

COMMUNITY INFORMATION UPDATE (CIU) – No. 81: mid-May - end of June 2020

Welcome to another Community Information Update (CIU), especially if you are a new reader. CIUs can be downloaded at www.warwickshire.gov.uk/rugbyareainformation. Please let us know at any time if you no longer wish to receive these Updates. The next CIU will cover **July to mid-August**. Please do send short paragraphs of 6-8 lines (plain text if possible) **before Friday 26th June** to cdwrugby@warwickshire.gov.uk. This is a great way to get information out to 800 community leaders and frontline workers across Rugby so please do continue to send information through.

Section One: Key coronavirus updates from Warwickshire County Council **(Visit <https://www.warwickshire.gov.uk/coronavirus>)**

Anyone who needs support with practical tasks such as shopping, prescription collection, etc, or who needs signposting to a variety of other support organisations such as housing, mental health and wellbeing, befriending calls, and more, can call the **Warwickshire hotline**. It is crucial that this support is targeted to those in most need - those who are unable to secure help through their existing support and care networks. If you need support, you can call **0800 4081447**. The hotline is open:

- Monday - Thursday 9am to 5pm
- Friday - 9am to 4.30pm
- Saturday - 9am to 3pm
- Sunday - 10am to 1pm

So far over 5,000 food parcels and essential packs have been delivered to vulnerable and isolated residents who have no means to get supplies themselves. Since opening six weeks ago, hotline operators have spoken to around 6,500 vulnerable people linking them with emotional, financial and practical support they need at this time.

All households in Warwickshire should now have received the **Warwickshire Together booklet** <https://www.warwickshire.gov.uk/downloads/file/23/warwickshire-together-online-pdf-1-1-mb-> which details a range of support services available.

Community Support Groups

- Warwickshire County Council has compiled a new directory of the community support groups available in Rugby and across the county to support people in isolation due to coronavirus, which can now be searched by postcode to find a group local to you. To search the directory visit <https://apps.warwickshire.gov.uk/covid19directory> If you would like details of your group adding to the new database, please complete the short form [here](#)
- Regular updates on coronavirus are also posted on our Rugby Communities Facebook page at www.facebook.com/RugbyCommunities
- If you're a community group or parish council supporting people in your area, or you would like to get involved in volunteering, visit our volunteering webpages at <https://www.warwickshire.gov.uk/information-coronavirus/coronavirus-volunteering/2?documentId=914&categoryId=20216> for information which might be useful to you. There are some useful resources on our pages, including details of volunteer shopping cards, practical tips for volunteering and useful signposting organisations.

The Government have announced the further expansion of access to **Coronavirus testing** to help protect the most vulnerable. Anyone in England with Coronavirus symptoms, who either has to leave home to go to work or is aged 65 and over, will now also be able to get tested. People can register at the testing portal using this link (<https://bit.ly/BookTesting>). Full guidance on testing can be viewed here (<https://bit.ly/TestingGuidance>).

Warwickshire County Council's **virtual library service** has gone from strength to strength, with thousands of eBooks, eNewspapers and eMagazines loaned and downloaded by people staying at home. Thanks to easy-to-use digital services like BorrowBox and online assistance from Warwickshire's virtual library staff, residents are still enjoying reading digital books, audiobooks and publications. Downloads of eBooks and eAudioBooks from BorrowBox, which enables Warwickshire residents to access library items for free whenever and wherever they are, totalled almost 16,000 in April (compared to just over 11,000 in March), with overall downloads since lockdown began on 23rd March reaching almost 20,000. Rhyme Time sessions are also

continuing online every Monday at 10am and Story Time on a Friday at 6pm. Visit

<https://www.facebook.com/watch/warwickshirelibraries/>

All items on loan have been extended until the start of July and all fines will be waived.

Visit warwickshire.gov.uk/libraries for up to date information.

Warwickshire County Council has produced the following document on support available to people who are **bereaved during the pandemic** - <https://apps.warwickshire.gov.uk/api/documents/WCCC-1068-1114>

For essential visits only and with a pre-booked appointment, the six larger Warwickshire **Household Waste Recycling Centres** will reopen for waste and recycling from Monday 18 May 2020. Wellesbourne, Shipston and Stockton sites will remain closed. Please only visit if essential. Please read carefully all the information in the booking process. Book here: warwickshire.gov.uk/hwrc

Warwickshire County Council's Fire and Rescue Service has launched an **online education hub** for children to learn about different aspects of safety while they are off school. The interactive online programme is aimed at children in Key stage 1 and 2, and provides an engaging way for the children to learn about what firefighters do, what they wear and the difference between safe and unsafe fires. It also features the story of Freckle and Dexter and the mischief the two dogs get up to. To play the new games, visit the education hub at – <https://apps.warwickshire.gov.uk/fire-education-ks1-ks2>

The Youth Support team at Warwickshire County Council (WCC) is running a **virtual bike club** to support care experienced and vulnerable young people across the county to learn practical skills while the nation is in lockdown. If funding is secured, a face-to-face bike workshop could be coming to Rugby in the future.

