



Community Action Sutton
Building Stronger Communities

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

Edition 19

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

Sutton Counselling

**Making counselling
available
to the community**

020 8661 7869

Talking Helps

Sutton Counselling is Open

For emotional and mental health support during this difficult time of Covid 19.

Perhaps you are suffering from: anxiety, fear, frustration, anger, loneliness, loss, grief, employment or relationship difficulties.

These might be heightened during these difficult times.

Sutton Counselling offers a confidential space to talk things through.

We offer either brief (6-24 sessions) or long term (up to two years) counselling, by telephone or video link (eg. WhatsApp, Skype or Zoom).

If you are experiencing financial difficulties, you can still access counselling through our 'low fee' scheme.

If you are +18 please get in touch by phoning: **020 8661 7869** or by emailing: info@suttoncounselling.co.uk

More details can be found: www.suttoncounselling.co.uk

Address: 21A Cheam Road, Sutton, Surrey, SM1 1SN

BACP Accredited Service
Registered charity: 1143684
Company number: 07604221



Guidance for the safe use of multi-purpose community facilities

Updated in line with the latest advice - here is guidance for community centres, village halls, and other multi-use community facilities that support a wide range of local activity. This guidance sets out:

- Core principles for safely reopening community facilities
- Permitted activities in multi-use community facilities: signposting to relevant guidance
- Enforcement

It states that this is national guidance of a general nature and should be treated as a guide. In the event of any conflict between any applicable legislation (including the health and safety legislation) and this guidance, the applicable legislation shall prevail.

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

Digital Saturdays

Take a look at the Sutton Libraries Facebook page, each Saturday they share videos with tips, tricks and how-tos on helpful apps.

Have a look at their latest video shows

<https://www.facebook.com/watch/307066065080/799174450827728/>

Unconscious Bias Training

Tuesday 20th October 2020

2:00 PM – 4:00 PM

Online

This training session will cover:

Why and how unconscious bias operates, hilltop theory, stereotyping and conscious / unconscious prejudices.

Impact of discrimination, conscious / unconscious, benefits of diversity, using the emotional intelligence for personal development.

Identifying possible conscious / unconscious bias in service delivery and recruitment.

Identifying strategies to help to eliminate unconscious bias and promote diversity.

Click here to book your place <https://www.eventbrite.com/e/unconscious-bias-tickets-119999526815>

Community Campaigning OCN Level 2

Tuesday 27th October 2020

10:00 AM – 1:00 PM

Online

This workshop gives campaigners a well-rounded understanding of power, social change and campaigning. You will the ground-breaking concept of Social Power and how it can drive truly transformational change.

We will look at case studies of successful campaigns and ask what qualities they share. We'll also explore the 12 Habits of Successful Change-Makers, ways of thinking and behaving that are common amongst effective campaigners. These habits have helped people and organisations at every level to achieve lasting social change.

Participants will:

- Gain insight into how social change happens
- Examine the concept of Social Power and examples of how it has been successfully harnessed
- Understand the basics of analysing power and learn how to start planning effective campaigning activity
- Understand the habits that make change successful at an individual and organisational level.

Who is this workshop for?

- Those interested in Campaigning in their local community
- Volunteers and activists looking to build their campaigning skills
- Anyone wanting to shift their efforts into social change

Click here to book your place <https://www.eventbrite.com/e/community-campaigning-ocn-level-2-tickets-120002824679>

10,000 people now signed up to COVID-19 immunity study

10,000 health workers from across the NHS have now signed up to take part in 'SIREN' (SARS-CoV-2 Immunity and REinfection EvaluationN) study, which is exploring whether specific COVID-19 antibodies provide immunity.

Scientists do not yet know if people who have been infected in the past are protected from becoming sick again, or how long any protection lasts.

Click here for the full article - <https://www.gov.uk/government/news/10-000-people-now-signed-up-to-covid-19-immunity-study>



Health Assurance Session

Has Coronavirus left you feeling worried or uncertain about visiting your local GP practices and hospitals for healthcare appointments?

If so, please join us for our Health Assurance Session on Thursday September 17th at 10 - 11am via Zoom.

In the session you'll have the opportunity to hear from clinical leaders from Epsom and St. Helier Hospital and local Sutton GPs.

