

This newsletter aims to give you information, advice, guidance and details of useful contacts during these challenging times.

Cumbria County Council

Protecting vulnerable people from coronavirus

To support the government's easing of lockdown, they have published staying alert and safe (social distancing) guidance which explains the measures that will help people stay safe as we all continue to respond to the challenges of coronavirus. This guidance is for the general public who are fit and well. There is separate, specific guidance on isolation for households with a possible coronavirus infection.

Additional useful links to gov.uk include:

- [Coronavirus outbreak FAQs: what you can and can't do - Frequently asked questions on what you can and can't do during the coronavirus outbreak.](#)
- [Staying safe outside your home - The principles you should follow to ensure that time spent outside your home is as safe as possible.](#)

Shielding

People who are shielding remain vulnerable and should continue to take precautions but can now leave their home if they wish, as long as they are able to maintain strict social distancing.

If a shielded person chooses to spend time outdoors, this can be with members of their own household. If they live alone, they can spend time outdoors with one person from another household. Ideally, this should be the same person each time. If they do go out, they should take extra care to minimise contact with others by keeping 2 metres apart.

More information is available at:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

We know this is challenging guidance to follow, and if you need emergency support during this time **Cumbria County Council's Emergency Support Helpline** can provide help with access to food and basic supplies, care, medicines and social support.

Ways to get in touch:

- Phone - The emergency telephone support helpline is 0800 783 1966.
- Online at cumbria.gov.uk/coronavirus.
- Email your request for help to COVID19support@cumbria.gov.uk.

- The telephone call centre operates Monday to Friday 9am to 5pm, and 10am to 2pm at weekends and Bank Holidays. The service also accepts referrals from members of the public who may be concerned about people in their community.

Find all of the latest government guidance at [gov.uk/coronavirus](https://www.gov.uk/coronavirus) and visit [cumbria.gov.uk/coronavirus](https://www.cumbria.gov.uk/coronavirus) for local support and updates.

Cumbria County Council Registration Service

Registering Births

We have been advised by central government that with effect from 1st June 2020, birth registrations can now resume. However, for your safety and the safety of our team we will not be able to resume birth registrations until our offices have been prepared for face to face appointments. This work is underway and we estimate that we will be open for appointments from 1st July 2020.

Go to <https://www.cumbria.gov.uk/registrationservice/births/births.asp> for further information and details of how to make an appointment. Please note you can make a claim for child benefit or universal credit prior to the birth being registered, where you have not been able to do so because of COVID-19 restrictions.

Marriages and Civil Partnerships

Although the restrictions on gatherings have been relaxed from 1 June 2020, there is currently no change for the solemnization of marriages and civil partnership formations and unfortunately these still cannot go ahead at the moment.

The Government is keeping this under review and have committed to allowing marriages and civil partnerships to take place as soon as it is safe to do so. We will provide further guidance as soon as we are informed that the position has changed.

Marriage Notices

We have been advised by central government that with effect from 1 June 2020, notices of intent for marriage and civil partnership can now resume. We know that these appointments will not be possible remotely and so for your safety and the safety of our team we will not be able to resume face to face appointments until our offices have been prepared. This work is underway.

Therefore, until systems and processes are in place to protect our customers and staff, Notice of intent for Marriage or Civil Partnership appointments will remain deferred until further notice.

As soon as we are able to safely open for face to face appointments our website pages will be updated with details of how to book and what the new service will look like.

At this stage we would estimate being open for face to face appointments again from 1 July 2020.

We know this is a frustrating time for our couples and venues, but we ask you to be patient and urge you to manage your expectations, as a ceremony may look very differently under COVID-19 restrictions.

We are contacting any couples due to marry in June to discuss the implications and are happy to discuss the options available to all our ceremony bookings.

Please call us on **0300 303 2472** or email **ceremonies@cumbria.gov.uk**. Further information is also available at **<https://www.cumbria.gov.uk/weddings/default.asp>**.

Barrow Borough Council

Barrow Borough Council have suspended face to face assessments for the time being.

They will be continuing to provide as much support as possible remotely, either over the phone or online:

General Enquiries: 01229 876543

Benefits: 01229 404242

Housing: 01229 876578

Emergency out of hours team: 01229 833311

Community Matters

Six people can meet outside under new measures to ease lockdown

From Monday 1st June, groups of up to six people are able to meet outdoors in England, including in gardens and other private outdoor spaces, provided strict social distancing guidelines are followed. See [here](#)

Groups of up to six from different households can exercise outside under new rules

From Monday 1st June, groups of up to six people from different households are able to exercise outside as long as they remain at least two metres apart.

Gatherings of more than six people from different households are still not permitted. This means that people who play team sports can meet to train together, although anything involving physical contact is not allowed. The guidance stresses that people should wash their hands frequently and keep equipment sharing to a minimum.

Gyms, playgrounds and both indoor and outdoor swimming pools will remain closed. See [here](#)

Also further info under FAQs [here](#).

Public Health England 'Active at Home' Booklet

Public Health England has produced an 'Active at Home' booklet that provides practical guidance to older adults on home-based activities to maintain their strength and balance. It follows concerns that low levels of physical activity in older adults will lead to reduced fitness resulting in loss of independence and need for care in the future. Download a copy [here](#)

Dental practices to reopen from Monday 8th June

Dental practices in England have been told they can reopen from Monday, 8 June, if they put in place appropriate safety measures. See news article [here](#)

Money Matters

Discretionary Business Grants

Barrow Council has been given £690,000 to support businesses who were not eligible for the Small Business Grant Fund and the Retail, Leisure, Hospitality Grant Fund.