<http://news.warwickshire.gov.uk/blog/2020/04/30/the-bike-project-virtual-bike-maintenance-workshop-for-vulnerable-young-people-in-warwickshire/>

The Coronavirus pandemic is a stressful time for many of us. School closures, working remotely, social distancing - it's a lot to navigate for anyone, but especially parents. If you or anyone you know is in need of some parenting advice, call the **Family Support Duty Helpline** on 01926 412 412. Support is available Monday to Friday 9am to 4pm to help parents and carers with all aspects of parenting and family life.

For some people, the current rules around social distancing and remaining at home can mean that they are at greater risk of **suffering abuse**. If you are suffering abuse, remember you are not alone. Help is at hand and support services continue to be available across Warwickshire during the COVID-19 pandemic. The rules around social distancing do not prevent someone from leaving home to seek help if they are suffering abuse. Refuges remain open and the police will provide support to all individuals who are being abused - physically, emotionally, or otherwise. <https://www.warwickshire.gov.uk/domesticabuse>

Are you a Warwickshire social care provider that needs a supply of **Personal Protective Equipment (PPE)**? If you have less than 48 hours supply, please email: CV19PPE@warwickshire.gov.uk and WCC will provide supplies, in line with PPE national guidance (supplying within 24 hours, including over weekends).

If you provide help for someone, such as family, friends or neighbours, who couldn't cope without you it is important to look after your own health and wellbeing. This **Coronavirus Carers Pack** offers advice and information about the services available to support you during this difficult time.

The Fitter Futures Warwickshire guide gives lots of great tips and advice for keeping physically active during lockdown - <https://www.warwickshire.gov.uk/fitter-futures/keep-active-coronavirus-pandemic?documentId=941&categoryId=20105>

For a list of available **mental health support** available in Warwickshire, **click on the image to download** the Warwickshire Mental Health Service Information document. Please do promote these services and signpost anyone in need.

Almost £63 million in **grants** has been distributed among nearly 5,000 small businesses across Warwickshire to support them as they face up to the enormous challenges of the Covid-19 outbreak. At a time of unprecedented concern and need for support among small businesses, Warwickshire's councils have risen to the challenge of getting Government grants out as quickly as possible where they are desperately needed. <https://business.warwickshire.gov.uk/wsmb-edition-wc-apr-20/news-in-brief/almost-5000->



**Warwickshire
Mental Health
Service Information**
for all providers and members of the
public during the COVID-19 outbreak



[businesses-receive-grants-as-councils-rise-to-the-challenge](#) For the latest issue of Warwickshire Still Means Business visit <https://business.warwickshire.gov.uk/wsmb-edition-may-6>

For information about schools, including **free school meals**, visit <https://www.warwickshire.gov.uk/information-coronavirus/information-guidance-education-schools/5?documentId=911&categoryId=20216>

For the latest **Warwickshire Recycles newsletter** visit <https://mailchi.mp/warwickshire/warwickshire-recycles-e-newsletter-aprilmay-1189828?e=2001ec8f7a>

The **Family Information Service** newsletters are now focussed on coronavirus, and include lots of useful information including ideas for entertaining children at home. For the latest edition, which has details about how you can subscribe, click [here](#)

Section Two: News & Events: Local Community Organisations and Neighbourhoods

The Bradby Club is delivering online youth sessions using ZOOM, on Mondays, Wednesdays and Thursday evenings from 6:30 - 8:00 for young people aged 12 - 16 years. The sessions are a great opportunity for young people to meet online, chat with friends and engage with Youth Workers in a safe, controlled environment. Sessions include informative activities to keep young people safe at home as well as games and challenges to get involved with and have fun. Each week a young person will top our leaderboard and receive a prize for their engagement and achievement through the week's activities and games.

To get involved young people are asked to either make friends with [Bradby Club \(Brabs\)](#) on Facebook, or message them on Facebook Messenger or Instagram. They will then provide young people with a link and instructions to follow and access the session. All they need is access to either a laptop, smart phone or tablet. For more information you can contact the Bradby club at office@bradby.org.uk or on social media. If any children younger than 12 feel that they would also like to get involved please let them know as they would be happy to deliver a junior session if there is a need for this.

NCT Rugby have started **Tiddlers and Toddlers online!** The first session was on 11th May at 10.30. Join in with your little one(s) via Zoom for a chat and a catch up, and sharing ideas for getting through this unusual time. The Zoom link is posted in the closed group:

<https://www.facebook.com/groups/NCTRugbyTiddlersandToddlers/>

Rugby Children and Family Centres are delivering a virtual programme during this time of lockdown. Find full details on their Facebook page at <https://www.facebook.com/rugbychildrenscentres/>

A group of more than 30 volunteers in Rugby have united to produce and deliver **personal protective equipment** to nurses, paramedics and care staff in Rugby. They have been so successful that they've launched their own website. <https://www.rugby-ppe-response.org.uk/>

The Age UK Warwickshire Clarendon Centre is looking at holding a fundraising Quiz Night once all is back to normal. They have suffered a dramatic loss of income over the past few weeks and are now looking at ways to fundraise to help support the charity, specifically in this case the Clarendon Centre which is vital to keep up and running for our older generation. Do you know of a Quiz Master who will challenge them and keep them entertained for an evening? Could that be you? Or do you know of someone willing to help? Could you pull together a team of people? Be available for a Friday evening – date to be confirmed? Donate any Raffle prizes? Buy/sell raffle tickets? You will be kept updated if you have expressed an interest of some form. Please contact Kathy Young, Centre Manager, on 07554 995081 or email kathy@ageukcovwarks.org.uk

