



**Community Action Sutton**  
Building Stronger Communities

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

**Edition 9**

# 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)

Twitter <https://twitter.com/ComActionSutton>

Facebook <https://www.facebook.com/Communityactionsutton/>

## 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/>

# Community

## Latest Government Advice

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly



Do not leave home if you or anyone in your household has symptoms..

## 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 – go to testing to arrange.

## Coronavirus test

Anyone over the age of FIVE with coronavirus symptoms can now apply for a test. Find out more about testing via this website <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

## UPDATED – Coronavirus Information

### Changes to lockdown measures

From Saturday 4th July, the Prime Minister has announced that pubs, restaurants and hairdressers will be able to reopen, providing they adhere to COVID Secure guidelines. From the same date, he has set out that two households will be able to meet up in any setting with social distancing measures, and that people can now enjoy staycations in England with the reopening of accommodation sites.

In order to begin restoring the arts and cultural sector, some leisure facilities and tourist attractions may also reopen, if they can do so safely – this includes outdoor gyms and playgrounds, cinemas, museums, galleries, theme parks and arcades, as well as libraries, social clubs, places of worship and community centres.

Following a review, the Prime Minister has also set out that where it is not possible to stay two metres apart, guidance will allow people to keep a social distance of 'one metre plus'. This means staying one metre apart, plus mitigations which reduce the risk of transmission.

As we begin to reopen the economy, it's important that we do not increase the risk of transmission which is why "close proximity" venues such as nightclubs, soft-play areas, indoor gyms, swimming pools, water parks, bowling alleys and spas will need to remain closed for now. The Government is continuing to work with these sectors to establish taskforces to help them to become COVID Secure and reopen as soon as possible.

While the infection rate continues to fall, the Prime Minister has been clear that the public must continue to follow social distancing guidelines to keep coronavirus under control. The Government will keep all measures under constant review and will not hesitate to apply the handbrake, or reverse measures, should the virus begin to run out of control.

Read the full speech here <https://www.gov.uk/government/speeches/prime-ministers-statement-to-the-house-on-covid-19-23-june-2020>

## **Latest Shielding guidance from the government**

There has been an update from the government for people who are shielding.

### **Main points:**

From Monday 6 July, those shielding from coronavirus can gather in groups of up to 6 people outdoors and form a 'support bubble' with another household

Government shielding support package will remain in place until the end of July when people will no longer be advised to shield

From Monday 6 July they will be able to spend time outdoors in a group of up to 6 people including those outside of their household, while maintaining social distancing.

Those who are shielding and live alone or are single parents with children will also be able to create a 'support bubble' with one other household of any size, following the same rules already in place for the wider population.

From Saturday 1 August, the guidance will then be relaxed so clinically extremely vulnerable people will no longer be advised to shield, but support will remain available from NHS volunteers and local councils. People will retain their priority for supermarket delivery slots, and still be able to access help with shopping, medication, phone calls and transport to medical appointments.

From 1 August, those who need to work and cannot do so from home will be able to return to work as long as their workplace is COVID secure, adhering to the guidance available.

[Find out more](#)

## **Looking out for each other in Sutton: ongoing Covid-19 support from the Voluntary and Community Sector**

With lockdown easing and shielding guidance changing, you may have concerns about the kind of support you'll be able to access in the next few months. We wanted to assure you that there will continue to be support available for you, no matter what your circumstances. As you may already know, boxes from the Sutton Council Food Hub are ending later this month. If you have been receiving these food boxes, you will have been contacted by Sutton Council to discuss your options and find out what support you need.

We will be able to 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)

### **Reminder about parking**

**Live enforcement - of all restrictions - will commence from Wednesday 1 July 2020.**

Find out more about parking in the London Borough of Sutton

[https://www.sutton.gov.uk/info/200588/health\\_and\\_wellbeing/2107/covid-19\\_parking](https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2107/covid-19_parking)

### **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)

## Restrictions Ease in Sutton

Many shops in Sutton are open but please plan ahead, with cafes and bars still closed for the time being, there are fewer public toilets available than normal.

