



Community Action Sutton
Building Stronger Communities

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

Edition 25

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 is now at "Tier 2" Covid Alert Level

What do local COVID alert levels mean

Local COVID alert levels set out information for local authorities, residents and workers about what to do and how to manage the outbreak in their area. Local COVID alert levels are sometimes called 'tiers' or known as a 'local lockdown'. All London Boroughs are now at Tier 2, "High" alert level.

Find out what you can and cannot do if you live, work or travel in each local COVID alert level. Visit the Sutton.gov website for more information

https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2184/covid-19_information_and_advice

Visit <https://www.gov.uk/guidance/local-covid-alert-level-high> for detailed information on local Covid alert level High



The infographic is titled "LOCAL COVID LEVEL HIGH ALERT" and features a warning sign icon. It is divided into four quadrants by a vertical dashed line. The top-left quadrant shows a hand being washed with water and bubbles, with the text "Wash your hands regularly". The top-right quadrant shows a person wearing a white face mask, with the text "Wear a face covering in indoor public spaces". The bottom-left quadrant shows two stylized human figures (one blue, one green) with a double-headed arrow between them, with the text "Keep 2 metres apart from people you do not live with". The bottom-right quadrant shows two stylized human figures (one purple, one orange) under a roof icon, with the text "Do not meet socially with friends and family indoors, unless you live with them". Below this text is a sub-section: "You may meet friends and family you do not live with outside, but you must not meet in a group of more than 6". At the bottom left, there is a blue box with the text "PROTECT YOUR FRIENDS AND FAMILY" and a link to "nhs.uk/coronavirus" along with the hashtag "#KeepSuttonSafe".

KEEP SUTTON SAFE

Sutton

NHS
Test and Trace

LOCAL COVID LEVEL HIGH ALERT

YOU SHOULD NOT MEET WITH FRIENDS AND FAMILY INDOORS IN ANY SETTING, UNLESS YOU LIVE WITH THEM OR ARE IN A SUPPORT BUBBLE

Wash your hands regularly

Wear a face covering in indoor public spaces

Keep 2 metres apart from people you do not live with

Do not meet socially with friends and family indoors, unless you live with them

PROTECT YOUR FRIENDS AND FAMILY

For the latest government advice visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)
#KeepSuttonSafe

You may meet friends and family you do not live with outside, but you must not meet in a group of more than 6

VERY HIGH

HIGH

MEDIUM

LOCAL COVID ALERT LEVEL

HIGH

Social Contact  1 household / bubble indoors. Rule of six outdoors.	Weddings and Funerals  Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.	Overnight Stays  Overnight stays permitted subject to social contact rules.	Working from home guidance  Work from home where possible.
Shopping and Retail  Open.	Leisure and gyms  Open.	Hospitality  Open with some restrictions including 10pm closing time and table-service only.	Entertainment and tourist attractions  Open, except nightclubs and adult entertainment.
Education  Schools, FE colleges open. Universities must reflect wider restrictions.	Healthcare Services  Open.	Residential Care  Closed to external visitors other than in exceptional circumstances.	Travel and Transport  May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible.
Sporting Activity  Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).	Worship  Open, subject to social contact rules.	Childcare  Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.	Youth Clubs and Activities  Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands
keep washing your hands regularly



Cover face
wear a face covering in enclosed spaces



Make space
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

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

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic-from-4-july>

Guidance for the safe use of multi-purpose community facilities

<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>

How to create a coronavirus NHS QR code for your venue

There's a walkthrough process on the Government's website which enables you to create a QR code for display in your venue. Ask visitors to scan the QR code when they arrive, using the NHS COVID-19 app. This is to help trace and stop the spread of coronavirus (COVID-19).

You should create and display a QR code if you are:
a business, place of worship or community organisation with a physical location that is open to the public
an event which is taking place in a physical location

If you have more than one venue, you need to create a separate QR code for each location. You can add multiple locations in the service.

Click here to find out more. <https://www.gov.uk/create-coronavirus-qr-poster>

REMINDER - legal duty to self-isolate

People in England will be required by law to self-isolate if they test positive or are contacted by NHS Test and Trace.

The legal duty for people to self-isolate came into force at the beginning of October.

The Government has announced financial support for people on low incomes who are unable to work while self-isolating through the £500 Test and Trace Support Payment programme.

There are fines for those breaking the rules starting with £1,000 and increasing to £10,000 for repeat offenders.

Click here for more information. <https://www.gov.uk/government/news/new-legal-duty-to-self-isolate-comes-into-force-today>

Local Committees now online

Local Committee meetings will be held online for the first time this autumn. This format is being used as we follow government advice to limit the spread of COVID-19.

You'll be able to watch a live stream of meetings; links to these will be available when the agenda for your Local Committee is published. This is a great opportunity to hear about issues affecting your local area. Local Committee Chairs are currently developing the agendas for each meeting and will be published on the relevant meeting page the week before the meeting.

If you are interested in getting involved, please take a look at the '[asking a question at Local Committee](#)' page. As we trial this new meeting format you will need to submit your question in advance of the meeting.