Rugby Art Gallery and Museum want to hear about you during lockdown as part of a social history project. How are you feeling? Have you taken up any new hobbies/activities? Are you a key worker? What steps are you taking in your day to day life to cope with these challenges? Keep a journal, collect mementos, take photos. We need to record this time and how it is affecting us all in Rugby & in the Borough.

https://www.rugby.gov.uk/ragm/homepage/150/lets_make_social_history

Section Three: Other Events, Activities & Training in Rugby and beyond

EVENTS & ACTIVITIES

Despite the difficulties we are all facing at the moment there are thousands of people who are stepping up to help one another in lots of different ways, from delivering food parcels to the elderly and collecting essential medication for those who are shielding, to fundraising for local charities or making scrubs for NHS staff.

Across Warwickshire there are over 10,000 community organisations who operate year round to deliver amazing services and support to others. During this time of crisis it's more vital than ever that our volunteers get the support and recognition they deserve for the crucial work they are doing. Every year, in the first week of June, Warwickshire CAVA and Warwickshire County Council celebrate **Volunteers' Week**, which is the UK's biggest annual celebration of volunteering. Unfortunately this year we have had to postpone the Volunteer Awards, but we still want to recognise all the hard work people are doing and showcase how people are finding new and innovative ways to help others, including online and remote volunteering!

We are creating a campaign and we need your help - quickly! We'll be creating the story of Warwickshire communities, so if you or someone you know has been helping others in the community at any time over the past 12 months we want to see and hear about it.

Please:

- send us a photograph or a video (no more than 10 seconds) of your community work in action, or a quote (no more than 20 words) about the difference helping other people makes;
- make sure you have the relevant permission from those in the images before sharing them with us;
- email these to connectingcommunities@warwickshire.gov.uk and info@wcava.org.uk by Sunday 24th May 2020.
- Please state your Borough/district and name of group

How about a **virtual tour**? The safest and cheapest way to travel throughout this pandemic - Around the World in 60 Minutes takes place on Tuesday 2nd June, 3-4pm. Sign up for FREE at https://www.eventbrite.co.uk/e/around-the-world-in-60-minutes-1-hour-session-tickets-104133716750?fbclid=IwAR2Q8ynxF9v2kTk9phZaY4f-3zk9Pr5au-zc9c_IITSZRLRFKt4Z2GIWvUU For more information about all Adult & Community Learning online courses visit <https://www.eventbrite.co.uk/o/warwickshire-adult-and-community-learning-30031615992>

The **Recovery & Wellbeing Academy** is a group of partner organisations delivering free courses to anyone over the age of 18 living in Coventry & Warwickshire, to help support communities with their personal recovery and mental wellbeing. Partners include CW Mind, CWPT, DWP, Sky Blues, & Warwickshire Wildlife Trust to name but a few. During Covid 19, the Academy and partners have been offering their support in many different ways and the Academy have initiated newsletters to advise people on the new resources and now support available. To find out more about available online courses visit <https://recoveryandwellbeing.covwarkpt.nhs.uk/OnlineWorkshops.aspx>

Think Active have put together resources for all to be physically active throughout Covid-19. This includes outdoor/indoor activities, kids PE at home and seated/low intensity activities. Visit <http://www.thinkactive.org/wethinkactive/#covid>

Join thousands of people taking part in the annual nature challenge, **30 Days Wild!** It's a fun, feel-good challenge run by The Wildlife Trusts every June. Back for its sixth year, it brings people closer to nature where they live, taking small actions that can collectively have a big impact! From little things such as watching a bee from your window or feeding the birds, to giving up single-use plastics for a month or digging a pond in your garden: every Random Act of Wildness counts. Sign up online for your free digital pack, full of Random Acts of Wildness and other fun activities: www.warwickshirewildlifetrust.org.uk/30DaysWild Do it for your health, wellbeing, wildlife and the planet!

Rugby Art Gallery & Museum **Active@Home** has lots of activities to keep you and children of all ages busy. Check the [website](#) and facebook page @ArtsInRugby for regularly updated fun activities and [learning resources](#).

Arts Uplift's **Love Music Lock Down sessions** for people living with dementia and their carers are now available. The latest videos to be uploaded include Carol Sampson singing good old favourites (<https://vimeo.com/417981882>) and Deborah Rose singing her own renditions of well known songs as well as some originals (<https://vimeo.com/417990351>) Arts Uplift are also running an online dementia choir starting Monday 18th May from 2pm for 10 weeks - <https://www.artsuplift.co.uk/suitcase-stories-the-dementia-choir/> It will be a good old sing along with familiar songs and learning a new song from the Suitcase Stories project.

TRAINING

Some **upcoming online training sessions**:

Self Harm Training: <https://www.eventbrite.co.uk/e/online-live-self-harm-and-suicide-awareness-level-2-intermediate-training-tickets-104515785528>







Domestic abuse and suicide: <https://www.eventbrite.co.uk/e/online-live-suicide-risk-and-domestic-abuse-level-2-intermediate-training-tickets-104627144606>.

