

Newsletter for the Allerdale and Copeland Area

Issue 11
1 June 2020

This is the eleventh edition of a weekly newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times. Daily updated information is available on the Cumbria County Council website:

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

**Coronavirus is
affecting all
of our lives.**



Go to cumbria.gov.uk/coronavirus
to see what help is at hand.



COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966

**COVID19support@
cumbria.gov.uk**

Full details can be found
online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Government information

GOV.UK

***NEW* Financial support for voluntary, community and social enterprise (VCSE) organisations to respond to COVID-19**

The government has pledged £750 million to ensure VCSE can continue their vital work supporting the country during the coronavirus (COVID-19) outbreak, including £200 million for the Coronavirus Community Support Fund, along with an additional £150 million from dormant bank and building society accounts.

Find out more information at <https://www.gov.uk/guidance/financial-support-for-voluntary-community-and-social-enterprise-vcse-organisations-to-respond-to-coronavirus-covid-19#community>

***NEW* NHS Test and Trace**

The government has announced that the national test and trace service (NHS Test and Trace) will launch in England on Thursday 28th May. At the same time, Directors of Public Health have been asked to develop Outbreak Control Plans to ensure that there are clear links between the national service and local outbreak management processes.

The NHS test and trace service:

- Ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents.
- Helps trace close recent contacts of anyone who tests positive for coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus.

£300 million additional funding for local authorities to support new test and trace service
Local authorities will be central to supporting the new test and trace service across England, with the government providing a new funding package of £300 million. Each local authority will be given funding to develop tailored outbreak control plans, working with local NHS and other stakeholders. Work on the plans will start immediately. Their plans will focus on identifying and containing potential outbreaks in places such as workplaces, housing complexes, care homes and schools. See here: <https://www.gov.uk/government/news/300-million-additional-funding-for-local-authorities-to-support-new-test-and-trace-service>

For full information about the national scheme can be found here:

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

***NEW* Updated guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19**

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 here: <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>

***NEW* Six people can meet outside under new measures to ease lockdown**

From 1st June, groups of up to six people will be able to meet outdoors in England, including in gardens and other private outdoor spaces, provided strict social distancing guidelines are followed. See here: <https://www.gov.uk/government/news/pm-six-people-can-meet-outside-under-new-measures-to-ease-lockdown>

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

From 1st June, groups of up to six people from different households will be 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. Outdoor gyms, playgrounds and both indoor and outdoor swimming pools will remain closed. See here: <https://www.gov.uk/government/news/groups-of-up-to-six-from-different-households-can-exercise-outside-under-new-rules>

***NEW* FAQs: What you can and can't do**

The government has set out its plan to return life to as near normal as we can, for as many people as we can, as quickly and fairly as possible in order to safeguard livelihoods, but in a way that is safe and continues to protect our NHS. For key FAQs see here:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

***NEW* Planning guide for early years and childcare settings**

This Government planning guide is intended to provide information and support for all early years providers in England as they prepare to open for all children. It is for: local-authority-maintained schools, non-maintained schools, independent schools, all providers on the early years register, all providers registered with an early years childminder agency. See here: <https://www.gov.uk/government/publications/preparing-for-the-wider-opening-of-early-years-and-childcare-settings-from-1-june/planning-guide-for-early-years-and-childcare-settings>

Separate guidance for primary schools can be found here:

<https://www.gov.uk/government/publications/preparing-for-the-wider-opening-of-schools-from-1-june/planning-guide-for-primary-schools>

Cumbria County Council

***NEW* Victims of domestic abuse in Cumbria urged to report it**

Cumbria County Council and Cumbria Police are joining forces to reach out to people across the county who are at risk from domestic abuse. A new campaign launches this week to encourage victims, or people who are concerned about their friends, family or neighbours, to report incidents to Cumbria Police.

Report domestic abuse:

- Call **101**, or report online at www.cumbria.police.uk
- If you are in immediate danger, always call **999** and ask for the police.

Cllr Deborah Earl, Cabinet Member for Public Health and Community Services, said:

“As the government’s lockdown measures are eased it is important people who may have been suffering at home, come forward and seek help.

“I would encourage anyone, males or females, who are worried to contact the police. Anyone who is a victim of domestic abuse will get the help they need to keep them safe.”