In Sutton Town Centre, there are currently toilets open to the public in the St Nicholas Centre, Asda, Morrison's and Sainsbury's. The Changing Places toilet at Sutton Station is also open.

The Government this week announced a further relaxing of lockdown restrictions. From Saturday 4 July, many cafes, bars, restaurants and hairdressers will be allowed to reopen, providing they are COVID-19 secure. The same will apply to other community venues such as playgrounds, outdoor gyms and libraries.

Two households will also be able to meet with social distancing and those shielding will, from 6 July, be able to meet up to five people outdoors or form a support bubble with one other household.

[Visit the Government's website for more information.](#)



### Healthwatch Sutton - Annual Report 2019-20

Healthwatch Sutton has published their Annual Report - Guided by you - which celebrates their achievements over last year.

The report highlights how resident's views, experiences and ideas helped to shape and improve services and make a difference to the care and support people received in Sutton. Read the annual report to find out more about their work between 2019 and 2020.

If you require this report in an alternative format, please get in touch with Healthwatch Sutton directly via email [info@healthwatchsutton.org.uk](mailto:info@healthwatchsutton.org.uk) or call 07726 874282.

<https://www.healthwatchsutton.org.uk/sites/healthwatchsutton.org.uk/files/Annual%20Report-FINAL.pdf>

## Visiting healthcare inpatient settings during the COVID-19 pandemic

This guidance supersedes and replaces the NHS 'Visitor guidance' dated 8 April 2020. The national suspension on visiting imposed under that guidance is now lifted. Visiting shall instead be subject to local discretion by trusts and other NHS bodies.

Find out more - <https://www.england.nhs.uk/coronavirus/publication/visitor-guidance/>

# Vulnerable People

## 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)

## 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 661 1991 or email [info@suttonwomen.co.uk](mailto:info@suttonwomen.co.uk)



## How to wear and make a cloth face covering

Public Health England has issued guidance on how to wear and even make a face mask. It emphasizes that your face mask should cover both your nose and your mouth plus you should refrain from touching your mask whilst you wear it.

Full guidance can be found here - <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

## What you can do if you feel lonely during the coronavirus outbreak

Every Mind Matters has produced guidance for people who have suffered from loneliness during lockdown and feeling anxiety about the slow opening up of services and adopting a new normal.

Find out more - <https://www.nhs.uk/oneyou/every-mind-matters/coping-loneliness-during-coronavirus-outbreak/>

## Hate Crime in Sutton and COVID 19 survey

Sadly, at a time when community cohesion is needed more than ever, we continue to see instances of Hate Crimes and Hate Incidents that threaten the safety of everyone in the community.

Stop Hate UK, working closely with the Safer Sutton Partnership, Community Action Sutton and others are working to build a more resilient and sustainable response to Hate Crime across the borough of Sutton. The survey contains questions about experiencing and reporting hate crime and your views on hate crime. The information you provide will help

to create a snapshot of the current situation and impact of the pandemic, to find out what is working well and what can be improved. At the end of the survey, you can find out how to be updated about our findings or contribute more to this project if you wish. The survey should take less than 2 minutes. THIS SURVEY IS TOTALLY CONFIDENTIAL Monitoring data will be used to identify trends across communities only

Complete the survey using this link

<https://docs.google.com/forms/d/e/1FAIpQLScN2IV6ziKFaaTOzq31VImcvdkf2GWeWaeV98KaN8xMmw62WQ/viewform>

## **Fairness Commission Race Equality Taskforce**

Sutton Fairness Commission Race Equality Taskforce has been set up to explore the issues, challenges and aspirations of BAME community members in Sutton. The intention is for the Task Force to inform the work of the Fairness Commission in developing a BAME Strategy and action plan.

The meeting is open to anyone who lives or works in Sutton and who wants to be part of the conversation.

If you would like to be part of the conversation, this group meets online every Friday between 10am and 11am.