Perinatal mental health: <https://www.eventbrite.co.uk/e/online-live-perinatal-mental-health-level-2-intermediate-training-via-zoom-tickets-104516525742>

British Red Cross online training course for COVID-19 volunteers - a new online step by step guide, aimed at helping COVID-19 volunteers keep themselves and others safe, whether they're volunteering with a charity or lending a hand to a neighbour.

https://rise.articulate.com/share/bOiebd5nNsS8qqBvYouYG_Ompki_m61e?_cldee=c2FtQHdjYXZhLm9yZy51aw%3d%3d&recipientid=contact-c24c171fd40de5119751d89d67635d70-02cfc5a7a7c54f7a881dc2b01bf53273&utm_source=ClickDimensions&utm_medium=email&utm_campaign=N_CVO%3A%20Coronavirus&esid=1e571c06-7484-ea11-a811-000d3ab7f90f&#/

Flummoxed by **Zoom**? If so, these links may help:

-  **Join a Meeting**
-  **Scheduling A Meeting**
-  **Sharing Your Screen**
-  **Meeting Controls**
-  **Zoom Security Icon**
-  **Enabling breakout rooms**

Digital and numeracy skills are amongst those that are most sought after by employers, and can help you progress in work and boost your job prospects. Digital skills can be anything from using social media and staying safe online to coding, programming or digital marketing. You can choose from a selection of high quality courses put together in collaboration with experts. Find a level and time to study that's right for you. The Skills Toolkit makes it easy for you to boost your skills. Visit <https://theskillstoolkit.campaign.gov.uk/>

Training Online is now free, featuring 18 online courses that give an introductory level of learning on various topics, that you can complete wherever and whenever you want. Read more [here](#).

MHFA England offer a range of courses tailored for people in the workplace and those who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Every MHFA course is delivered by a quality assured instructor. This introductory 3 ½ hour session raises awareness of mental health – your own, your colleagues, your friends and family and has been specially adapted to be delivered online over Zoom. It is designed to give you an understanding of what mental health is and how to challenge stigma, a basic knowledge of some common mental health issues, an introduction to looking after your own mental health and maintaining wellbeing, confidence to support someone in distress or who may be experiencing a mental health issue. Everyone who completes the session gets a certificate from MHFA England to say you are Mental Health Aware and a comprehensive MHFA England manual to keep and refer to whenever you need it. The cost is £15 per person. Please contact jane@lifespace.org.uk and kathryn@lifespace.org.uk for further details and to sign up for the course.

Pet-Xi are offering online courses in:

- Team Leading Level 2
- Customer Services Level 2
- IT Level 2
- Health and Social Care Level 2

For more details contact Leia on 07341 562979 or email lwelland@pet-xi.co.uk

Section Four: Useful Organisations, Resources, Funding, Consultations

USEFUL ORGANISATIONS

The Dementia Navigator Service across Warwickshire has changed name to become known as **Dementia Connect**. The aim of Dementia Connect is to reach every person living with or affected by dementia. This could be at the point of diagnosis or a carer/family member needing emotional or financial advice completely free of charge. We are happy to work with you as a referral partner into Dementia Connect for your community. This would enable you to support anyone that you work with or anyone affected by dementia and ensure that they receive the support that they need to live well with dementia. You can do this by contacting Dementia Connect 0333 150 3456 dementiaconnect@alzheimers.org.uk Once referred into the service, one of our comprehensively trained Dementia Advisors (formerly Dementia Navigators) then makes contact with the referred person within 3-5 working days, who can then initiate and tailor support to the individual. Dementia

Connect consists of 5 components - Telephone Dementia Advice, Face to Face Dementia Advice (not currently operating), Keeping in Touch (a call at least twice a year to remain in contact with service users, prevent crisis and ensure they are supported throughout their dementia journey, Side by Side to allow access to social activities, and Self-Management, like online resources and fact sheets.

Contact the Dementia Connect Team on 0333 150 3456.

The latest newsletter from **Equip** includes information on maternity care for migrant women and covid 19 deaths in the BAME community. To subscribe visit <https://www.equipequality.org.uk/>

Millbrook Healthcare is making an urgent appeal to its service users to return any **community healthcare equipment** you no longer need. Collections are free and where possible, contactless. Due to shortages, the priority is to collect community beds, mattresses, commodes, bath lifts, shower chairs, toilet surrounds, patient turning equipment, hoists and slings. This equipment is loaned on behalf of the NHS and local authority social care teams when people leave hospital or after a period of illness, to help them stay safe at home and retain their independence. Supplies of smaller items such as crutches and walking frames are fine so people can hold on to them for the time being. Contact Millbrook to arrange a collection date and on the agreed day, where possible, leave the equipment outside your house. Equipment will be deep cleaned, tested and refurbished if necessary, ready to be issued to others on behalf of the NHS and local social care teams. Please visit www.millbrook-healthcare.co.uk/collections or call Millbrook Healthcare on 0330 1248214 between 9am and 5pm, Monday to Friday.