Detective Superintendent David Pattinson for Cumbria Police said:

“It is very much business as usual for Cumbria Police, and domestic abuse is a top priority for us. We have been working alongside our partner agencies to really push the message that victims of domestic abuse should not suffer in silence, we are here to support you and there are many local services that specialise in helping victims and their families, so please get in touch.

“I would also like to continue to ask the public to keep an eye out for any signs that someone they know may be suffering from abuse and to report this to us. We are continuously looking at ways in which we can engage with the public to raise awareness, and this countywide campaign is another step forward in the fight against domestic abuse.

“If you would like to speak to us about reporting domestic abuse or have any questions as to how we can help, please call 101.”

Cumbria Police and safeguarding partners are also holding new online Domestic Abuse Surgeries, on the police’s Facebook and Instagram pages, every Monday and Wednesday between 11am-1pm. These live chat events make it easy for people to ask questions and seek advice, questions can also be asked anonymously.

Cumbria Police on Facebook: @CumbriaPolice <https://www.facebook.com/cumbriapolice/>

Cumbria Police on Instagram: @CumbriaCops <https://www.instagram.com/cumbriacops/>

Government instructions over the past few months of lockdown were designed to keep us safe and to protect the NHS by staying at home. The worry has been that the stay at home message was not ideal for victims of domestic abuse who may have found it harder to escape their abusers or even to report them.

Domestic abuse is always unacceptable and everyone is entitled to live safely, without fear of violence or abuse. For anyone who feels they are at risk of abuse, it is important to remember

that there is help and support available to you, including police response, online support, helplines, refuges and other services. Victims are not alone.

Friends, family, neighbours and community members can be a vital lifeline to those living with domestic abuse. If anyone is worried that someone they know may be a victim of domestic abuse, reassure them that the police and support services are here to help and direct them to sources of support.

Find out more at www.cumbria.police.uk and always report it.



DOMESTIC
ABUSE
is NEVER ok

If you are concerned about someone please report it and help end the abuse.

TO REPORT:
In an emergency call 999
Call 101 or report online at www.cumbria.police.uk



Offer of hand sanitizer from Sellafield for community groups

The county council has received a kind offer of hand sanitizer from Sellafield which is to be used for community groups and their volunteers. The supply will be split across the six areas in Cumbria but if you would like to gain a supply for either your Allerdale or Copeland groups please contact either: Allerdale.AreaSupport@cumbria.gov.uk or Copeland.AreaSupport@cumbria.gov.uk

Respect Campaign

As government guidance regarding the stay at home message has altered slightly, we ask that any potential visitors and current residents of Cumbria follow these 3 key messages.



Cumbria County Council

**RULES
E
RISK
P
E
COMMUNITIES
T**

**RESPECT THE
RULES**

- LIMIT CONTACT WITH OTHER PEOPLE ✓
- STAY 2 METRES APART ✓
- WASH YOUR HANDS REGULARLY ✓
- NO OVERNIGHT STAYS ✓
- AVOID CROWDS ✓

**RESPECT OUR
COMMUNITIES**

**ACT RESPONSIBLY
STAY SAFE**

PLAN AHEAD



PARK
CONSIDERATELY



AVOID FARM
YARDS



TAKE YOUR
RUBBISH HOME



**RESPECT THE
RISKS**

**DON'T TAKE RISKS
ON THE FELLS, ON
THE WATER OR ON
THE ROADS**



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Serving the people of Cumbria

cumbria.gov.uk

***NEW* Allerdale Borough Council**

Find out the latest about the impact of the coronavirus on our services at www.allerdale.gov.uk/coronavirus. This includes information on bin collections, housing and our leisure centres and toilets. You can also call the council on **0303 123 1702**.

There is information for individuals facing financial hardship and at risk of losing their home and being made homeless. We can provide support for paying your council tax, and also rehouse you if required. If people do not have access to the internet, then call the council on the number shown. This number can also be used in an emergency. If you are experiencing domestic abuse and need to leave home, please do contact us.

