

CV-19 COMMUNITY BULLETIN

7th APRIL 2020

No 3

Throughout the coming weeks and months, the Council's Communities Team, along with its' medical and community partners will be compiling information about the Coronavirus and how to deal with its consequences in Rossendale. We want to try and ensure clear health messages and connect those who can supply help with those who need it. As you know Rossendale is a great place to live and work and our community is strong. We have seen lots of fantastic examples of local people coming together to help each other and their local area. We will all pull together during this crisis and be even stronger when life gets back to normal hopefully later this year.

If you have any information or ideas you think would be useful to include in the bulletin or would like to be added to the mailing list please e mail us at

communitiesteam@rossendalebc.gov.uk

All bulletins will be posted on the Rossendale Borough Council webpage, Facebook etc.

ROSSENDALE CONNECTED - Supporting those in need across the Rossendale community

Rossendale Connected, launched on 27 March, is here to help communities, families and individuals who find themselves without any support network and are facing challenges presented by the coronavirus outbreak. So far we have directly helped with over 420 individuals. We can help in connecting people to community organisations and volunteers that can provide food, essential supplies, medicine or if you need to talk with people during isolation.

www.rossendaleconnected.org **01706 227016** help@rossendaleconnected.org

Lines are open every day 9am - 5pm

Rossendale Connected Hub is a partnership between Rossendale Council, Rossendale Leisure Trust, Rossendale Primary Care Network, Burnley Pendle Rossendale CVS, Lancashire Police and a wide range of community partner organisations and volunteers.

A crowdfunding JustGiving page has been set up for the Hub:

[https://www.justgiving.com/crowdfunding/rossendaleconnected-](https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ)

[hub?utm_term=XenRgx5dQ](https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ), please support even with the smallest donation.

We are looking for support from local volunteers and services. If you are able to help in any way please fill in the volunteer form on the Rossendale Connected website or Facebook page

MENTAL HEALTH SUPPORT - During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

There are things you can be doing to reduces these feelings:

Consider how to connect with others: Maintaining relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family via telephone, video calls or social media instead of meeting in person – whether it's people you normally see often or connecting with old friends.

Help and support others: Think about how you could help those around you – it could make a big difference to them and can make you feel better too. Could you message a friend or family member nearby? Are there community groups that you could join to support others locally? Remember it's important to do this in line with guidance on coronavirus (COVID-19) to keep yourself and everyone safe. And try to be accepting of other people's concerns, worries or behaviours.

Talk about your worries: It is quite common to feel worried, scared or helpless about the current situation. Remember that this is a difficult time for everyone and sharing how you are feeling and the things you are doing to cope with family and friends can help them too. If you don't feel able to do that, there are people you can speak to via [NHS recommended helplines](#) or you could find support groups online to connect with.

Look after your physical wellbeing: Your physical health has a big impact on how you are feeling emotionally and mentally. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. Try to eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day, and try to avoid smoking, alcohol and drugs.

If you are able to go outside, consider walking or gardening (keeping the recommended 2 metres from others as outlined in the [social distancing guidance](#)). If you are staying at home, you can find free easy [10 minute work outs](#) from Public Health England or other exercise videos to try at home on the [NHS Fitness Studio](#). Sport England also has good tips for keeping active at home.

Look after your sleep: Feeling anxious or worried can make it harder to get a good night's sleep. Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough.

Try to maintain regular sleeping patterns and keep good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment. The [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep.

Try to manage difficult feelings: Many people find the news about coronavirus (COVID-19) concerning. However, some people may experience such intense anxiety that it becomes a problem. Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.

It is okay to acknowledge some things that are outside of your control right now but constant repetitive thoughts about the situation which lead you to feel anxious or overwhelmed are not helpful. The [Every Mind Matters page on anxiety](#) and NHS [mental wellbeing audio guides](#) provide further information on how to manage anxiety.

Manage your media and information intake: 24-hour news and constant social media updates can make you more worried. If it is affecting you, try to limit the time you spend watching, reading, or listening to media coverage of the outbreak. It may help to only check the news at set times or limiting to a couple of checks a day.

Get the facts: Gather high-quality information that will help you to accurately determine your own or other people's risk of contracting coronavirus (COVID-19) so that you can take reasonable precautions. Find a credible source you can trust such as [GOV.UK](#), or the [NHS website](#), and fact check information that you get from newsfeeds, social media or from other people.

Think about how possibly inaccurate information could affect others too. Try not to share information without fact-checking against credible sources.

Think about your new daily routine: Life is changing for us all for a while. Whether you are staying at home or social distancing, you are likely to see some disruption to your normal routine.

Think about how you can adapt and create positive new routines – try to engage in useful activities (such as cleaning, cooking or exercise) or meaningful activities (such as reading or calling a friend). You might find it helpful to write a plan for your day or your week.

Do things you enjoy: When you are anxious, lonely or low you may do things that you usually enjoy less often, or not at all. Focussing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can boost your mood.

If you can't do the things you normally enjoy because you are staying at home, try to think about how you could adapt them, or try something new. There are lots of free tutorials and courses online and people are coming up with innovative online solutions like online pub quizzes and streamed live music concerts.

Set goals: Setting goals and achieving them gives a sense of control and purpose – think about things you want or need to do that you can still do at home. It could be watching a film, reading a book or learning something online.

Keep your mind active: Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting. Find something that works for you.

Take time to relax and focus on the present: This can help with difficult emotions, worries about the future, and can improve wellbeing. Relaxation techniques can also help some people to deal with feelings of anxiety. For useful resources see [Every Mind Matters](#) and [NHS' mindfulness page](#).

