



Community Action Sutton
Building Stronger Communities

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

Edition 31

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

COVID-19 Winter Plan

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The plan sets out the Government's approach to ending the national restrictions on 2 December.

From 2 December England will move back into the regional, tiered approach.
Sutton will be in Tier Two.

Find out more about the different Tiers and the rules within those Tiers [here](#)

You can also find out more information on the councils [website](#)

On 2 December, across all of England, regardless of tier:

- The stay at home requirement will end, with domestic and international travel being permitted again subject to guidance in each tier.
- Shops, personal care, gyms and the wider leisure sector will reopen.
- Collective worship, weddings and outdoor sports can resume, subject to social distancing.
- People will no longer be limited to seeing only one other person in outdoor public spaces - the rule of 6 will now apply as it did in the previous set of tiers.

[Click here to find out more.](#)

Making a Christmas bubble with friends and family

The festive period is an important time for many people of all faiths and none who come together over the holidays. The UK Government and Devolved Administrations recognise that people will want to be with their friends and family over Christmas, particularly after an incredibly difficult year. For this reason, the government is changing some social contact restrictions for a short period of time.

When following these new rules, we must each continue to take personal responsibility to limit the spread of the virus and [protect our loved ones, particularly if they are vulnerable](#). For many, this will mean that it isn't possible to celebrate Christmas in the way you normally would.

Between 23 and 27 December:

- you can form an exclusive 'Christmas bubble' composed of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to [the rules in the tier where you are staying](#)
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble

You should travel to meet those in your Christmas bubble and return home between the 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

[Read full guidance](#)

Extra bank holiday announced for Queen's 2022 platinum jubilee

The May bank holiday weekend is being shifted to the start of June and an additional day is being added to the bank holiday calendar, allowing four days of events that the government promises will "mix the best of British ceremonial splendour and pageantry with cutting edge artistic and technological displays".

Read more here <https://www.theguardian.com/uk-news/2020/nov/12/extra-bank-holiday-announced-for-queens-2022-platinum-jubilee>



There has been a fantastic response over the last two months, with over 280 entries received across eight categories.

Sutton's Community Awards 2020 celebrates 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 and despite the challenges we have all faced, there have been some amazing contributions to the community this year.

The judging panel have met and agreed on the finalists. The finalists will be announced across December via social media channels from Sutton Council, Community Action Sutton, Volunteer Centre Sutton and Sutton Housing Partnership.

The awards ceremony will take place virtually via the [Council's YouTube channel](#) on Wednesday 3 February 2021. We look forward to celebrating the community's achievements with you.



What do you think of Test and Trace?

Healthwatch Sutton want to hear your thoughts, views and experiences of the NHS Test and Trace system.

They will analyse what you tell them and share their findings with local and national decision makers such as the London Borough of Sutton, NHS and Healthwatch England to help make improvements to the system.

The survey will take approximately 5 minutes to complete and all responses are completely anonymous.

At the end of the survey, there is a chance to enter the prize draw to win £25 of M&S vouchers.

Have your say here – https://docs.google.com/forms/d/1Y-B7LVq2lgTftOrk2xyBL0dVOK58gmXjs96grj-Akzl/viewform?edit_requested=true&fbclid=IwAR0jI63s14PEpAOxZaLiIJZXuZ5Vns-70r5yHazarur9calE86x_8m99bTg

The terms and conditions for the prize draw can be found on our [website](#).

Deadline for prize draw entries: Friday 11th December 2020

Community builder training

A free online training course facilitated by leading experts in building kinder, safer more inclusive communities.

Following the training, every participant will be encouraged and supported to apply what they have learnt in the training to work they are already doing, or even through a new initiative, whether it is in their workplace, community, group, or club.

Are you:

- involved in some sort of community perhaps through a club, your workplace, a faith group, a voluntary group, a forum, or an association?
- passionate about making our communities kinder, safer more inclusive places for all but not sure where to start or want to gain new skills?

If you answered “yes” this training has been designed for you. We particularly want to encourage people who might think twice before joining a training like this such as those with special educational needs or who don’t always feel confident speaking up in group activities.

[Find out more](#)



10TH DECEMBER 2020 VOLUNTEER ACTION DAY

VOLUNTEERING OPPORTUNITY IN COLLIERS WOOD

Feel good about yourself this Christmas and help The Bike Project to get ready for our Christmas Bike Fair! Join us to set up our site and outreach to local businesses and families in the nearby area.

The Bike Project refurbishes old bikes and donates them to refugees, supporting over 6500 refugees with bikes to date.



in
partnership
with



**Volunteer locally
and support
refugees**

**Help the community
get that bike they've
been waiting for**

**No specialist exp.
required**

Expenses paid

**Covid-compliant
volunteering**

42 STATION ROAD

Colliers Wood,
London,
SW19 2LP

TheBikeProject.co.uk

10th Dec 2020,

10am – 5pm

Let's Talk Wellbeing

The sessions below are part of Community Action Sutton's work with local BAME communities, the topics are designed to support and empower local communities especially during these difficult times with COVID. Below are the dates and meeting ID's for each session, the sessions will be held on Zoom on a Wednesday between 10am and 11am.