Warwickshire's **sexual and reproductive health services** are open. They have reduced their face to face appointments to reduce the risk of COVID-19 infection but they will be able to triage and consult by phone and, where needed, see urgent, priority or vulnerable clients in person. Visit <https://www.sexualhealthwarwickshire.nhs.uk/>

The **Big Difference scheme** is a social tariff funded by Severn Trent which offers significantly reduced water rates to customers with a low monthly disposable income. Visit <https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

The May Cyber Scam Update is available to download from <https://safeinwarwickshire.com/cybercrime/> with information about covid scams, fake Tesco emails and more.

Did you know you do not have to struggle to pay your energy bills in these uncertain times? The government have released guidance to help residents who may be unable to pay their bills due to job losses, reduced pay or higher usage. **Act on Energy** can help:

- A specialist helpline offering support and advice on keeping warm and ways to help reduce your energy bills: 0800 988 2881
- Support with reading and understanding fuel bills and switching energy supplier
- Support for accessing funding for emergency heating replacements
- Home visits to support the most vulnerable households – these may be booked in for the future or carried out remotely
- Direct referrals to Fire Services and other agencies for other needs and vulnerabilities
- Referral to Warwickshire Welfare Rights Advice Service (WWRAS) for benefit checks, income maximisation and advice

Services are subject to eligibility and funding availability and are likely to expand once the threat of Covid-19 has passed.

Warwickshire Pride run a range of support services and social activities all year round. Due to COVID-19 they are all currently on a break. However, everyone is welcome to join their online community of LGBT+ people on [Facebook](#). It's a safe, inclusive online space where you can access support and connect with other LGBT+ people.

Warwickshire Vision Support are recruiting volunteers to support some of the most vulnerable visually impaired people within Warwickshire with a telephone befriending service. Please call Del Hobden on 01926 411331 or email: Volunteers@warwickshire.vision for more details.

Providing care to someone who could not cope without you can be hard at this time. **The Carer Wellbeing Service**, delivered by Carers Trust, provides emotional and practical support to help people care for someone and maintain their health and wellbeing.

Call: 02476 632972 (opt 2)

Email: carerssupport@carerstrusthofe.org.uk

Website: www.carerstrusthofe.org.uk/warwickshire-carer-wellbeing-service/

Further support for carers is also available at www.warwickshire.gov.uk/carers

The Mix is the UK's leading support service for young people, helping young people to take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. The Mix are always here to help young people with any issue they're facing, and at this challenging time, its services are more needed than ever. The Mix are available to talk online, social or our free, confidential helpline. <https://www.themix.org.uk/>

Preventing Homelessness Improving Lives (p.h.i.l) is still open and accepting referrals. If you are having issues with housing including because of a change in circumstances related to Covid-19, please contact p.h.i.l on 01788 533648/01788 533740 or phil@rugby.gov.uk

Safe Haven provides an out of hours mental health support service to people across Warwickshire. Wellbeing practitioners are on hand each evening to offer support and signposting. Open 6.00pm - 11.pm every Thursday to Sunday. You can contact the team in the following ways, call 02477 714554 or 07970 042270, alternatively email: safehaven@cwmind.org.uk

For details of all the support services available for **people living with dementia and their carers** visit <https://dementia.warwickshire.gov.uk/support-services-during-coronavirus-outbreak/>

For information from **MIND** on support during the pandemic: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing>

Coventry and Warwickshire Partnership NHS Trust (CWPT) have developed a new 24 hour, 7 day a week **telephone advice helpline for children and young people** - run by qualified mental health clinicians to be there for you to contact when you need. Read more [here](#).

GET CONNECTED have produced a free, short self-help video to help anyone with an iPad or iPhone, particularly silver surfers, to understand more about using the technology to access more entertainment and communication options during self-isolation. The 40 minute video is broken into 5 snackable chapters. Watch the whole video in one go, or chapter by chapter. Additionally there are written instructions for each chapter. Everything is available at <https://boldnewworld.co.uk/get-connected/>.

The National Cyber Security Centre has announced the launch of a central email address which can be used to **report phishing email scams** – report@phishing.gov.uk Phishing email scams have been around for a very long time, but the fraudsters who send them often use current events such as COVID-19 to make them appear genuine.

In addition to the **feeding support** available directly from your Midwife or Health Visitor here is the local support available for families in Warwickshire during this period of isolation which can be found at <https://www.swft.nhs.uk/our-services/adults-out-hospital-services/breastfeeding-community>

You might have particular concerns if you are pregnant or have a baby. **The Lullaby Trust** has put together advice on coronavirus (COVID-19) and caring for your baby that is currently available. You will find information on breastfeeding, skin to skin contact, [Baby Check app](#) and much more for new mums' worries during Covi-19. Visit <https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/>

For NHS advice and support during pregnancy, birth and parenthood, check out the **Start 4 Life website**. There is lots of advice on looking after your general health and wellbeing during pregnancy and they have added a section with guidance for pregnant women during the coronavirus outbreak too. Visit <https://www.nhs.uk/start4life/pregnancy/coronavirus-covid19-advice-during-pregnancy/>