You will need this link to join each week

<https://us02web.zoom.us/j/86995523023?pwd=WHJHeIVYakIMbTlucmZ5U01iMFAyZz09>

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



# Here to help with diabetes.

If you have diabetes, it's important to attend your routine appointments. Any issues, like cuts or blisters on your feet could be a sign of something more serious. Don't delay, contact your GP practice or diabetes team to get the care you need.

**Help us help you manage your diabetes.**



[nhs.uk/diabetes](https://nhs.uk/diabetes)

## COVID-19 (Coronavirus) and Domestic Abuse Services

In light of the COVID-19 (Coronavirus) outbreak and in response to national Public Health advice, changes to our domestic abuse services have been made.

The Sutton Domestic Abuse One Stop Shop which usually runs on a Wednesday morning as a drop-in session remains closed until further notice.

However, from 1 July 2020 we are able to offer face-to-face appointments at Sutton Baptist Church on Wednesday mornings for those who want to talk to a specialist domestic abuse adviser (IDVAs). Our independent domestic abuse advisers are available to meet with you face-to-face to discuss your situation and provide support and guidance to help you.

To arrange an appointment please contact Transform on 020 8092 7569 (Monday-Friday, 9am-5pm) or email [transformsutton@cranstoun.org.uk](mailto:transformsutton@cranstoun.org.uk).

Appointments will be conducted with COVID-19 safety measures in place, i.e. observing social distancing; ensuring that hand washing facilities are available etc.

If you or anyone you know is experiencing domestic abuse support is available - contact Transform on 020 8092 7569 (Monday-Friday, 9am-5pm) or email [transformsutton@cranstoun.org.uk](mailto:transformsutton@cranstoun.org.uk).

In an emergency, always dial 999.

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](#).

**Are you experiencing domestic abuse and want to talk to someone?**

From 1 July our independent domestic abuse advisers are available to meet with you **face-to-face** to provide support and guidance to help you.

Appointments at Sutton Baptist Church every Wednesday morning.

Book an appointment through Transform on **020 8092 7569 (Monday-Friday, 9am-5pm)** or email [transformsutton@cranstoun.org.uk](mailto:transformsutton@cranstoun.org.uk).

**You are not alone.**

Appointments will be conducted with COVID-19 safety measures in place.

[NotAloneInSutton.org.uk](http://NotAloneInSutton.org.uk)

THE SUTTON PLAN

# Children, Young People and Families

Community Action Sutton are continuously adding information including activities and ways to keep children entertained during lockdown to dedicated pages of their website.

<https://www.suttoncvs.org.uk/covid19-childrens-info/>

## 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/>



## Understanding BAME Young People's issues in Sutton.

An opportunity for Young People to have their say.

We have been working with local BAME communities to find out what their experiences are living as a BAME resident in Sutton. This is even more crucial given the recent events. We also want to hear the views and experiences of BAME young people living in Sutton.

Come and join us on zoom <https://www.eventbrite.co.uk/e/bme-young-peoples-discussion-tickets-110784902626>

When you book you will receive an email with a link to go to the online event page, you will find the Zoom link at the bottom of that page.

**Thursday 9th July 2020 from 4.00pm -5.00pm**

Councillor Ruth Dombey – Leader of Sutton Council will be joining us.

*Please note this is a session for young people only - Minimum age for to participate is 14 years.*

## Coping with changes to lockdown

Managing your feelings about changes to lockdown - a resource for young people Mind has put together information for young people who are struggling with their feelings about lockdown changing, and want to know how to cope and adjust.

Find out more - <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/managing-feelings-about-changes-to-lockdown/>

## Are you expecting?

The NHS is still here for you and in particular if you are pregnant.

During the current Covid-19 pandemic your baby's movements are as important as ever.

If you notice a change in your baby's movements you should contact your maternity unit, as soon as possible, in the usual way.

Please rest assured that midwives are still here for both you and your baby.



[Here is some useful advice and guidance for pregnancy during coronavirus.](#)

**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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