



**Community Action Sutton**  
Building Stronger Communities

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

**Edition 18**

# 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/>

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# Community



## We're Hiring

We're looking for an amazing  
new Chief Executive Officer



### CHIEF EXECUTIVE OFFICER

Salary Scale £42,785 - £60,092pa

Closing date - 22nd September 2020

Interview date - 1st October 2020

Community Action Sutton is a key leader in the London Borough of Sutton, and with the local voluntary and community sector and public sector partners it has established a reputation of being agile, flexible, thinking outside of the box and above all an organisation that does what it says it will do.

Community Action Sutton is proud of its work as the Council for Voluntary Sector in Sutton and delivering its core functions around: training and capacity building; representation; development and support.

Community Action Sutton has an additional active theme – that of inspiring!

If you think you are able to build on and enhance our reputation in our core work areas and to continue to inspire change in Sutton that promotes equality and diversity and promotes positive action for the communities of Sutton then this could be the job for you!!

This is a challenging and rewarding role in which you will be responsible for the overall leadership, management and development of Community Action Sutton.

Please email [jackie@communityactionsutton.org.uk](mailto:jackie@communityactionsutton.org.uk) for an application pack.



## **Sutton Community Farm's Open Weekend: 5th & 6th September**

Sutton Community Farm opens its doors for an Open Weekend Local business Sutton Community Farm is holding an Open Weekend on Saturday 5th & Sunday 6th September. Join our growers for a fascinating, personal tour around our land.

Members of the public will have the chance to see what veg is growing and learn about biodiversity and wildlife at the farm. In light of the social distancing measures we are offering timed tours (for up to 7 adults and 3 children throughout the day).

The Open Weekend will feature:

- 15 tours each day starting at 10am lasting roughly 30 minutes. Last tour starts at 3pm
- Freshly made seasonal salads and cake available for purchase, plus hot and cold drinks
- A chance to relax on site with outdoor seating (and social distancing measures in place)
- An opportunity to find out more about our VegBox scheme
- An opportunity to find out more about how to get involved in the farm through volunteering or becoming a member
- A chance to meet some of the staff team and volunteers of the farm

In order to provide safe space for our visitors we need to limit the tours to 10 people.

Please book your preferred slot in advance, via Eventbrite -

<https://www.eventbrite.co.uk/e/open-weekend-at-sutton-community-farm-tickets-116353832445>

Tickets are £5 (free for under 12s).

## **How to manage feelings of anxiety as lockdown eases**

Rethink mental illness has put together some information for people to access if they are feeling anxious as lockdown eases.

Take a look here - <https://www.rethink.org/advice-and-information/covid-19-support/how-to-manage-feelings-of-anxiety-as-lockdown-eases/>

## **How to self-isolate when you travel to the UK**

Updated with the latest advice - here is guidance for anyone travelling to the UK and what they need to do to self-isolate.

This guidance sets out:

- who must self-isolate
- how you should travel to the place where you are self-isolating
- how to self-isolate
- support to help you self-isolate
- what to do if you get coronavirus symptoms

The latest update relates to your employment rights should you need to self-isolate after returning to the UK.

Find out more

[https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk?utm\\_source=76cd3f7e-a7b9-4c03-841a-ffaa76f393fe&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=daily](https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk?utm_source=76cd3f7e-a7b9-4c03-841a-ffaa76f393fe&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily)

# Vulnerable People



## World Suicide Prevention Day

Thursday 10th September 2020

The purpose of World Suicide Prevention Day is to promote worldwide commitment and action to prevent suicides. Preventing suicide is often possible and we can all make a difference. There are many things that we can do daily to prevent suicidal behaviour. This year's theme is "**Working Together to Prevent Suicide**" as it highlights the most essential ingredient for effective global suicide prevention-collaboration.