It's important that all children continue with their **immunisation timetable** during COVID-19 to prevent serious preventable diseases from returning to our communities. Please do not cancel or delay your child's immunisation appointments unless you or a member of your household is self-isolating with COVID-19 symptoms. If you have any concerns call your local surgery or health visitor. Alternatively, text CHAT Health to 07520 615293 and a health visitor will aim to get back to you within 2 hours (lines are open Monday to Friday 9am-5pm). <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Barnardo's are committed to providing 'Better Outcomes for More Children' and they are look for volunteers! Their 2000 Children's Services volunteers help the charity to deliver essential services, providing support to over 300,000 children, young people and their families. Becoming a Parent Champion provides a great opportunity to join their fantastic children's services volunteers, who make a real difference to children, young people and their families. Visit

https://volunteer.barnardos.org.uk/opportunities/results/#display=grid&s=distance&o=asc&limit=10&include=image&search=Warwickshire&page=3&public_search=true&lat&lon&geojson=164

Do you know anyone who has recently left adult social care – especially with experience as an Approved Mental Health Professional (AMHP), occupational therapist or as a registered nurse? A new campaign called **"Come Back to Care"** is looking to help ease the pressure on adult social services teams during the Covid-19 outbreak. Visit the [Come Back to Care](#) recruitment hub for more.

RoSPA has launched the **Accident Free, Avoid A&E campaign** to help keep everyone free from serious accidental injury in this new world. Keep Kids Safe in the Home - Watch the video [here](#) or read more at https://www.rospace.com/Campaigns-Fundraising/Current/Coronavirus?utm_source=Communicator&utm_medium=Email&utm_content=Link182&utm_campaign=Accident+Free%2c+Avoid+A%26E

The Charity Commission understand that many charities are having to cope with financial challenges related to COVID-19, and have [published new guidance](#) to help trustees, especially at smaller charities, who may need assistance to work through these.

DWP CORONAVIRUS Update:

- A new page has been published that replaces the 'Understanding Universal Credit – Coronavirus and claiming benefits' page: <https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/>
- Please visit this new **Employment and benefits support site** regularly to keep up to date with the latest guidance and messages on sick pay, existing benefit claims, new claims to benefit, self-employment, housing and more. This site covers all the changes DWP is making to respond to coronavirus – not just in relation to Universal Credit. The site also includes a Frequently Asked Questions section.
- Wednesday 6 May saw the biggest number of new **Universal Credit** claims paid in a single day. This was the first payment day for the 135,000 people who made a claim for Universal Credit over the 30th and 31st March.
- Of the eligible claims, more than 9 in 10 have been paid in full and on time. Since the pandemic began, around 1.8 million claims have been made to Universal Credit and almost 700,000 advance payments made to people. You can see the latest Universal Credit statistics [here](#).
- For people claiming Universal Credit, any **childcare costs** that they have paid for and reported, for childcare that has been provided, will be reimbursed as part of the Universal Credit claim as normal. Any childcare costs that have been paid for the claimant intends to report, for childcare that has been provided, will also be reimbursed as part of the claim as normal. Whilst the government's response to coronavirus is in place, unless the claimant is a key/critical worker they will not be able to access Universal Credit childcare.
- DWP have introduced a new service so pensioners can now apply for **Pension Credit** online. This will supplement the existing telephone and postal claim services. It will enable customers to make a claim without having to leave home to post forms or wait to get through on the phone – helping them also to adhere to social distancing and shielding measures. To ensure security for customers any personal information will be sent direct to DWP. DWP will also only pay people into the verified account that they get their State Pension paid into.
- COVID-19 has had a huge impact on many parts of the labour market, with some sectors reducing in size and others expanding rapidly. To help jobseekers find work in new areas and employers tap into new labour markets, from Monday April 27 DWP have launched new **jobhelp and employerhelp websites**. These offer labour market information for people looking for work now, and advice for employers to help recruit them. For jobseekers you'll find information on working on key sectors – IT, Care, Agriculture and Logistics are currently being showcased. The website also provides information on working for employment agencies / businesses, tips for successful jobsearch, productive jobsearch, identification of transferrable skills how to get the best from LinkedIn and there's a link to [Find a Job](#), the DWP's own jobsearch website.
- For employers there's information on government financial support for businesses including loans, tax relief and cash grants, Jobcentre services related to advertising vacancies and providing advice and support around redundancies as well as much more.

- A new triage tool “**Find out what you can do if you’re struggling because of coronavirus (COVID-19)**” has been developed. It’s available on gov.uk [here](#). It covers a range of circumstances including feeling unsafe, going in to work, paying bills or being unemployed, getting food, having somewhere to live and mental health and wellbeing. Users will not get direct support from the government or organisations through this service but will get contact details for services who can help.
- **The Prince’s Trust and NatWest** have announced the launch of a [£5million fund to help young entrepreneurs](#) across the UK to keep their businesses afloat during the coronavirus crisis.
- Any customers requiring support with **Bereavement or FEP**, should be directed to contact the Bereavement Service on 0800 731 0469 or should download a [FEP claim form from GOV.UK \(link is external\)](#) until further notice. This will prevent customers trying to attend jobcentres.
- During the coronavirus (COVID-19) outbreak, customers can still get help from **Access to Work** if they have disability or a physical or mental health condition that makes it hard for them to do their job and they need to work from home. Customers cannot claim help from AtW if they are no longer working. If they already have an AtW award, they can start using it again when they start working again. DWP is prioritising making grants for new claims from critical workers and people due to start work within four weeks. Further information is contained in the [Access to Work Factsheet on GOV.UK](#)
- Temporary measures will ensure critical workers are still eligible for **childcare offers** if their income has changed due to coronavirus. The Government has announced that any working parent usually eligible for 30 hours free childcare or Tax-Free Childcare will remain eligible if they fall below the minimum income requirement due to COVID-19. Subject to Parliamentary approval, parents who are critical workers will also remain eligible for these entitlements if their income has increased over the maximum threshold during the COVID-19 pandemic. Further details are [available on GOV.UK \(link is external\)](#)