For more information please contact razia@communityactionsutton.org.uk

Date	Name of Session	Meeting ID and Passcode
18th November 2020	Health and COVID	Meeting ID: 832 3534 7421 Passcode: 896794
25th November 2020	Looking after your skin beauty inside out	Meeting ID: 896 8396 0431 Passcode: 294688
2nd December 2020	Stress Management	Meeting ID: 863 0736 8211 Passcode: 048231
9th December 2020	Dealing with Depression - Postnatal	Meeting ID: 871 8291 6427 Passcode: 278029
16th December 2020	Understanding your Emotions and Anxiety	Meeting ID: 838 1891 0119 Passcode: 727825
6th January 2021	Hormone imbalance/ Menopause	Meeting ID: 813 2149 9415 Passcode: 950060
13th January 2021	Chemical imbalance in the brain	Meeting ID: 813 2149 9415 Passcode: 950060
20th January 2021	Food and Nutrition	Meeting ID: 816 9337 3836 Passcode: 302149
27th January 2021	Wellbeing and five senses	Meeting ID: 838 7986 9128 Passcode: 340041
3rd February 2021	Obesity	Meeting ID: 823 6370 3744 Passcode: 112939
10th February 2021	Asthma	Meeting ID: 851 0033 0368 Passcode: 575746
17th February 2021	Dementia and our communities	Meeting ID: 857 7306 2407 Passcode: 737199
24 February 2021	Physical Activity	Meeting ID: 838 2696 9086 Passcode: 636975
3rd March 2021	Meditation and Mindfulness	Meeting ID: 848 9545 6332 Passcode: 817998
10th March 2021	Health and the Environment	Meeting ID: 825 7822 2051 Passcode: 341230

Vulnerable People

Sutton OCD Support Group

We are a support group for anyone in the London Borough of Sutton who has (or thinks they might have) OCD or a related disorder, together with their family members or friends.

Join us fortnightly on Fridays at 7pm on Zoom

Book online at <https://smhf.org.uk/events/OCD>
For more information please email events@smhf.org.uk or call 020 8770 0172.

We are here for people in Sutton borough whose mental health has had an impact on their lives.



Are you living with OCD?

Do you want to share your experiences with others?

Sutton Mental Health Foundation's OCD Support Group meets fortnightly on Fridays at 7pm on Zoom.

This group is for anyone over 18 living in the London Borough of Sutton and experiencing life with OCD.

Book your place online or by telephone 020 8770 0172.



Android and iOS reading apps for people with dyslexia, low vision and blindness

With EasyReader you can say goodbye to frustrating small print and inaccessible reading apps; the app has been designed for readers with dyslexia, low vision and blindness so the accessibility is built in and it's unrestricted.

Browse your favourite accessible book and newspaper libraries. Make the print as big as you need. Add audio to text only titles.

[Take a look and download the app here](#)

Pilot for family members to get regular testing for safer care home visits

Named family and friends may soon be able to regularly visit loved ones in care homes as a new testing pilot is launched.

The pilot is taking place in around 20 care homes across Hampshire, Cornwall and Devon and will be rolled out more widely in December in time for Christmas.

Regular testing will be offered to one family member or friend per resident, which – when combined with other infection-control measures such as PPE – will support meaningful visits. These will enable, where possible, indoor visits without a screen to take place while reducing the risk to care home residents, staff and visitors.

[Click here for more details.](#)



International Day of People With Disabilities

3 December 2020

Spreading the message this year that **'Not all Disabilities are Visible'**, raising awareness and understanding of disabilities that are not immediately apparent, encouraging a society of trust and belief that lasts beyond just one day.

The Hidden Disabilities Sunflower

Wearing the Hidden Disabilities Sunflower lanyard discreetly indicates to people that they need additional support, help or a little more time to complete a task. Since its launch in 2016, the sunflower lanyard has been adopted globally and is recognised in different venues across the UK.

Buying a Sunflower lanyard

Lanyards, ID cards, pin badges and other types of cards can be purchased online:

www.hiddendisabilitiesstore.com/shop.html



COVID 19 (Coronavirus Information)

COVID-19 Winter Plan

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COVID-19 Testing in Sutton

There are now 5 testing sites in operation, so if you're experiencing any COVID-19 symptoms, appointments can be made on the [NHS website](#) or by calling 119 for one of Suttons test sites below:

- Denmark road, Carshalton (mobile unit)
- Overton Park (mobile unit)
- Sutton Civic Centre car park
- The Phoenix Centre car park
- David Weir Leisure Centre car park

TIER 2 HIGH ALERT

FROM 2 DEC

<p>MEETING FRIENDS AND FAMILY </p> <p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	<p>BARs, PUBS AND RESTAURANTS </p> <p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	<p>RETAIL </p> <p>Open.</p>	<p>WORK AND BUSINESS </p> <p>Everyone who can work from home should do so.</p>
<p>EDUCATION </p> <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	<p>INDOOR LEISURE </p> <p>Open.</p>	<p>ACCOMMODATION </p> <p>Open.</p>	<p>PERSONAL CARE </p> <p>Open.</p>
<p>OVERNIGHT STAYS </p> <p>Permitted with household or support bubble.</p>	<p>WEDDINGS AND FUNERALS </p> <p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	<p>ENTERTAINMENT </p> <p>Open.</p>	<p>PLACES OF WORSHIP </p> <p>Open, but cannot interact with anyone outside household or support bubble.</p>
<p>TRAVELLING </p> <p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.</p>	<p>EXERCISE </p> <p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	<p>RESIDENTIAL CARE </p> <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	<p>LARGE EVENTS </p> <p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste.
Get a test and stay at home

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)



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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