Sutton Council, the Sutton Safeguarding Adults Board (SSAB) and Community Action Sutton will be hosting a series of events throughout the day:

9.30am  
Introduction

Fiona Bateman, Independent Chair - Sutton Safeguarding Adults Board

9.40am  
Sutton Men In Sheds

Daniel Ayeni - Community Action Sutton

10.30am  
Suicide Prevention and Partnership Working  
Papyrus

11.15am  
The Role of Advice Services in Reducing Suicide  
Steve Triner, Citizens Advice Sutton

12.00pm  
Plenary  
Dr Imran Choudhury - Director of Public Health

If you and anyone you know would be interested in these sessions, please email [ssab@sutton.gov.uk](mailto:ssab@sutton.gov.uk) with your email address and you will be sent a link to access the webinar.  
Due to the sensitive nature of the content, all attendees must be above the age of 18.

World Suicide Prevention Day is organised by the International Association for Suicide Prevention and the World Health Organisation.



## Guidance for the public on mental health and wellbeing

This guide provides advice on how to look after your mental health and wellbeing during the COVID-19 outbreak.

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

## Looking after family or friends after they leave hospital

Take a look at the government advice for family and friends of people needing ongoing care or support with day-to-day life.

- Support may be in the home or remotely (for example, by phone), and might include:
- emotional support like helping someone manage anxiety or mental health
- housework like cooking, cleaning or other chores
- personal support like help moving around, washing, eating or getting dressed
- assistance with getting essential items like medicine or food
- help to manage money, paid care or other services

Find out more - <https://www.gov.uk/government/publications/looking-after-friends-or-family-when-they-leave-hospital-leaflet/looking-after-family-or-friends-after-they-leave-hospital>

## Signpost Sutton – Post Traumatic Stress Disorder



**Signpost Sutton**  
Supporting You to Find the Information You Need for Your Recovery and Wellbeing

**Post Traumatic Stress Disorder**  
Wednesday 16th September  
1:00 to 2:30pm on Zoom

5 ways to wellbeing

**NHS**  
South West London and  
St George's Mental Health  
NHS Trust

**SUTTON**  
MENTAL HEALTH  
FOUNDATION  
inspired • brave • support

Do you have flashbacks, nightmares, feel very anxious or have difficulty sleeping and have experienced a traumatic event in your life?

If you are suffering from Post Traumatic Stress Disorder, or would like to know more about it then join us online on Wednesday 16th September, 1:00 – 2:30pm.

The session will be presented by Louisa Buttanshaw (Trainee Clinical Psychologist), Traumatic Stress Service, Springfield University Hospital, SWLSTG.

To confirm attendance:

Book online - <https://smhf.org.uk/events/ptsd>

Email [events@smhf.org.uk](mailto:events@smhf.org.uk)

or call 020 8770 0172.

Signpost Sutton is a programme of open forums, which explores a range of different themes and issues that impact on the lives and experience of Sutton residents who experience mental and emotional distress.

## **Face Covering Exemptions, Sunflowers and Space**

It is now compulsory to wear a face covering in many public places, unless you are exempt. Action for Carers has a simple guide to groups that are exempt [here](#).

The webpage includes links to [government guidance](#) and [Transport for London](#), which both have downloadable exemption cards and badges. The Government has also created optional '[Give Me Space Please](#)' badges and materials to help those who may have difficulties or concerns with maintaining social distancing.

[Hidden Disabilities Sunflower](#) products, including lanyards, cards and badges, are becoming increasingly recognised in public spaces and offer a discreet way of indicating to others that someone may be exempt.

## **Pandemic leaves 1.1m teenagers unhappy with their lives**

Nearly 1 in 5 children aged 10-17 in the UK – the equivalent of 1.1m – have reported being unhappy with their lives as a whole during the coronavirus lockdown according to a survey by The Children's Society.

The charity's annual survey of children's well-being was completed by just over 2,000 young people and their parents between April and June.

Read the full article here - <https://www.childrenssociety.org.uk/news-and-blogs/press-releases/pandemic-leaves-1.1m-teenagers-unhappy-with-their-lives>

## Children, Young People and Families



Unfortunately due to low numbers we have postponed the Sutton Virtual Young Peoples Conference.

We are planning to hold a Back to School Forum see details below.

*Please circulate to any young people you think might be interested*



### **Are you a young person who is concerned about returning to school or college?**

Community Action Sutton is hosting a forum for young people to discuss returning to school or college.

This is an opportunity to highlight any concerns you may have and help us identify how we can support you going forward.