Please go to their website at <https://www.barrowbc.gov.uk/promotion-pages/coronavirus/discretionary-business-grants/> to check whether you are able to apply. There is a set list of criteria that a business would have to meet to be eligible.

You can also call Barrow Council's customer services team on 01229 876 543 if you have any questions.

The fund is only open for applications between 1st and 14th June 2020, so it is a really tight timescale.

Digitalisation of Benefit Claims

Pension Credit

All claims have to be made online from 18th May 2020. It doesn't have to be the customer who completes the info – it can be done on their behalf by someone else.

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 a verified bank account that their pension is paid in to.

Bereavement Service

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** until further notice. This will prevent customers trying to attend jobcentres.

New Style ESA claims can now be made **on line**– they are being cleared on average within 5 working day

Help to Claim

Universal Credit Help to Claim DWP partnership with Citizen Advice Bureau has been extended for a further 12 months and they are also offering support by telephone or web chat during COVID

Health Assessments

DWP have put in place measures to ensure existing ESA, PIP, DLA & AA claim end dates are extended.

New claims are being looked at on a case by case basis and where there is sufficient information on the claim form and with supporting medical evidence a decision is made.

Some customers will be contacted by phone in order to progress their claims.

Opening Jobcentres

There is no firm date as to when Job Centres will open to the public, although there is work going on to see how this can be done ensuring the safety of customers and staff alike.

General Advice & Support

Central point for all updates and link to DWP Benefits & support.

<https://www.gov.uk/coronavirus>

DWP also has a range of help available to jobseekers through a variety of websites and resources:

Job Help website - an external Government website with a range of information on finding a job, applying for opportunities and developing skills.

Find a Job website - an external website for job seekers with nearly 65,500 vacancies

Find a Job website - an external website for employers to post their opportunities

For customers who want information about benefits and employment support:

Coronavirus support and information toolkit

Finally

There is still a very genuine concern about how many more cases of COVID-19 we will see if people do not follow social distancing guidance.

In order to protect yourself and others, please continue to follow the social distancing advice.

In terms of looking after your mental health, we have worked with Every Life Matters to produce a guide to looking after yourself and others includes information on staying well at home. See **[here](#)**.



Stay safe and be well.

Cumbria County Council
Barrow Area Support Team



HM Government



We can help control the virus if we all **STAY ALERT**

-  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



And if you or anyone in your household has symptoms, you all need to self-isolate.

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



HM Government



CORONAVIRUS

WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's
Action Plan go to **[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**

Safeguarding Adults Covid-19 for people who are self-isolating



We want to make sure that the **most vulnerable are safe** when they are self isolating. Here are some things to think about if you are offered, or need, support during this time.

Try to use **existing and trusted community groups**. If not, could a family member, friend or neighbour who you know and trust help?

Not sure? Don't answer the door
If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale - 0300 303 3589 Carlisle and Eden - 0300 303 3249

Furness and South Lakes - 0300 303 2704 Out of Hours 01228 526690

In an emergency, call 999

For concerns about a child, report to: [cumbriasafeguardingchildren.co.uk](https://www.cumbriasafeguardingchildren.co.uk)



@cumbriasab



cumbriasab.org.uk

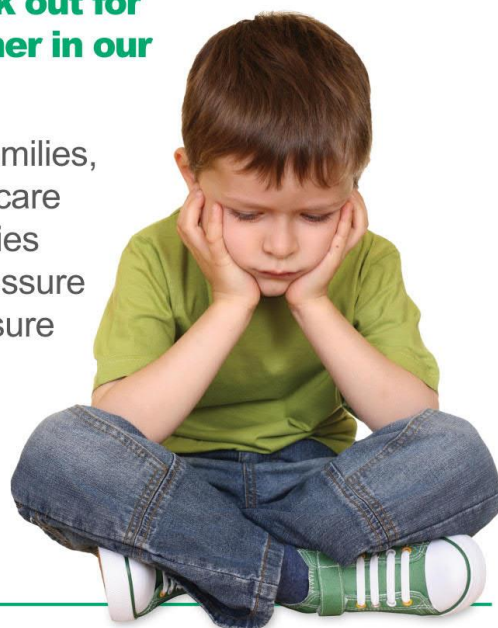
Cumbria Safeguarding Children Partnership



Are you concerned about a child?

We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.

This will be a difficult time for lots of families, and families may be making different care arrangements for their children. Families may experience added stress and pressure at this time, with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.



If you are concerned about a child or young person who you believe might be at risk of harm, please contact:

**The Multi Agency Safeguarding Hub on 0333 240 1727
or NSPCC 0808 800 5000.**



If you believe a child is at risk of immediate danger dial 999 and speak to the Police.



[cumbriasafeguardingchildren.co.uk](https://www.cumbriasafeguardingchildren.co.uk)



HM Government

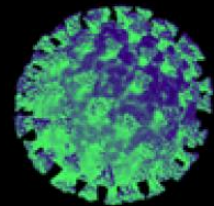


Coronavirus

Isolate your household

Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild



- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at nhs.uk/coronavirus

CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**