The website also includes information for businesses and charities including details on the financial grants and other schemes available. The council is offering a number of grants for businesses. Details can be found at:

<https://www.allerdale.gov.uk/en/coronavirus/coronavirus-business-grants-claims/> There is also advice for businesses who are preparing to reopen at: <https://www.allerdale.gov.uk/en/coronavirus/reopening-guidance/>

Our customer contact centres in Workington, Cockermouth, Keswick, Maryport and Wigton are closed to the public. Please use the website, online forms, webchat, 'myAllerdale' app and phone to access our services and contact us

All bin collections are operating as normal. Garden waste collections have now resumed. Please have your bins out by 7am on your bin day.

We have reintroduced charges in our car parks, however, they remain free for key workers. More information at: <https://www.allerdale.gov.uk/en/news-and-blog/parking-charges-reintroduced-but-keyworkers-can-park-for-free/>. When using our car parks we recommend using the MiPermit app. More information at: <https://www.allerdale.gov.uk/en/parking/parking-charges-and-ways-pay/>

Follow us on Twitter and Facebook to keep up to date with the latest information.

Twitter:

https://twitter.com/allerdale?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

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

Copeland Borough Council

Copeland Borough Council's website is kept updated with up-to-the-minute information and guidance on services and support for residents and businesses during the COVID-19 crisis. Please visit <https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland> for further information.

The council has also produced a Frequently Asked Questions section online, including advice on business grants, council tax support, and recycling and waste collections. It is available at <https://www.copeland.gov.uk/coronavirus-faqs>

Copeland residents are also encouraged to sign up to receive the council's free digital newsletter, Copeland Matters, via email at <https://www.copeland.gov.uk/subscribe-cem>

Copeland Borough Council is urging all business who have not yet applied for business grants to do so via <https://www.copeland.gov.uk/coronavirus-resources-business>

Copeland Borough Council also has access to a range of help for those experiencing hardship at this time.

- For support paying your Council Tax email ctax@copeland.gov.uk
- To check if you're eligible for support to assist with housing costs email benefits@copeland.gov.uk
- If you are homeless, or may become homeless, email housing.options@copeland.gov.uk or call **01946 427070** (24 hours a day)
- Help is available for those experiencing domestic abuse by email at housing.options@copeland.gov.uk or by calling **01946 427070** (24 hours a day)
- For help with debts, everyday spending, ways to save and access to local food and hardship schemes, email advice.copeland@gmail.com or call **07388 996202** or **01946 693321**.

Business grants from Copeland Borough Council.

Around £2 million in business grants still remains unclaimed in Copeland. These cash grants are for businesses in the retail, leisure and hospitality sectors, and small and rural businesses.

These grants do not need to be paid back, and you do not need to have paid a certain amount in business rates to be eligible for the grant.

The council has been unable to contact some businesses so far, to verify details and award these grants. The council is urging businesses who fall into the above categories, who have not yet claimed, to get in touch, as soon as possible.

Go to <https://www.copeland.gov.uk/coronavirus-resources-business> or email business.rates@copeland.gov.uk or call **01946 598300** for more information.

Copeland Council is reminding residents and businesses that its Planning service is still operating throughout the COVID-19 crisis.

Although staff are not meeting individuals in person at present, our team is still accepting planning applications made electronically.

Applications can be made via the Planning Portal at <https://www.planningportal.co.uk/>, or by email to development.control@copeland.gov.uk.

The council is also offering free pre-application advice for development proposals. Any enquiry should be sent by email to development.control@copeland.gov.uk in the first instance.

Officers are continuing to make decisions on applications that can be delegated to them under our agreed process. To allow for major applications to be debated and decided by Councilors, virtual meetings of the Planning Panel will soon start to take place. Members of the public will have the ability to request to address the panel remotely, and interested parties will be able to view a live stream.

Weekly lists of applications received and determined are published at <https://www.copeland.gov.uk/view-and-comment-planning-applications>

And for further advice and guidance on the planning process, including householder developments, commercial developments, advertising and signage, please visit www.copeland.gov.uk/planning

The council is also reminding residents and businesses that its Building Control department is continuing to operate.

Inspections of foundation excavations, drainage runs and newly completed houses that require completion certificates for sales purposes are being carried out on Tuesdays and Thursdays. By dealing with applications made electronically, the team is maintaining the same level and quality of service so please send all general correspondence – including plans and queries – to building.control@copeland.gov.uk.

***NEW* Small Business Discretionary Grant Fund**

Copeland Council is set to launch a new discretionary grants fund to support businesses affected by the Covid-19 pandemic.

