plates and cutlery. We need to stay alert to control the virus. The Manor Park Cafe will be open and will be available to purchase any drinks and snacks.

<https://suttonnewtowncommunityfestival.org.uk/2020-vj-day/f/peace-picnic-for-vj-day-75>

We think it's time for the children of Sutton to get creative and enter our VJ Day Poetry Competition and celebrate the coming of peace!

Your poem has to be on the theme of 'Peace'. It can be short or long. And, the very first word and the very last word of your poem has to be peace!

The winner of each category will win a £15 gift token. There are a total of 3 prizes across the categories.

Click here to find out more - <https://suttonnewtowncommunityfestival.org.uk/2020-vj-day/f/vj-day-childrens-poetry-competition?blogcategory=Poem>

At 11 am on Saturday 15th August the Mayor of Sutton, Cllr Trish Fivey, will lead an Act of Remembrance and Thanksgiving for Peace at Sutton's War Memorial in Manor Park. The ceremony will be shared live on Facebook to allow as many people to participate as possible. Click here to access the Facebook Event page.

<https://www.facebook.com/events/291826151957241/>

For more information please email suttonnewtown@gmail.com

Coronavirus (COVID-19) volunteering

If you want to volunteer during the coronavirus (COVID-19) pandemic, you can do this:
outside your home, for example by delivering food and medicine
from home, for example by working on a telephone support helpline
in a workplace, for example an office

If you are volunteering in a workplace, it should meet coronavirus safety standards -
<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

Help the NHS this winter by sharing your views about flu vaccination

Your views will help the NHS understand why people choose to have, or not have, the vaccine. *The closing date for responses is 1st September 2020*

If you need this survey in a different format or language,
contact Clare.Thomas@swlondon.nhs.uk or Sherry.Fuller@swlondon.nhs.uk

Everyone completing a survey has the option to be entered into a draw to win a £50 Amazon voucher.

About the Flu

Flu can be unpleasant, but usually clears up within a week. However, flu can be more severe for some people, leading to serious complications such as pneumonia. For this reason, the NHS offers the flu vaccine free of charge to:

- adults aged 65 and over
- adults aged 50 to 64 (later in the flu season)
- people with certain medical conditions (including children in at-risk groups from 6 months of age)
- pregnant women
- children aged 2 and 3 on 31 August 2019
- children in primary school
- front line health or social care workers
- people who are on the shielded patient list and members of their household

The flu vaccine is given as an injection to adults and children aged six months to two years old. Children aged two to 17 are offered a nasal spray. People that can't have injections, or who do not like needles, can also request the nasal spray.

Anyone can request a flu vaccination. However, if you are not in one of the groups mentioned above, there is a charge.

Complete the survey here - <https://www.surveymonkey.co.uk/r/SWLFluSurvey>

Have your say !

The London Borough of Sutton Council are looking to speak with the Sutton community to see how we can support you better, especially during the time of COVID-19. We would like to find out how you've been accessing Sutton-related services and what your experience has been like.

The survey will take 3-15 minutes to complete. All survey responses will only be used for internal purposes to help us improve services for you! At the end of the survey you will be given the option to leave your name and contact details if you would like to participate in further feedback sessions with us. If you are selected to take part in research, we will get in touch with you via phone or email.

The feedback session will involve a video call where you will speak with someone about your experience accessing Sutton services and will last about 45-60 minutes.

<https://forms.gle/Q5ZAndV4ojRWo8ve6>

Thank you for your participation!

Vulnerable People



'Please give me space' social distancing cards or badges

The Government has published badges that can be used to show that the person carrying them may have difficulties or concerns with regards to maintaining social distancing. They can be used to signal to others around them that they need to pay attention and be given space.

These products include images for your phone or to print and carry whilst you are in public.

Click here to download the images.-

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>

There's still time have your say ...

Hate Crime in Sutton and COVID 19 survey

Sadly, at a time when community cohesion is needed more than ever, we continue to see instances of Hate Crimes and Hate Incidents that threaten the safety of everyone in the community.

Stop Hate UK, working closely with the Safer Sutton Partnership, Community Action Sutton and others are working to build a more resilient and sustainable response to Hate Crime across the borough of Sutton.

The survey contains questions about experiencing and reporting hate crime and your views on hate crime.

The information you provide will help to create a snapshot of the current situation and impact of the pandemic, to find out what is working well and what can be improved. At the end of the survey, you can find out how to be updated about our findings or contribute more to this project if you wish.