For more information please contact [kieran@communityactionsutton.org.uk](mailto:kieran@communityactionsutton.org.uk)

Book to attend through Eventbrite - <http://bit.ly/casbacktoschoolforum>

## Back to school during coronavirus

Going back to education in September will present new challenges for young people and their mental health. And we know that lots of parents, guardians and carers want to support them.

As well as managing concerns about coronavirus, young people may need to get used to their new working environment and they might not be able to enjoy as many activities outside of school. It could prove a challenging and upsetting time.

Having a conversation about mental health and checking in with your child is even more important right now. Our tips can help you have those conversations:

**Normalise it:** 1 in 8 young people have a mental health problem, and many more are worried about their mental health.

**Check in:** Your child's feelings may change as the weeks and days go by and they adjust to the new normal.

**It doesn't need to be about them:** Talking about mental health in general might help open a dialogue. For example, 'It can be stressful dealing with change can't it?'

**Talk side by side:** You don't have to have a face-to-face sit down chat. Lots of young might feel awkward about having a conversation, so take the pressure off by doing it while walking, cooking or driving.

**Make it relevant:** Some young people might not think mental health is relevant to them. But we all have mental health, which can range from good to poor. These are unsettling times and it's important to discuss mental health even if your young person isn't in need of support.

If you're worried about a young person in your life, the YoungMinds Parents Helpline provides a free, confidential advice via the phone, email or webchat.

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

## FREE Leadership in the Community for Young People ( OCN Level 2)

10th September 2020

4:00 PM – 6:00 PM

Online (Zoom)

*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>

# COVID 19 (Coronavirus Information)

## Latest Government Advice

### Coronavirus outbreak FAQs: what you can and can't do

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](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

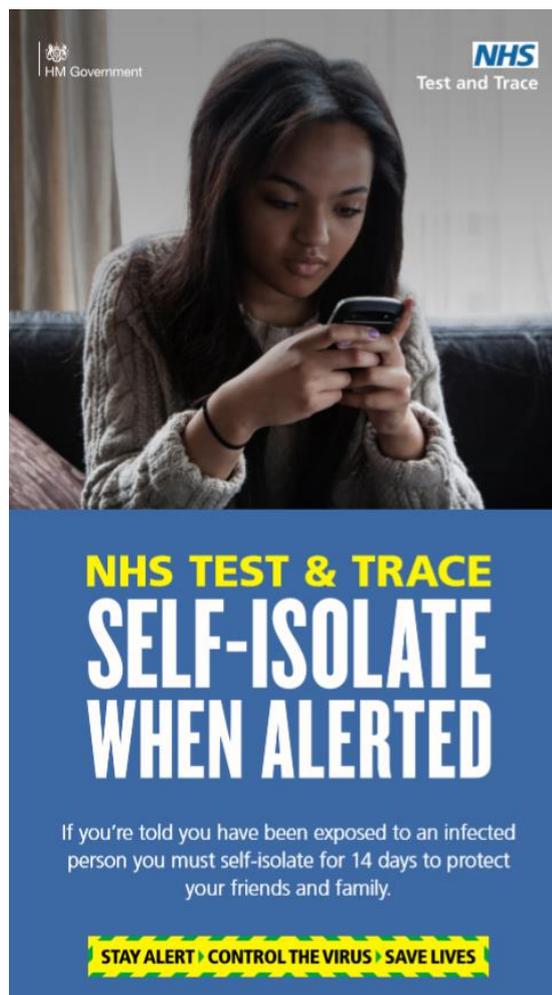
### Stay at home for 14 days

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/>

A poster for NHS Test and Trace. The top half shows a woman with long dark hair sitting on a couch, looking down at her smartphone. In the top left corner, there is a small logo for HM Government. In the top right corner, there is the NHS logo and the text 'Test and Trace'. The bottom half of the poster has a blue background with white and yellow text. The text reads: 'NHS TEST & TRACE SELF-ISOLATE WHEN ALERTED'. Below this, in smaller white text, it says: '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.' At the very bottom, there is a yellow banner with black text that says: '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](https://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](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**

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**[info@communityactionsutton.org.uk](mailto:info@communityactionsutton.org.uk)**

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

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