We are currently looking at how to improve Local Committees and will be sharing feedback forms during the meeting. We'd love to hear from you about what worked well and what you would like to see improved.

Active links to our live stream will be available in due course here.

[Cheam North and Worcester Park Local Committee](#) - Thursday, 22nd October 2020
7.00pm

[Carshalton and Clockhouse Local Committee](#) - Tuesday, 3rd November 2020 7.00pm

[Sutton Local Committee](#) - Thursday, 12th November 2020 7.00pm

[Sutton South, Cheam and Belmont](#) - Thursday, 26th November 2020 7.00pm

Find out

more https://www.sutton.gov.uk/info/200644/councillors_the_mayor_mps_meps_and_committees/1172/local_committees

SUTTON'S COMMUNITY



Nominations now open for Sutton's Community Awards 2020

Sutton Community Awards 2020 will celebrate the people who make Sutton a great place to live, work and bring up a family and who have gone above and beyond in the face of COVID-19.

Each year, Sutton's Community Awards recognise remarkable individuals and groups in Sutton. This year takes on an even more special theme of celebration and commemoration in light of the challenges faced due to COVID-19.

The awards are open to everyone who lives, works, studies or volunteers in the borough. Awards will be given out in eight categories that cover outstanding individuals, volunteers, neighbours and community groups.

Award Categories

1. Outstanding Community Champion

An individual in your neighbourhood who has gone above and beyond to help and support your local community - this could be caring through those in need, or someone who organises local community projects or events.

2. The Terence Cort Award

An individual who supports people to live independently. This award commemorates Terence Cort, a staff member from Sutton Housing Partnership who passed away in April 2020.

3. The Herb Chinzou Award

An individual who has made a contribution to Sutton's disability services. This award commemorates Herb Chinzou, a Sutton Council staff member from 2009 to April 2020.

4. Outstanding Volunteer

An individual who has gone above and beyond as a volunteer for a voluntary and community sector organisation, and has made an outstanding contribution to improving the lives of those the organisation supports.

5. Outstanding Volunteering Group

A group of volunteers that have demonstrated a great team spirit and worked together to support a cause or organisation that would only be possible collectively - this could include a business or staff members who volunteer as a group in Sutton.

6. Outstanding Young Person

A young person under 21 who has brought real credit to the borough through exceptional academic, sporting, artistic or cultural achievements.

7. Outstanding Voluntary and Community Sector Organisation of the Year

A voluntary and community sector organisation (can be a charity, community group or social enterprise) that has made an outstanding contribution to improving the lives of those they support.

8. Sue Robson Trustee of the Year

An individual who is a Trustee (this is an unpaid role and Trustees may also be known as the board, the management committee, governors, directors) for a charity or organisation, who goes above and beyond to support and represent their organisation, and has played a vital role in leading through Covid-19.

Sue Robson was deputy director and CEO of Sutton CVS (now known as Community Action Sutton) for a number of years. Sue was passionate about governance and worked with both large and small organisations on developing good practices for their trustee to enable their organisations to flourish. The Sue Robson Trustee of the Year award was established to acknowledge her contribution to the voluntary and community sector in Sutton.

Nominations for 2020 will close at midnight on Sunday 1st November.

[Find out more and make a nomination here](#)

Vulnerable People

Suicide First Aid

This course is taught using tutor-facilitated using critical thinking, tutor-led role-play, mini-lectures, group work and audio-visual presentations. This is a highly interactive and emotionally engaging learning experience delivered over 3.5 hours online.

Learning outcomes:

- Suicide behaviour; reasons and magnitude of the community health problem
- Role of the carer in managing suicide interventions; different roles with different people
- Understand approaches and process of suicide intervention including desired outcomes
- Understand the importance of self-reflection and personal impact when working with suicide and people at risk

The following dates are available for the training:

- Tuesday 27 October 2020 from 9.00 a.m. – 12.30 p.m.
- Thursday 19 November 2020 from 9.00 a.m. – 12.30 p.m.

For more information contact Zahraa Gooljar, Transformation Support Officer: zahraa.gooljar@swlondon.nhs.uk



BSL online interpreting service for health services free of charge

SignHealth and online interpreting company [InterpreterNow](https://interpreternow.co.uk/), have together launched 'BSL Health Access' which enables the provision of immediate, on demand access to British Sign Language (BSL) interpreters for communication with Deaf people in health settings free of charge during the current Coronavirus situation.

Visit the website to find out more <https://bslhealthaccess.co.uk/>



Community Advocacy

for people with a **learning difficulty or autism**
in **Bromley, Bexley, Croydon and Sutton**

advocacy is about...



- making sure **people listen** to what you say
- having someone on your side to **speak up** for you
- helping you find **information** that you can understand

how can an advocate help me?



