



Community Action Sutton
Building Stronger Communities

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

Edition 34

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 in Tier 4 - Stay at Home

What does this mean ?

This means that you cannot leave or be outside of the place you are living unless you have a reasonable excuse.

- You cannot meet other people indoors, including over the Christmas period, unless you live with them, or they are part of your support bubble
- You can only meet one person from another household outdoors
- Indoor Leisure / Gyms - closed
- Personal Care / Hairdressers - closed
- Places of worship - open for private and communal prayer
- Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support - but they must take place at a premises other than a private home
- Parent and child groups can continue where they provide support to parent and/or child, and children under 5 will not be counted within the 15 person limit

These rules will not be relaxed for Christmas for Tier 4: you cannot form a Christmas Bubble in Tier 4.

Please see

Read full details here <https://www.gov.uk/guidance/tier-4-stay-at-home>



CORONAVIRUS TIER 4

STAY AT HOME

gov.uk/coronavirus

If you live in a Tier 4 area, you cannot join or form a Christmas bubble. You must not leave or be outside of your home except for specific purposes.

<p>MEETING FRIENDS AND FAMILY </p> <p>No household mixing, aside from support bubbles and two people meeting in public outdoor spaces.</p>	<p>BARS, PUBS AND RESTAURANTS </p> <p>Hospitality closed, aside from sales by takeaway, drive-through or delivery.</p>	<p>RETAIL </p> <p>Essential shops can open. Non-essential retail must close and can only open for click-and-collect and delivery.</p>	<p>WORK AND BUSINESS </p> <p>Everyone must work from home unless they are unable to do so.</p>
<p>EDUCATION </p> <p>Early years settings, schools, colleges and universities open during term time. Registered childcare, other supervised activities for childcare purposes, and childcare bubbles permitted</p>	<p>INDOOR LEISURE </p> <p>Closed.</p>	<p>ACCOMMODATION </p> <p>Closed (with limited exceptions)</p>	<p>PERSONAL CARE </p> <p>Closed.</p>
<p>OVERNIGHT STAYS </p> <p>You must not stay overnight away from home. Limited exceptions apply.</p>	<p>WEDDINGS AND FUNERALS </p> <p>Funerals of up to 30 people permitted. Wakes and other linked ceremonial events can continue in a group of up to six. Weddings of up to six can continue in exceptional circumstances.</p>	<p>ENTERTAINMENT </p> <p>Indoor entertainment closed. Some outdoor attractions may remain open.</p>	<p>PLACES OF WORSHIP </p> <p>Open for private prayer and communal worship, but cannot interact with anyone outside household or support bubble.</p>
<p>TRAVELLING </p> <p>You must stay at home and only travel for work, education or other legally permitted reasons. If you must travel, you should stay local, and reduce the number of journeys you make. You must not leave a Tier 4 area or stay overnight away from home. Residents in Tiers 1 - 3 should not enter Tier 4 areas. Do not travel abroad if you live in a Tier 4 area unless an exemption applies.</p>	<p>EXERCISE </p> <p>You can leave your home to exercise by yourself, with your household or support bubble, or with one person from another household. Outdoor sport allowed but gatherings limit applies except for youth and disabled sport.</p>	<p>RESIDENTIAL CARE </p> <p>You can visit relatives in care homes with COVID-secure arrangements such as substantial screens, visiting pods, and window visits.</p>	<p>CLINICALLY EXTREMELY VULNERABLE</p> <p>The Clinically Extremely Vulnerable are advised to stay at home as much as possible, except to go outdoors for exercise or to attend health appointments.</p>

For support and more information visit:
gov.uk/coronavirus



Take part in research

Sutton Council would like to talk with residents about their online experience with them.

If you would like to take part in research to help them improve the website and online services please [complete the short survey](#).



Free vaccines for London Homelessness Care and Support workers

Message from the Immunisation Commissioning London Region

We are writing to you to confirm your entitlement to a free flu vaccination as homelessness care and support workers, including volunteers, providing care and support in London this year.

You can get the free flu vaccination from either your local pharmacy or your own GP. Along with other care workers, GPs and community pharmacists have been asked to treat homelessness care and support workers as a priority group, as frontline health workers.

There is no requirement for homelessness care and support workers to show a form of identification as proof of eligibility, however it is recommended that you take a form of work-based identification with you when attending a pharmacy or GP for the vaccine.

You are playing a vital role in protecting people experiencing homelessness in the capital. Thank you for all you have done and continue to do to protect this vulnerable population.



Yoga at Home

Sutton Mental Health Foundation continues to bring you Yoga at home with Olga online at 7pm on Thursdays. Yoga at home will be continuing over the festive period so you can join Olga for a class on Christmas Eve and on New Year's Eve.

Book [online](#) or by telephone [020 8770 0172](tel:02087700172).

Vulnerable People

IT'S NOT ALWAYS OBVIOUS.



It's like walking on eggshells.
They don't know what will set them off.
**If you or anyone you know is experiencing
domestic abuse, help is available.**

You are not alone.

