

CV-19 COMMUNITY BULLETIN

21st APRIL 2020

No 5

We hope you are finding these bulletins useful. They are compiled by the Council's Communities Team, along with its' medical and community partners. 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 made contact with with over 1500 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-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

FUNDING FOR COMMUNITY GROUPS

Across Rossendale there are dozens of community groups supporting local residents with everything from help with shopping and picking up prescriptions, to supporting people who may be struggling emotionally with the current crisis.

There is funding available to support groups from the Community Foundation for Lancashire of up to £5,000. More information at:

<https://lancsfoundation.org.uk/funds/lancashire-covid-19-community-support-fund>

The Charity Excellence Foundation has also produced a tool kit and list of funding organisations to support community groups with their COVID-19 support projects.

More information at: <https://www.charityexcellence.co.uk/>

FEEDING BABIES AND ACCESS TO BABY MILK

Formula Feeding: Detailed information about feeding your baby during the COVID-19 pandemic can be found by going to the Healthier Lancashire and South Cumbria website which highlights key information for families that may be struggling to get formula, and concern around obtaining the most appropriate formula for their baby. Useful information to share with families who are formula feeding includes:

The only formula appropriate for the under 12-month baby who is not breastfed is first stage infant milk. When there are shortages, some of the following tips may help parents:

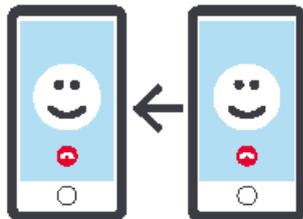
- Speak to your health visitor if you have problems accessing formula, or have any questions.
- You can change between brands of first infant milk – they all have to meet the same strict rules on composition.
- Only make up as much milk as you need, and do ‘paced feeding’.
- Ask if neighbours or local friends have any first milk.
- NEVER water down your baby’s milk to make it last longer, or keep it more than two hours after baby has started drinking it.
- DO NOT give follow-on milk to babies under six months.
- NEVER feed baby: cows’, goats’ or plant milks as their main drink as it can cause damage. For more information see www.healthierlsc.co.uk/BetterBirths

Keeping People Connected

A new service for people with learning difficulties and/or autism during Covid-19.



At People First we are doing our best to support people in need during this difficult time.



We want to help people stay safe, healthy and not feel alone. We have set up a new specialist telephone service for people who have learning difficulties and/or autism who need some support.



We will have regular calls with people who need support. We want people to know that we are here to talk to and to offer practical support.



If you know someone who could benefit from this service please contact us with the name and contact details of the individual in need of support.

Keep connected:

keepconnected@wearepeoplefirst.co.uk

0300 303 0175

FAMILY MENTAL HEALTH

The Lancashire & South Cumbria Foundation Trust will be hosting a live webinar called 'Mental Health Family Hour' every Tuesday at 10am. These sessions will create a great opportunity for families to discuss their mental well-being and hopefully lead to some positive discussions.

The first live session will be on the 21st April at 10am. The link is – www.twitch.tv/mindsetbydave

Just click that link every Tuesday morning at 10am and tune in to the live streaming.

BIG WHITE WALL- ROSSENDALE

Big White Wall provides a digital support and recovery service for people who are stressed, anxious, low or not coping. At the heart of Big White Wall is its community of members, who support and help each other share what's troubling them in a safe and anonymous environment, with the guidance of trained professionals, who are online 24/7. The wall helps you to connect with others who are experiencing similar issues and share what's on your mind while gaining support and advice.

The service can help people over 16 with the following

- Mild to moderate anxiety or depression
- Panic
- Bereavement/loss
- Work stress
- Low self-esteem/confidence
- Poor sleep
- Adjustment issues e.g. retirement, redundancy, disability
- Dealing with diagnosis and living with health conditions/long term conditions e.g. COPD, diabetes
- Pre & post-natal depression (perinatal)
- Trauma
- Relationship issues
- Phobia

You can self-refer and will receive an assessment without having to see your GP first. Visit www.bigwhitewall.com and enter your post code to register.

ONLINE SUPPORT FOR YOUNG PEOPLE

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the

year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

To find out more visit www.kooth.com where young people can register and others can find out more about the service.

WHO IS ENTITLED TO FREE GOVERNMENT FOOD PARCELS

This is one of the most asked questions at the Rossendale Connected Hub.

Only people who have been defined by the government as 'Clinically extremely vulnerable' can receive free weekly government food parcels.

'Clinically extremely vulnerable' people are also known as 'shielded' people. They are NHS patients who are considered to be at highest risk of severe illness that would require hospitalisation from coronavirus (COVID-19). A letter has been sent to these people by the NHS asking them to stay at home at all times and avoid any face-to-face contact for at least twelve weeks.

If you think you should be classed as clinically vulnerable and receive extra help, you can check/register at <https://www.gov.uk/coronavirus-extremely-vulnerable>

DWP BENEFITS UPDATE

Claiming Universal Credit

GOV.UK has a press release – Don't Call Us- We'll Call You

<https://www.gov.uk/government/news/don-t-call-us-we-ll-call-you> which carries the message that people making new claims for UC will no longer need to call the Department as part of the process.

What is Universal Credit?

A new mini site has been added to the <https://www.gov.uk/> to help people find out about coronavirus and claiming benefits.

<https://www.understandinguniversalcredit.gov.uk/> helps the user to understand what UC means for them and how it can support them if they are on a low income or out of work.

Visiting Service Arrangements

DWP Visiting Service has suspended routine face-to-face home visits with the exception of the following three criteria:

- Visits to vulnerable customers
- Where a visit is needed to ensure benefit payments can be made
- Visits to undertake safeguarding checks

What to do if you're already getting benefits

Guidance for people who were receiving benefits before the coronavirus (COVID-19) outbreak has been released on <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-already-getting-benefits> - this covers a range of benefit types.

Child Benefit

Parents of new-borns will still be able to claim Child Benefit despite the outbreak of coronavirus. General Register Offices are currently operating with reduced capacity and with government guidance to social distance and stay at home, new parents are advised not to visit them. They can however still claim Child Benefit without having to register their child's birth first to ensure that they do not miss out.

<https://www.gov.uk/government/news/dont-miss-out-claim-child-benefit-by-phone-or-post-hmrc-tells-new-parents>