- make choices about **education**
- find out about **housing**
- find out how you can get a **job**
- help you know your **rights**
- go to **meetings** with you
- **signpost** you to our speaking up groups

for more information please contact us



referrals@advocacyforall.org.uk

www.advocacyforall.org.uk

0345 310 1812



Advocacy for all is an independent advocacy organization and an equal opportunities employer
Registered charity no 1064855

Children, Young People and Families

Guidance for parents and carers of children attending out-of-school settings during the coronavirus (COVID-19) outbreak

This guidance is for parents and carers and covers changes to:

- after-school clubs
- holiday clubs
- tuition
- community activities

other out-of-school settings for children and young people aged 5 and over during the coronavirus (COVID-19) pandemic

Find out more <https://www.gov.uk/government/publications/guidance-for-parents-and-carers-of-children-attending-out-of-school-settings-during-the-coronavirus-covid-19-outbreak/guidance-for-parents-and-carers-of-children-attending-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>



The Autumn edition of the Carers Centre "Cool News" is out now.

This newsletter is specifically for Young Carers, if you know a young Carer that might like to get involved with activities that the Carer Centre are running please get in touch with them via valerie@suttoncarerscentre.org

Download a copy here

https://mcusercontent.com/8193c418eae7ff7af65963287/files/4a88e69d-6659-415a-8f11-77ffa148cd6d/Cool_News_Autumn_2020.pdf

Rotary YOUNG ENVIRONMENTALIST COMPETITION

AGES 7-17

Cheam & Sutton
Rotary

Calling all young eco-champions

Are you passionate about the planet? Do you have what it takes to create ingenious ways to tackle environmental issues? Then take part in the annual Rotary Young Environmentalist competition.

To enter contact Cheam & Sutton Rotary at:
environment@cheamsuttonrotary.com

Download the competition information pack at: rotary.org

Rotary
Great Britain & Ireland

Rotary launches Young Environmentalist Competition

Cheam and Sutton Rotary have launched a Young Environmentalist competition for young people between ages of 7 - 17 with the aim of raising awareness for environment support and protection.

This competition aims to raise awareness of environmental issues by encouraging young people to explore solutions to the issues and undertake an environmental sustainability project. Entries for the local level need to be received by December 18, 2020, with final winners announced in April 2021.

For a competition pack contact Cheam and Sutton Rotary

environment@cheamsuttonrotary.com

JUST THE FLU?

The flu can be serious for young children

NHS

Protect against flu help us help you

Flu Vaccination

Each year flu kills around 11,000 people across the UK and hospitalises thousands more.

This year it's more important than ever for children aged 2 or 3 to have their FREE flu nasal spray vaccination, which is available from your GP.

For young children the flu virus can be very serious, and if they catch it, they can spread it others, even if they aren't showing any symptoms. The vaccine is still the best protection for your 2 or 3 year old against the flu.

All GP practices now have safety measures in place to keep you and your child safe, so book an appointment today to protect your little one against the flu.

The 6 apps and services that every parent should know about

It's impossible for most parents to keep up with all of the apps and services children use online, so The Parent Zone have compiled this handy primer to introduce you to some of the most popular ones.

Find out more

<https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about>



Did you know Student Spectra provides support and information about mental well-being, relationships and sexual health to young people aged 13+.

Take a look at the website for more info www.spectra-student.org.uk



2020 Autumn Photography Competition

The Sutton New Town Community Festival Autumn Photography competition is open to everyone. Your photography of Sutton New Town and its neighbourhood has the power to inspire, excite and amaze. Great images of our neighbourhood can transform the way people look at our community, challenge opinion and stimulate debate.

We welcome all ages to take part, using either sheet and any technique you'd like. Pictures can be colour or black and white, taken on a camera or phone, showing any aspect of Sutton New Town in Autumn.

Note: Please photographs should not include faces of children under the age of 18. The competition will be judged in 3 age categories

- Primary School
- Secondary School
- Adult

Our favourite entry in each category will win a £15 gift voucher. Entries must be made by UK residents over 18 years of age, but of course, you can enter on behalf of younger artists.

Take a photo and save the image as a jpg or png file. Email the photo/image to suttonnewtown@gmail.com We won't pass your address on to anyone else.

See website for terms and

conditions <https://suttonnewtowncommunityfestival.org.uk/f/2020-autumn-photography-competition>



**JOIN US IN OUR VIRTUAL LABORATORY FOR
OUR LOOK UP! SCIENCE BLAST OFF.
29TH OCTOBER 10 - 11.30AM**

VIA ZOOM - CONTACT [INFO@SACCO.ORG.UK](mailto:info@sacco.org.uk)

UK Research and Innovation

BRITISH SCIENCE ASSOCIATION

For more information contact info@sacco.org.uk

COVID 19 (Coronavirus Information)

Latest Government Advice

Changes to self-isolation

The Government has announced some changes to the regulations on self-isolation.

A new Test and Trace Support Payment has been introduced for those on low incomes to support them if they cannot work during their self-isolation period.

There are also increased penalties for breaking the rules on self-isolation, including fines on a sliding scale from £1,000 up to a maximum of £10,000 for multiple breaches.

Find out more -

https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2170/self-isolation_support

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/>

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>

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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info@communityactionsutton.org.uk

www.communityactionsutton.org.uk

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