The scheme is designed to help small businesses who have not been able to access other sources of Government funding, including the Small Business Grant Fund or the Retail, Leisure and Hospitality Grant Fund.

Copeland Council, in line with other district councils in Cumbria, will launch the Small Business Discretionary Grant Fund on June 1, 2020.

Businesses in Copeland can apply for a grant between £2,000 and £10,000. Grants will be awarded based on circumstances including fixed property costs, number of employees and loss of income.

Applications for the fund will open on June 1. Businesses can apply, from June 1, by visiting Copeland Council's website at www.copeland.gov.uk/coronavirus-resources-business downloading and completing the application form. For more information email business.rates@copeland.gov.uk

***NEW* Last light-up for the Beacon Museum**

Thursday 28th May was the last light-up for the Beacon Museum in support of the NHS and key workers, in line with the last clap for carers this evening. Throughout the pandemic the museum has been lit in a rainbow of colours to show Copeland Council's support for those working on the front line. Copeland Council again thanks all those who continue to work tirelessly to support those affected by COVID-19.

For general enquires go to www.copeland.gov.uk, email info@copeland.gov.uk or call **01946 598300**. You can also follow the council on Facebook, Twitter and LinkedIn.

NHS

***NEW* Plea for public to contact their GP if they think they have symptoms of cancer**

The NHS is reminding the public that they need to contact their GP practice early if they think they have symptoms of cancer, even during the coronavirus pandemic. Nationally there has been a reduction in the number of people referred by their GP for urgent tests where they may be experiencing symptoms of cancer during the pandemic. This is reflected in Cumbria. For more information about symptoms to look out for, see here:

<https://www.ncic.nhs.uk/index.php?cID=1559>

Change in case definition for COVID-19

The general clinical case definition for COVID-19 has been updated to include loss of or change in smell or taste. It is now:

- New continuous cough OR fever OR loss of / change in smell or taste

Everyone, including social care workers, should self-isolate if they develop a new continuous cough or fever or loss of/ change in smell or taste. The individual's household should also self-isolate for 14 days as per the current guidelines and the individual should stay at home for 7 days, or longer if they still have symptoms other than cough or loss of sense of smell or taste. To check if you may have any possible symptoms of coronavirus visit the NHS webpage here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

More groups can now get tested

Anyone aged 5 or over who has coronavirus symptoms is now eligible for a coronavirus test. If you have a new continuous cough OR high temperature OR loss / change in your normal sense of smell or taste, self-isolate and book a test. Book online via the link here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/>

National Coronavirus Testing Call Centre now available

The Coronavirus Testing Call Centre can be contacted on **119** (in England and Wales) between the hours of 7am – 11pm.

The service can be accessed by people with hearing or speech difficulties by calling **18001 119** (in England and Wales)

Your NHS is there for you

The NHS may be dealing with the coronavirus pandemic but other health conditions have not gone away. Remember the NHS is still there for you and other conditions so don't be afraid to seek help if needed.

GP surgeries and Hospitals have dedicated COVID free zones so you can see someone safely. Remember if you have chest pains or signs of a stroke you should always call 999 immediately. If you are managing a long term condition, experience new symptoms you are worried about you should seek help and advice by calling 111 or visit the NHS website at

<https://www.nhs.uk/>.

Watch this animation to find out more here

<https://twitter.com/NHSCumbriaCCG/status/1253646473247576064>

The NHS remains open for business for non-COVID-19 related illnesses and accidents

If you need help or advice not related to coronavirus:

- for health information and advice, use the NHS website <https://www.nhs.uk/> or your GP surgery website
- for urgent medical help, use the NHS **111** online service <https://111.nhs.uk/> – only call **111** if you're unable to get help online
- for life-threatening emergencies, call **999** for an ambulance

Read more advice about getting medical help at home:

<https://www.nhs.uk/conditions/coronavirus-covid-19/getting-medical-help-at-home/>



Public Information

Cumbria Police

Police together with partner agencies including Victim Support, Health, NSPCC and Cumbria County Council's Adult and Children's social care, have been hosting live Q&A sessions on Facebook over the last two weeks. The sessions on domestic abuse and safeguarding were so popular, that they will continue to be held. Visit Cumbria Police Facebook page for more information.