If you can, once a day get outside, or bring nature in: Spending time in green spaces can benefit both your mental and physical wellbeing. If you can't get outside much you can try to still get these positive effects by spending time with the windows open to let in fresh air, arranging space to sit and see a nice view (if possible) and get some natural sunlight, or get out into the garden if you can.

Remember that [social distancing guidelines](#) enable you to go outside to exercise once a day as long as you keep 2 metres apart from others who are not members of your household group.

HEALTH MESSAGES – the Healthy Rossendale Facebook page is the place to go for the latest health messages from the NHS, local G.P.s and other medical practitioners. This is currently updated daily. <https://www.facebook.com/groups/389362468511320/>

All G.P. practices are now closed for anyone wanting to walk in. There is a telephone appointment scheme and if a patient needs to be seen face to face they will be invited in. Prescriptions can be ordered on line or by telephone (afternoons may be quieter) and can be picked up from a pharmacy of the patient's choice.

LOCAL HELP AND SUPPORT:

Food: Many local area groups have now been formed and can be accessed by Facebook (see below). They are now also listing local shops that deliver food to your home if you are struggling to get to the shops.. Free or very low cost food is still available via Positive start, Crawshawbooth Community Centre, Trinity Baptist Church Bacup (Wednesday 1pm to 4pm, and new Saturday morning service) and Haslingden Community Link (also offering a food delivery service). Rossendale's food bank – RAFT – is available by referral only which can come via schools, Citizens Advice and other community organisations.

Contact Rossendale Connected (details above) if you have concerns regarding collection/delivery of food for people who are particularly vulnerable and self isolating.

Local area groups: There are lots of local groups, including new ones just set up that are providing help for local vulnerable people – see local area information below. At this time we are aware of

Haslingden and Helmshore community mutual aid group

<https://www.facebook.com/groups/2565255683745670>

Lumb, Whitewell Bottom and Water support group

<https://www.facebook.com/groups/201209487809797/>

Crawshawbooth Village People:

<https://www.facebook.com/thevillagepeoplecrawshawbooth/>

Whitworth Town Council info@whitworth.gov.uk

If you live in any of these areas, you can find out more about help available and offer your help if you can.

Volunteer cards: Asda has launched a volunteer card. Shoppers can upload cash on to an Asda gift card and give it to a volunteer to shop for them. More info at <https://cards.asda.com/volunteer>

KEEPING FIT AND HEALTHY

The Lancashire Challenge through Sport Initiative provides simple on line exercise activities at the Challenge through Sport Initiative Facebook page

<https://www.facebook.com/893026867479586/photos/2819838784798375/>

CSI 'Couch to Out' Weekly Online Timetable						
Facebook joining instructions - Challenge through Sport Initiative						
30 minute sessions that can be done in the house. Simple clear instructions and not too advanced to suit all. There will be sessions to add and changes may be made weekly.						
Day	8am - 8.30am	10am - 10.30am	1pm	2pm - 2.30pm	6pm	9pm - 9.30pm
MONDAY	Mindfulness Session	Fitness Session	Miscellaneous Sessions	Mindfulness Session		Fitness Session
TUESDAY	Yoga	Fitness Session	Kristy & Mia's House Circuit	Yoga	Kristy & Mia's House Circuit	Fitness Session
WEDNESDAY	Yoga	3 x 10mins mixed Activities	Paul B's Chit Chat Hour	Yoga		3 x 10mins mixed Activities
THURSDAY	Mindfulness	Chairbase Activity	Kristy & Mia Time	Mindfulness	Paul B's Chit Chat Hour	Chairbase Activity
FRIDAY	Yoga	Boxfit	Kristy & Mia's House Circuit	Yoga	Kristy & Mia's House Circuit	Boxfit
SATURDAY	Meditation	Core Work		Meditation	Advanced Fitness	Core Work
SUNDAY	Mindfulness	3 x 10mins mixed Activities		Mindfulness		3 x 10mins mixed Activities
Everyday	Join the CSI Chit Chat Column on WhatsApp and talk or just read along with people all day long! Anyone can be added. Never feel alone.					
Mon - Fri	Join The Well Communities Facebook Page at 11am for additional beneficial group sessions. There will be promotion add pops up at 11am on our page informing people to join The Well session.					

GENERAL INFORMATION AND SUPPORT

Emergency Text 999 Service

The emergencySMS service has been developed by RNID, BT, Cable & Wireless, the Department of Communities and Local Government, OFCOM, the UK emergency services and all mobile network operators.

For more information, visit: www.emergencysms.org.uk www.rnid.org.uk/esms

You will only be able to use this service if you have registered with emergencySMS first. Register now: don't wait for an emergency. To register, **text 'register' to 999**. You will get a reply – then follow the instructions you are sent.

Please do not send test or non-emergency texts – only use emergencySMS for real emergencies. For example, if: • someone's life is at risk • a crime is happening now • someone is injured or threatened • there is a fire or people are trapped • you need an ambulance urgently • Someone is in trouble on the cliffs, on the shoreline or is missing at sea. This service works throughout the UK on all mobile networks in the UK only

AGE UK:



In response to COVID-19 we are providing these vital services to older people:

- Support at home including shopping and collecting prescriptions
- Taking people home from hospital and helping them to settle
- Good Day Calls – a phone call every day, 7 days per week
- Information and Advice
- Dementia support for those living with dementia and their carers

Please refer by email us on:
advice@ageuklancs.org.uk

Alternatively you can ring:
0300 303 1234

For the latest updates to our services and our response to COVID-19 please visit:

www.ageuklancs.org.uk
And follow us on social media