THIS SURVEY IS TOTALLY CONFIDENTIAL

Monitoring data will be used to identify trends across communities only

Click here to complete the survey -

<https://docs.google.com/forms/d/e/1FAIpOLScN2IV6ziKFaaTOzq31VImcvdkf2GWeWaeV98KaN8xMmw62WQ/viewform>

Children, Young People and Families

**THE SUTTON YOUTH ENGAGEMENT TEAM
& SUTTON COUNCIL**



proudly bring to you



FREE
2 hour gaming sessions
SUTTON BELONG
GAMING ARENA

Times Square Shopping Centre, Unit 6, Level 2, Sutton SM1 1LF



**Every weekday 12-2pm from Monday 10th August
until Friday 4th September (excluding Mon 31st August)**

**Due to current restrictions
you must Pre-Book to attend**

**Please go to
www.eventbrite.co.uk**

link - <https://www.eventbrite.co.uk/o/sutton-youth-engagement-team-30843621519>

or contact venue on 07483 375 789

Remote or homeworking Health & Safety

Working Families is providing a free resource to help manage health and safety for your remote and home workers to help you on your journey towards flexible working. COVID-19 (coronavirus) is changing the world of work, and employers are having to adapt quickly to a more flexible way of working. Working Families has over 40 years of experience helping employers create high-performing flexible teams.

Click here to download this guide. - <https://workingfamilies.org.uk/shop/remote-or-homeworking-health-safety-free-download/>

Major new campaign encourages millions to lose weight and cut COVID-19 risk

A new national campaign has been launched to encourage millions of adults to kick start their health and reduce their risk of serious illness, including COVID-19. The campaign – unveiled as part of the government’s new Obesity Strategy – encourages adults to introduce changes that will help them work towards a healthier weight, with a suite of free tools and apps supporting people to eat better, drink less alcohol and get active. This includes a new app for the free 12-week NHS Weight Loss Plan, helping people make healthier food choices and learn skills to prevent weight gain.

Find out more - <https://www.gov.uk/government/news/major-new-campaign-encourages-millions-to-lose-weight-and-cut-covid-19-risk>

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.

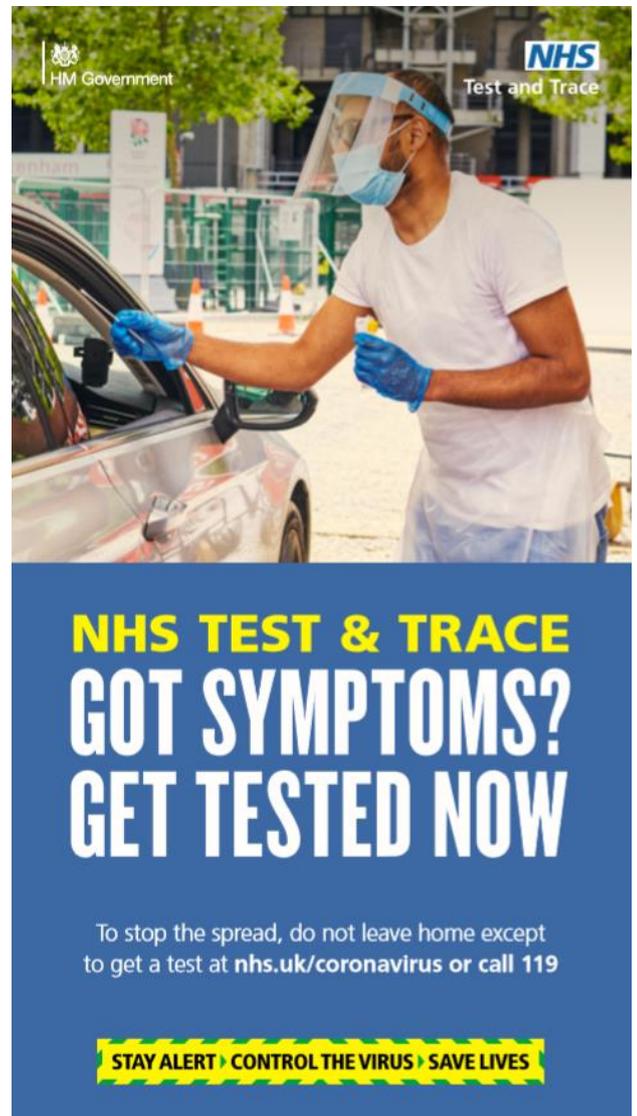
You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves.

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>



The image is a promotional poster 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 various medical supplies and barriers visible in the background. Logos for 'HM Government' and 'NHS Test and Trace' are present in the top corners. The bottom half of the poster has a dark blue background with the text 'NHS TEST & TRACE' in yellow, 'GOT SYMPTOMS?' in white, and 'GET TESTED NOW' in large white letters. Below this, it says 'To stop the spread, do not leave home except to get a test at nhs.uk/coronavirus or call 119'. At the very bottom, a yellow and black striped banner contains the slogan '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/>



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Registered Charity No. 1063129

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