<https://www.cumbria.police.uk/News/News-Articles/2020/April/Facebook-live-QA-sessions-help-seven-victims-of-abuse.aspx>

<https://www.facebook.com/pg/cumbriapolice/events/>

Everyone is entitled to live safely without fear of violence or abuse.

If you, or someone you know is suffering from domestic abuse, help is available. Call 101, or report online at:

https://www.cumbria.police.uk/Report-It/Report-a-Crime/Non-Emergency-Crime-Online.aspx?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Coronavirus

Always call 999 in an emergency.

See below the link for support for victims of domestic abuse from the Government during coronavirus: <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

Further information can be found in the below links regarding the safeguarding of adults and children:

Adults: <http://www.cumbriasab.org.uk/AdultSafeguarding/covid-19.asp>

Children: <https://www.cumbriasafeguardingchildren.co.uk/LSCB/covid19.asp>

***NEW* High Sheriff of Cumbria Special Recognition Award**

The High Sheriff of Cumbria is launching a new Special Recognition Award to honour volunteers and individuals going above and beyond in their work, who give outstanding support to others during the Covid-19 pandemic.

Covid-19 is the biggest crisis of our generation and has brought about so many difficult challenges within our Cumbrian communities. High Sheriff of Cumbria, Julie Barton said that, *“each day I hear stories of volunteers and individuals who give so much to selflessly support their fellow Cumbrians at this time. Their acts of kindness, thoughtfulness, compassion and neighbourliness are so often directed at complete strangers. I want to recognise, thank and celebrate their exceptional contributions during the current pandemic.*

The theme for my year in Office as High Sheriff of Cumbria is tackling social isolation and loneliness. I would particularly welcome nominations for those who are exceptional in the ways they help others to feel or be less lonely during the current crisis.”

Anyone can nominate a volunteer or voluntary group or individual they feel deserves their amazing acts of kindness and generosity to be uniquely acknowledged and thanked.

The nomination form is available to download from <https://www.highsheriffofcumbria.co.uk/contact-high-sheriff/> or upon request via the postal address below.

It is quick and straightforward to complete a nomination form. Please return completed nomination forms to hscumbria2020@hotmail.com or via the postal address: High Sheriff of Cumbria, c/o Forge Europa, The Old Railway, Princes St, Ulverston, Cumbria, LA12 7NQ.

Nominations will be considered by a panel. Successful nominees will receive a personal certificate and letter of thanks from the High Sheriff of Cumbria in appreciation for their outstanding contribution.

***NEW* Guidance for reopening village halls which provide pre-school or nursery facilities**

Some village halls which provide pre-school or nursery facilities may be encouraged to reopen for this purpose from 1 June 2020 according to recent government announcements on lifting COVID-19 restrictions. ACRE has been working with village halls advisers across England to understand what this means for these halls and how the committees that run them can prepare to safely reopen.

A quick summary for village hall use is as follows:

- **Step 1:** From 13th May certain outdoor facilities can be used by members of the same household and one other person, e.g. tennis courts and bowling greens. Public play equipment must remain closed and will not be available to Pre-Schools.
- **Step 2:** The Government aim is that nurseries and Pre-Schools open from 1st June 2020, providing the infection rate does not increase.
- **Step 3:** The aim is that public buildings can open from, at the earliest, 4th July but it is unlikely crowded events e.g. theatrical productions, wedding receptions will be permitted until later.

For full guidance, use the link here:

https://acre.org.uk/news/2020-05-21-guidance-for-reopening-village-halls-which-provide-pre-school-or-nursery-facilities?fbclid=IwAR0iBpG6OK72FRSJbfl9kWFMKIVWvS_SzCofpsOYRsA6BNaKSEAAI CgTPJg

Public Health Information

***NEW* You're Not Alone**

Help is available for women and mums in need of support during COVID-19

FREE online courses for parents, grandparents, carers – go to: www.inourplace.co.uk

FREE physical, mental health and wellbeing support service from Together We Talk. Self-referral at <http://talk.togetherwe.co.uk/> or **0808 196177**

FREE wellbeing and mental health support during COVID-19 from Every Mind Matters go to: <https://www.every-life-matters.org.uk/>

For help and support for you and your family contact Family Action via email on allerdale@family-action.org.uk or call **07815 687287**

Women out West – West Cumbria's women centre is still here to support contact them on **01946 550103**

Allerdale Directory of Community Support
www.cumbria.gov.uk/coronavirus/communities.asp

***NEW* The Royal British Legion**

We are still able to provide support and advice for any challenges you may be facing. Financial and employment support is still ongoing, as we understand your circumstances may have changed recently. Your physical and mental wellbeing is incredibly important, and if you have a specific need right now contact us on freephone **0808 802 8080** or email info@britishlegion.org.uk to discuss your situation.