NotAloneInSutton.org.uk

Call **020 8092 7569**

Transform (Mon-Fri, 9am-5pm)

Out of office hours: **0808 2000 247***

*National Domestic Abuse Helpline

**THE
SUTTON
PLAN**

Chancellor extends furlough and loan schemes

The furlough scheme has been extended until the end of April 2021 with the government continuing to contribute 80% towards wages. certainty for millions of jobs and businesses as furlough scheme extended until the end of April 2021

businesses struggling will have now until the end of March to access government generous loan schemes

Chancellor also confirmed that the Budget will be on the 3 March and set out the next phase of the plan to tackle the virus and protect jobs

Read full details [here](#)



Digital toolkit for Flu

Please don't forget to continue to use the NHS digital toolkit for Flu in the coming months.

There is a section on flu myth busting and translations of the materials.

Materials are added to the toolkit regularly.

Please click on the link below see your toolkit.

www.swlondon.nhs.uk/sutton-winter-toolkit-20-21/

The toolkit includes

- Toolkit guidance
- Posters
- Static social media Images
- Animated GIFs
- Multi-media messaging
- CRM copy
- Newsletter copy
- Generic Facebook header
- Generic Twitter header

If you have any questions, please contact – Tracey.Lambert@swlondon.nhs.uk

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

Children, Young People and Families

A festive poster for the 'Off the Record' Winter Holidays Support Line. The background is dark green with white snowflakes and colorful Christmas lights. At the top, there's a red speech bubble with white snow on top containing the text 'OFF THE RECORD'. Below this, the title 'Winter Holidays Support Line' is written in large, light blue, sans-serif font. Underneath the title, the operating hours are listed: 'We will be open everyday between 24th December - 3rd January, 3pm - 6pm'. A call to action follows: 'Call us to talk to an OTR counsellor and for confidential support.' The phone number '020 8175 6776' is prominently displayed in large white font. Below the number is the website 'www.talkofftherecord.org'. In the bottom right corner, there's an illustration of a smartphone with a white speech bubble next to it containing the text 'Support for ages 11-25 in Croydon, Merton & Sutton.' The bottom of the poster is decorated with green holly leaves, red berries, and colorful Christmas baubles.

OFF THE RECORD

Winter Holidays Support Line

We will be open everyday between
24th December - 3rd January, 3pm - 6pm

Call us to talk to an OTR counsellor
and for confidential support.

020 8175 6776

www.talkofftherecord.org

Support for ages
11-25 in Croydon,
Merton & Sutton.

**“I was lonely and
he made me
feel special.
Now if I don’t do
what he wants,
he just snaps.”**

If someone forces you to do things
against your will, this is abuse.

If you are worried, help is available.

You are not alone.

THE
SUTTON
PLAN

NotAloneInSutton.org.uk/help



Are you 16-25 years old?

Do you have Special Educational Needs or a Disability?

Bored from too much lockdown?
Miss seeing friends?

Monthly online meetings
Join **SIASS YOUTH FORUM!**
January 25, 2021, 6-7pm

Email: laura.haupt@siass.co.uk or text 0743 266 3262 to join!

Have fun! Make friends! Help SIASS!

SIASS Youth Forum

The SIASS Youth Forum is a group open to all young people (16-25 years old) with SEND in Sutton.

The first meeting will be on **Google Meets** (which offers closed captioning) on **January 25, 2021 from 6-7pm**.

If you would like to join, please email laura.haupt@siass.co.uk or text 07432663262 to receive the meeting link.

Secondary schools and colleges to get weekly coronavirus testing

Lateral flow tests to be deployed to all secondary schools and colleges to help detect asymptomatic cases and break chains of transmission from January 2021.

Every secondary school and college in England, as well as special schools and alternative provision, will have access to rapid coronavirus testing from January to help keep staff and students as safe as possible and in education.

Students will be eligible for daily testing for seven days if they are identified as a close contact of someone who has tested positive. Under current guidelines, up to a whole school bubble has to self-isolate if one student or staff member tests positive. From January, those in the same bubble do not need to self-isolate if they agree to be tested once a day. This will improve attendance and ensure young people can benefit from face-to-face teaching as much as possible.

Read full details [here](#)

Net Aware

O2 has teamed up with the UK's leading children's charity, the NSPCC, to develop an award-winning partnership to help parents understand their kids' online world and how to keep them safe within it. Bringing together O2's tech know-how and the NSPCC's expertise in protecting children, they've developed Net Aware.

A guide to the latest social networks, apps and games used by young people.

These resources are designed to help parents have more regular conversations with their children about online safety – enabling more families to enjoy the digital world with confidence.

Take a look - <https://www.o2.co.uk/help/online-safety>



Something's Not Right campaign

Childline has launched their Something's Not Right campaign which provides advice to people if something's happened or if they are worried about another person.



This page helps answers questions such as what to do if you feel like something's not right; where to go to get help; what is abuse; and what will happen if I tell someone?

Find out more - <https://www.childline.org.uk/somethings-not-right>

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Childline "Nobody is Normal" Campaign aims to help children understand that lacking confidence, feeling not good enough, or that you don't fit in as a shared experience.

The website includes helpful videos, resources and links to the childline helpline.

Find out more <https://www.childline.org.uk/info-advice/your-feelings/normal/>

COVID 19 (Coronavirus Information)

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For support and more information visit:
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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www.communityactionsutton.org.uk

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