They can answer your queries and help put your mind at ease about the measures in place.

Further details to follow.

NHS
South West London
Clinical Commissioning Group

Zoom link -

<https://us02web.zoom.us/j/83653172478?pwd=WEJsUHovZWg3eUJFV0FmUmdwRU40Zz09>

Passcode - 874477

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 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.



Check if you can get a free over 75 TV Licence

In August 2020, the BBC introduced a new scheme that offers some over 75 households a free TV Licence. You can get a free TV Licence if:

You, as the licence holder, are 75 years or older

AND

you, or your partner living at the same address, receive Pension Credit

If you, or someone you know is affected by this change, make sure they know.

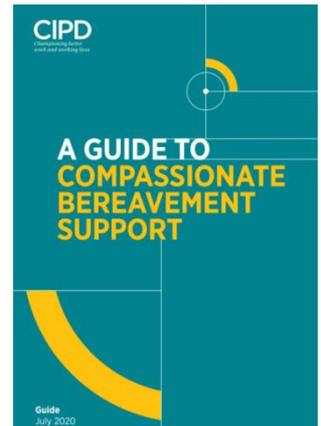
Find out more - <https://www.tvlicensing.co.uk/check-if-you-need-one/for-your-home/aged-74-and-over-aud3>

Bereavement guidance from CIPD

The impact of COVID-19 has highlighted the urgent need for employers to provide a compassionate approach to support.

CIPD, together with Mind, have created a guide to help employers and managers properly support grieving employees both in the immediate aftermath of bereavement and in the longer term.

Find out more - https://www.cipd.co.uk/Images/guide-to-bereavement-support_tcm18-81624.pdf



The banner features a wooden signpost with multiple arrows pointing in different directions against a blue sky with clouds. The text on the banner reads: 'Signpost Sutton', 'Supporting You to Find the Information You Need for Your Recovery and Wellbeing', 'Post Traumatic Stress Disorder', 'Wednesday 16th September', and '1:00 to 2:30pm on Zoom'. Logos for '5 ways to wellbeing', 'NHS South West London and St George's Mental Health NHS Trust', and 'SUTTON MENTAL HEALTH FOUNDATION' are also present.

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

Wednesday 16th September

1:00 – 2:30pm

Online

If you are suffering from Post Traumatic Stress Disorder, or would like to know more about the subject then you can join this session.

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; or call 020 8770 0172.

Children, Young People and Families

Extra buses and school service prioritisation from September

From 1 September until the end of October 2020 Transport for London are planning to add over 200 extra buses to different routes to help London's schools reopen safely.

They are also planning to prioritise some of their bus services for school travel.

Government guidance allows for all seats to be occupied on these 'school services', doubling their capacity, which is currently limited due to necessary social distancing.

These 'school services' will be clearly signed and are planned to operate on:
Every other bus on key routes from 07:30-09:30 and 14:30-16:30 on weekdays
All existing school services
Some additional buses on less frequent routes

Transport for London ask that schoolchildren travelling without adults use the designated school services where these are provided, to help ensure space for customers on other services.

Visit the website to see which bus routes will be affected.-
<https://tfl.gov.uk/modes/buses/bus-changes>

Returning to School Resources

Headstart Hull have worked with Barnardos to co-produce resources with young people and schools focusing on transition from primary secondary school.

The two resources are

[Stepping into secondary school](#)

[Returning to school – life after lockdown.](#)



Young Creatives: Music Journalism & DJing

Wednesday 16th September
4pm - 6pm
Online

An online talk by Kofi Yeboah of Inspired Sound, a music journalism platform bridging the gap between different cultures within music.

Brought to you by Sutton African & Caribbean Cultural Organisation (SACCO) and Sutton Cultural Services, join Kofi Yeboah, music and culture journalist and DJ from Inspired Sound as he discusses: 'What Does it Take to be Successful?'

This is an online discussion and presentation - attendees will be emailed the joining details shortly before the scheduled time.

