



Community Action Sutton
Building Stronger Communities

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

Edition 17

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/>

In this Edition

[Community](#) – updated information

[Vulnerable People](#) – updated information

[Children, Young People and Families](#) – updated information

[COVID-19 Information](#)

[Useful Contacts](#)

Community

What happens if I become unwell while on holiday in England?

If you develop signs of the coronavirus (COVID-19) virus while staying in overnight accommodation you should inform the accommodation provider immediately, immediately self-isolate where you are to minimise any risk of transmission, and request a test by calling 119 or online at nhs.uk. If your test is positive you should return home as quickly and directly as possible. You should use private transport but only drive yourself if you can do so safely.

Avoid using public transport in order to reduce the spread of the virus. If you cannot avoid using public transport, you should continue to self-isolate in your accommodation and call 111 for further advice.

In most cases it will not be possible to self-isolate at your holiday accommodation. In these cases, you should make arrangements to travel home as safely as possible, while minimising the risk to others.

Only, if it is agreed with the accommodation provider can you extend your stay in order to self-isolate until you are well enough to travel. Unless otherwise provided for in the contractual terms of the booking, you will be expected to pay the costs of an extended stay in all but exceptional circumstances.

Once home, you should continue to follow the government guidance on self-isolation, household isolation and social distancing.

If you feel so unwell that you cannot travel, or if you cannot avoid using public transport, (for example because you do not have the means to travel via private transport), you should call 111 and ask to discuss your circumstances with an appropriate health care professional.

Mindfulness & relaxation classes

Beat the Monday blues - join Sutton Mental Health Foundation for our new online mindfulness & relaxation classes.

Hosted by their current Yoga instructor, Olga on Mondays at 7pm on Zoom.

You can [book online](#) email events@smhf.org.uk or call on 020 8770 0172.

For a full list of all of SMHF's events go to <https://smhf.org.uk/events>.





Stress out, worried about the future ?

[Good Thinking](#) provides digital mental wellbeing support for London. This includes free NHS-approved apps to help you deal with stress, anxiety, low mood and poor sleep.

Take a look - <https://www.good-thinking.uk/coronavirus/>

Supporting your recovery after COVID-19

NHS England has launched a website to provide help and advice to those who are recovering or have recovered from coronavirus.

The website refers to both physical and mental health and also provides information for family, friends and carers of those who are recovering/have recovered.

Find out more - <https://www.yourcovidrecovery.nhs.uk/>



Zoom guides translated in multiple languages

Zoom guides translated in multiple languages - created for refugee and migrant communities in the UK during the Coronavirus pandemic

The original English guide intended for use over WhatsApp and created by the Leeds team of the British Red Cross/Refugee Council Surviving to Thriving Project, which Leyla Williams of the Jewish Council for Racial Equality and West London Welcome adapted, and was then translated into fourteen other languages by others in the refugee and ESOL sector.



Take a look -

https://drive.google.com/drive/folders/1EaVbPVOEmBd675OvITHgysH_8HmiaGrB

Vulnerable People



Tips for supporting a colleague

As lockdown restrictions continue to ease and more workplaces begin to open up, some of us may find these changes difficult. If you think a colleague might be struggling, we've got some tips for how you can help.

Find out more -

<https://twitter.com/TimetoChange/status/1286220648155615233>



Thrive LDN is a citywide movement to improve the mental health and well-being of all Londoners supported by the Mayor of London and London Health Board partners.

Take a look at these tools and resources to help your mental health and wellbeing.

<https://thrivedn.co.uk/resources/tools-and-resources-to-help-your-mental-health-and-wellbeing/>

Children, Young People and Families

SUTTON VIRTUAL YOUNG PEOPLES CONFERENCE 2020

Improving Sutton for Young People

Join us online to discuss a range of topics including:

- The impact of the pandemic on young people
- Hate Crime
- Black Lives Matter
- Community safety and crime

For more information email
kieran@communityactionsutton.org.uk

Book your place

[HTTPS://BIT.LY/YPCONFERENCE](https://bit.ly/YPCONFERENCE)

Thursday
3rd September
4pm to 6.30pm



PROGRAMME

- 4.00pm: Welcome and introductions
- 4.20pm: Workshop 1
- 4.45pm: Workshop 2
- 5.10pm: Workshop 3
- 5.35pm: Workshop 4
- 6.00pm: Feedback and closing discussions
- 6.30pm: Close

WORKSHOPS

Attendees will have an opportunity to attend all four workshops. We will use breakout rooms to allocate slots at the event.