RESOURCES

If you are pregnant or have a child under four years old you could get **Healthy Start vouchers** to help buy some basic foods. This important means-tested scheme provides vouchers to spend with local retailers. Due to changes following Covid-19, a health professional no longer needs to sign the application form. Visit <https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/>

Educaterers have produced their first **recipe book** full of ideas for cooking with children:

https://educaterers.co.uk/downloads/educaterers-recipe-book.pdf?fbclid=IwAR37dzFpnbbLM8POOwgVnhOLZyzi9-eMn787_UttI7ghuT4qoKgnwyq5IDk

The Preparing for Adulthood Team have gathered useful links to resources and information about the Covid-19 pandemic with a **SEND focus**. Included in this is 'beating the virus' eBooks & videos. Visit <https://www.preparingforadulthood.org.uk/downloads/good-health/resources-and-information-about-covid-19.htm>

WCAVA has pulled together a list of **FREE training providers** so you can keep training, developing and learning whilst working from home – click [here](#) They have also shared some [ideas for volunteering that you can do independently](#) to make a positive difference to people who are struggling right now. If you’re a community group in need of volunteers, WCAVA have had more than 500 **new volunteers** register, all of whom are ready and willing to help immediately. Some are highly skilled employees available on a temporary basis due to being furloughed; others could be available longer term. For more details contact Carol Kavanagh on 07966 380314 or email ckavanagh@wcava.org.uk The latest **volunteering bulletin**, which includes volunteering in lockdown, volunteer drivers and car insurance, DBS checking and much more, is available to read [here](#)

A new service called 'Our Frontline' is available to anyone who is directly involved in COVID-19 services and support. Our Frontline offers round-the-clock **one-to-one support**, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. <https://www.mentalhealthatwork.org.uk/ourfrontline/>

Four online guides have been developed by NHS experts and parents using an evidence-based approach to increase the confidence of parents-to-be, mums, dads, grandparents and carers. The four online guides are **FREE** for Warwickshire residents using the access code BEAR. All of the guides can be completed flexibly, at your own pace. Each of the guides’ modules takes around 15-20 minutes to complete. Each guide contains several modules. Visit <https://www.warwickshire.gov.uk/parentguides>

Alzheimer’s Society have produced a **toolkit** for anyone supporting someone living with dementia or their carers. Visit www.alzheimers.org.uk/coronavirus-volunteer-toolkit

The latest edition of **Food News** (<https://apps.warwickshire.gov.uk/api/documents/WCCC-966-2111>) features information on coronavirus and lockdown. More information on food supplies and more can be found on Warwickshire County Council's website at <https://www.warwickshire.gov.uk/information-coronavirus/coronavirus-food-supply-advice/1>

Equip has circulated a guide for Muslim communities across Warwickshire during **Ramadan**. This detailed advice has been collected from key partners in Warwickshire to enable Muslims resident in Warwickshire to continue to enjoy the spiritual enlightenment and community spirit that Ramadan provides, whilst at the same time, adhering to the Covid-19 restrictions and maintaining social distancing measures. Visit <https://www.equipequality.org.uk/covid-19-updates>

The Children's commissioner has produced a **children's guide to coronavirus** [here](#). The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

As we enter another week of lockdown, individuals with a caring role are likely experiencing heightened feelings of anxiety, isolation and loneliness. Many carers are finding that using My Diary in **Care Companion** to record key things can help them manage and sustain their caring role, particularly during the challenges of the pandemic. For more visit www.carecompanion.org.uk For the latest Care Companion newsletter visit <https://mailchi.mp/fc8f4260086d/helping-carers-to-stay-in-touch-and-keep-connected?e=16aef642e3>

New **online educational resources** for schools and parents to help children to learn at home have been published - <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>

The government, in consultation with industry, has produced **guidance** to help ensure workplaces are as safe as possible. These 8 guides cover a range of different types of work and can be found on Gov.uk. Visit <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

FUNDING

Heart of England Community Foundation are doing a presentation for groups on Zoom on Thursday, 21st May at 10.30am. Places must be booked on Eventbrite in advance: <https://hoecf-fw-may-2020.eventbrite.co.uk> presentation will cover three funds currently open to applications which are all related to coronavirus response and resilience, and applications from Rugby and North Warwickshire are a priority:

1. Coronavirus Resilience Fund (up to £3,000 for groups providing services in response to CV such as foodbanks, befriending, delivery of food or medicine, outreach, etc)
2. Coventry 2021 Coronavirus Resilience Fund (includes Warks and up to £1,000 hardship fund to support arts organisations and individual artists to help them through)
3. Doing Things Differently Fund (£3,000 to £20,000, for larger groups to enable organisations to change the way they deliver their work to continue to meet the developing needs of their communities during Covid -19)

More info on the funds can be found here: <https://www.heartofenglandcf.co.uk/available-grants/>

Other online workshops being run by WCAVA include:

- [Funding Workshop: ESF Community Grants](#) (for organisations based or working in Rugby Borough and North Warwickshire Borough) on Tuesday, 2nd June 2020, 10.30am - 12.00pm
- [Volunteering in the pandemic – Rising to the challenge in Warwickshire](#) Wednesday, 3rd June 2020, 10.00am - 11.30am
- [Furloughing – Update and Q&A session](#) Thursday, 9th June 2020, 2.00pm - 3.00pm

The **ESF Community Grants scheme** is still open for applications and able to support vital community projects across Coventry and Warwickshire. The latest panel has awarded £207,000 across 11 projects. There are only two more grant panels before the fund draws to a close at the end of the year. If you're thinking about applying, and would like some help thinking through:

- whether it is the right fund for you
- your project proposal
- creating your budget

Contact us at ESF.Grants@groundwork.org.uk or on 0121 236 8565 to arrange a time with a local Enabler. Or take part in the online workshop mentioned above.

WCAVA has now produced a [web page](#) outlining a variety of **funding opportunities** that have sprung up to help voluntary and community groups deal with implications of COVID-19. If you require advice or support for your group/project, please contact your local [Funding and Group Development Officer](#).

The **Youth Endowment Fund** launches new £6.5m COVID-19 grant round to support vulnerable children at risk of youth violence. Visit www.youthendowmentfund.org.uk

Voluntary and community sector organisations have a vital role working alongside our NHS colleagues to support anyone who has a mental health problem. Due to the coronavirus pandemic, demand for mental health services is increasing. To help VCS organisations based in England continue to provide mental health services - or provide additional support - you can apply for a **Coronavirus Mental Health Response Fund (CMHRF) grant**. Grants of £20,000 or £50,000 are available for projects lasting up to 12 months. On the behalf of mental health providers in England, Mind is administering the fund in partnership with the Mental Health Consortia (MHC), who represent the leading mental health organisations in England. The National Survivor User Network (NSUN) will be administering part of the fund to support user-led organisations and smaller, un-constituted community organisations, who might not otherwise be eligible for a grant. Details are on [the NSUN website](#). You can find out more about the fund and how to apply on both the [Association of Mental Health Providers website](#) and the [Mind's website](#).

WRAP and Defra have launched a fund for **surplus food redistributors** - <https://wrap.org.uk/content/covid-19-emergency-surplus-food-grant>

CONSULTATIONS

The Voluntary and Community Sector is playing a critical role in the COVID-19 response. We know that the Sector is also having to work in different ways, be flexible and is, in some cases, under real financial pressure. WCAVA undertake a biennial '**State of the Sector**' survey as it is vital for us to find out how you are coping, to understand the challenges you are facing, to work to provide the right support and that we can ensure our collective voice is heard at both a local and national level. This year's survey has a more specific COVID-19 focus. We appreciate the pressure on everyone at this time, both personally and professionally, so the survey should only take a few minutes to complete. It would be helpful if you could complete the survey by **Friday, 22nd May 2020** by visiting https://docs.google.com/forms/d/e/1FAIpQLSey7u911aFpNLUasyOfbqZcM2QHvOc4AX_Un_FPaQFf3li3Uw/vi/ewform If you have any questions then contact Alison Thompson on 07966 380355.

EQUIP have released an **equality needs survey** in order to capture equality issues that affect both individuals and communities, particularly during the COVID-19 outbreak. If you'd like to share your views, take the survey [here](#). Deadline is Sunday 31st May.

Healthwatches in Warwickshire and Coventry would like to understand the public's views on **health and social care support during the current pandemic**. The organisations are launching a [survey](#) to find out how services are working for people and to ensure that high-quality safe services and support are being delivered now, and as the lockdown eases. They are seeking to find out:

- How the pandemic has affected your experiences of health and social.
- If you have been able to access all the information that you need in order to keep you/your family safe and well.
- Whether your mental health been affected, and if so, what support you have been able to access.

Healthwatches' role is to gather the views and experiences of people who use health and social care services locally and use these views to inform local services and local decision makers so that improvements can be made. Its work also feeds in nationally through parent organisation [Healthwatch England](#).

The survey will run throughout May. To tell Healthwatch about your experiences go to:

www.healthwatchwarwickshire.co.uk/covid-19/tell-us-your-experience

Visit their website for more information or to get in touch: www.healthwatchwarwickshire.co.uk

To see how we use your personal data and what your information rights are, please read our overall customer privacy notice at www.warwickshire.gov.uk/privacy which includes the contact details if you have a complaint about your information rights. For general enquiries, contact Warwickshire County Council customer services on 01926 410410

Community Information Update No. 82 will be for July to mid-August 2020. Please email any information (in the form of short paragraphs in plain text if possible) to cdwrugby@warwickshire.gov.uk **before 26th June**. Thank you.