Book your place here - <https://www.eventbrite.co.uk/e/young-creatives-music-journalism-djing-with-kofi-yeboah-tickets-117516764807>

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 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

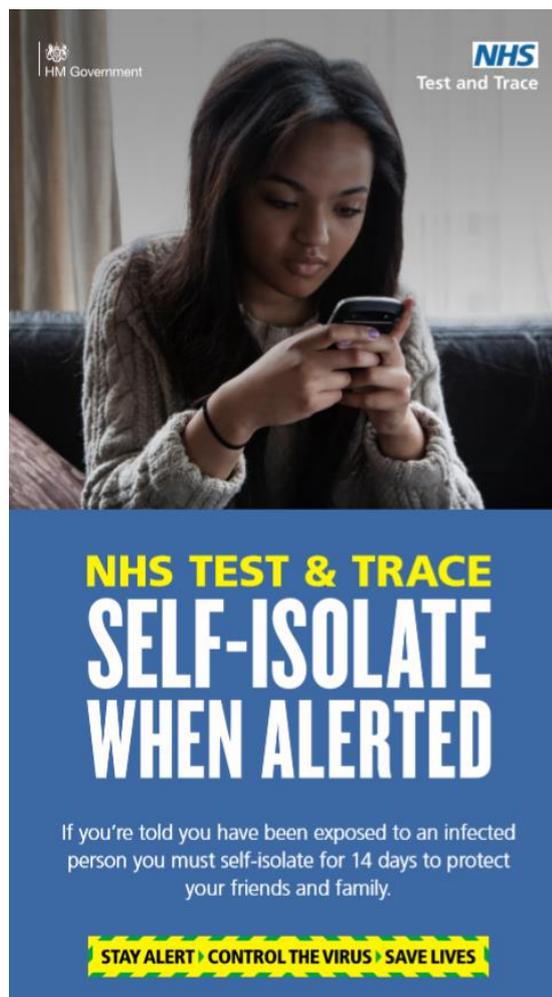
Stay at home for 14 days

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/>

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.

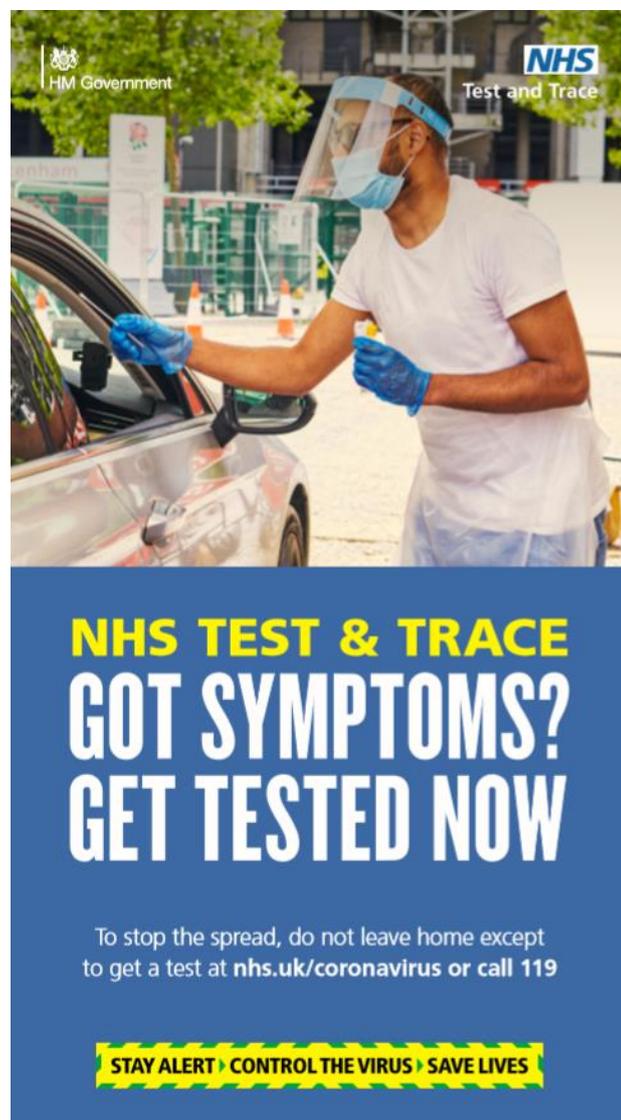
You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Children aged 11 or under cannot do the swab themselves.

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>



The image is a promotional poster for NHS Test & Trace. It features 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. 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 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

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

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