Please see the full list of workshops below.

- The impact of the pandemic on young people
- Hate Crime
- Black Lives Matter
- Community safety and crime

Young people can book a place at the conference by visiting
<https://bit.ly/YPCONFERENCE>

FREE Training for young people

Leadership in the Community for Young People - (OCN Level 2)
September 10, 2020
4:00 PM – 6:00 PM
Online

*Do you what to build confidence?
Improve your communication Skills and learn how to Lead?*

This course is designed for young people who want to make a difference in their lives and the London Borough of Sutton. You will gain an OCN accredited qualification in Leadership at Level 2

Click here to book a place - <https://www.eventbrite.com/e/leadership-in-the-community-for-young-people-ocn-level-2-tickets-116865009389>

Working with Young People

17th September 2020

4pm to 5.30pm

Online (Zoom)

We are pleased to invite you to our virtual training seminar where we will look at the different ways in which you can effectively engage with young people.

We will provide techniques and strategies which can help you to engage with young people and encourage them to participate in projects and get involved in their local community.

To find out more about this seminar contact Kieran@communityactionsutton.org.uk

Book your place here - <https://www.eventbrite.com/e/working-with-young-people-tickets-117503938443>



SIASS launches new website

Sutton Information, Advice and Support Service (SIASS) has officially launched its [brand new website](#).

The new website is dedicated to information and resources relating to Special Educational Needs and Disability (SEND) and aims to help families get the information and sources of support they need to ensure their child or young person's educational needs are met.

SIASS recognises that families often need ongoing and comprehensive support and advice; the website provides visitors an easier way to understand where they are in their journey and receive an overview of their rights and the duties placed on educational provisions and the Local Authority.

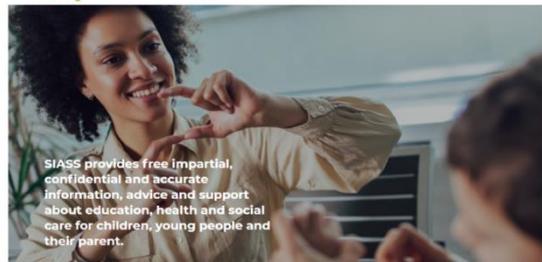
Created with the user experience in mind, the website has been designed to help visitors quickly and easily navigate the support they might need. Visitors will also find useful information about SIASS on the homepage as well as further sources of support and advice.

The website will be constantly updated with helpful information, guides, and case studies.

For more information on SIASS, and to view the website, please visit www.siasm.co.uk



[Home](#) [About](#) [Children and Young People](#) [Our Policies](#) [Advice and Information](#) [Further Resources](#) [FAQs](#)



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. This guidance has been written for young people in collaboration with young people.

To protect you, your family, your friends and community, you should practise social distancing. This means maintaining a distance of at least 2 metres (or 3 steps or 3 big steps for younger children) between yourself and anyone who is not from your household or support bubble – indoors and outdoors.

In England, the main ways you are advised to see your friends, family and other people that you do not live with are:

- Only meeting in groups of up to two households in any location - public or private, indoors or outdoors. Anyone in your support bubble counts as part of one household. You do not always have to meet with the same household - you could meet with different households at different times. However, unless they are your carer, you should socially distance from anyone not in your household or bubble, even inside someone's home.
- Only meeting outdoors in a group of up to 6 people that you do not live with. If you choose to do this, you should maintain social distancing by keeping at least 2 metres away from other people from outside your household. You should not share or exchange personal belongings (such as cups or drinking glasses) with others from outside your household.
- Single adult households can form a 'support bubble' with one other household. This means adults who live alone or with dependent children only. Everyone in the support bubble can spend time together inside each other's homes without needing to stay 2 metres apart. This includes staying overnight. You should not change who is in your support bubble.
- Only staying overnight away from your home with your own household or support bubble. You may also stay overnight with members of one other household, but you should maintain social distancing by keeping at least 2 metres away from anyone that is from outside your household – or support bubble.
- When asked, provide your contact details to a business so that you can be contacted as needed by the NHS Test and Trace programme.

If you are under 18 and usually live across 2 families, because your parents or guardians live separately, you are allowed to move between both homes as you would normally do. If you do have symptoms of coronavirus, speak to your parents or guardians about staying in one home until you recover but both families should follow the isolation guidance for 14 days.

Read the full guidance here - <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>

COVID 19 (Coronavirus Information)

Latest Government Advice

Coronavirus outbreak FAQs: what you can and can't do - **UPDATED**

From 15 August, the following businesses can reopen and activities can resume provided they follow the Covid-19 Secure guidelines:

- casinos
- skating rinks
- bowling alleys
- indoor play areas, including soft play areas
- indoor performances
- remaining close contact services, including any treatments on the face such as eyebrow threading or make-up application
- wedding receptions and celebrations for up to 30 people, in the form of a sit-down meal

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.

Coronavirus 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.

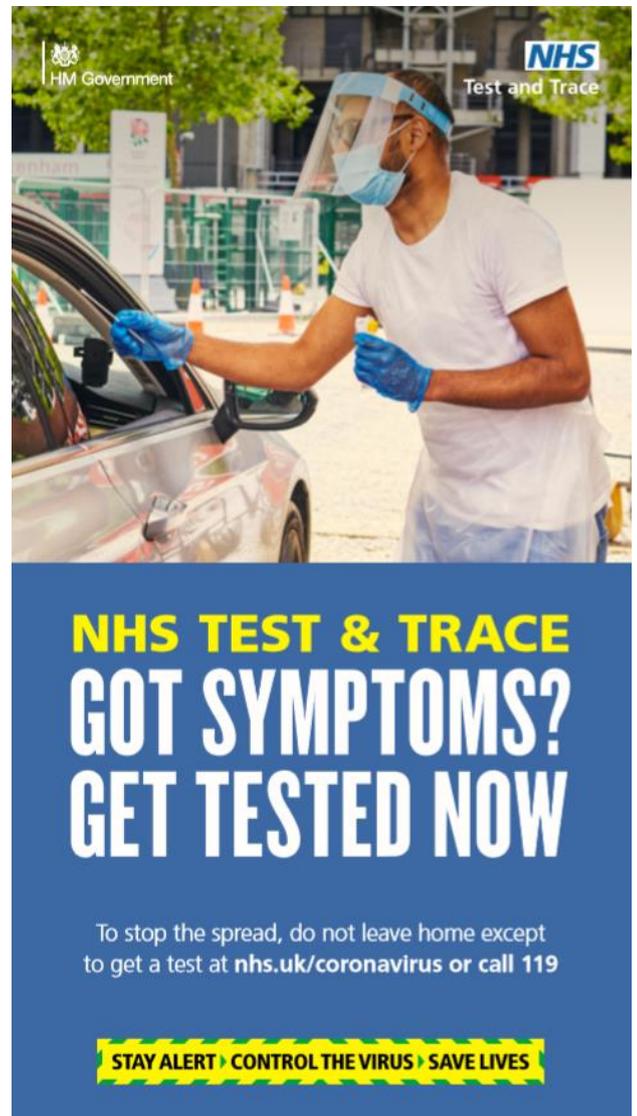
You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves.

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 PPE (white t-shirt, blue gloves, blue face shield, and blue surgical mask) standing next to a car in a drive-through test site. The worker is holding a long cotton bud. In the background, there are signs for 'HM Government' and 'NHS Test and Trace'. The bottom half of the poster has a blue background with white and yellow text. The text reads: 'NHS TEST & TRACE GOT SYMPTOMS? GET TESTED NOW'. 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 bottom, there is a yellow and black striped banner with the text: '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

Registered Charity No. 1063129

Company Limited by Guarantee No 03336660