Financial and employment support: <https://www.britishlegion.org.uk/get-support/financial-and-employment-support>

Physical and mental wellbeing: <https://www.britishlegion.org.uk/get-support/physical-and-mental-wellbeing>

***NEW* Public Health England Resources on Better Sleep (Every Mind Matters)**

There is recognition that the current circumstances are impacting on the quality of many people's sleep. PHE resources on how to fall asleep quicker, and stay asleep longer, are now available and can be accessed here: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better>

***NEW* Friends, Families and Travellers - COVID-19 resources for supporting Gypsy, Traveller and Boater communities**

The Friends, Families and Travellers website has a section dedicated to resources aimed at supporting Gypsy, Traveller and Boater communities during COVID-19. See here:

<https://www.gypsy-traveller.org/covid-19/>

***NEW* COVID-19 Information for young people by young people**

The Youth Empowerment Squad has developed a 2 page COVID-19 information resource. A great example of information being produced by young people for young people. Both pages are below:

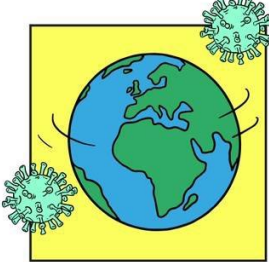


COVID-19 INFORMATION for YOUNG PEOPLE by Young PEOPLE PAGE 1

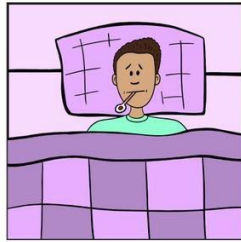
COVID-19 is an infectious disease caused by a newly discovered

CORONAVIRUS.

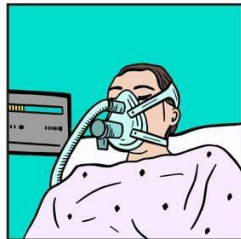
Coronaviruses have been around for a long time, but COVID-19 is a NEW strain that was originally identified in China and has spread RAPIDLY into almost every country around the world.



The World Health Organisation (WHO) have characterised it as a **PANDEMIC**



Most people with COVID-19 will have MILD to MODERATE symptoms including a high TEMPERATURE a SORE throat and a COUGH and will RECOVER without requiring treatment.



Other people can develop a SERIOUS illness and will need more SPECIALISED hospital care.

To try to PREVENT the VIRUS from continuing to SPREAD we have had to make some adjustments to the way we LIVE. Schools, colleges and Universities have temporarily SHUT and students are



People are working from HOME where possible and in some cases people will have LOST their JOBS



It can be really HARD if you have relatives or friends in hospital and you CAN'T visit them as usual, this is for their and your SAFETY. Hospitals are having to put TIGHTER restrictions on visitors at the moment to REDUCE the spread of infection. There are many ways you can stay in Touch with those you care about while in hospital. Please also know the staff will do everything they can to keep you informed about your LOVED ones.



If you are feeling UNWELL and begin to develop COVID-19 symptoms yourself, STAY HOME and use the online 111

CORONAVIRUS. service to find out what to do. The website is:

<https://111.nhs.uk/covid-19>

You can also call 111 if you need ADVICE for a baby or child. If they seem very UNWELL are getting worse or you think there's something Seriously wrong, call 999

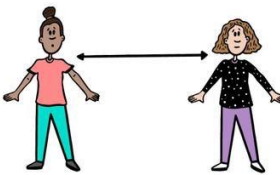
If you have an underlying health condition and need HELP please contact your GP or if an

EMERGENCY go to **A&E**

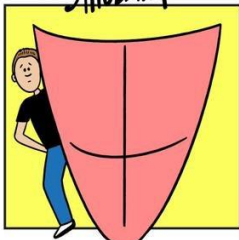


COVID-19 INFORMATION for YOUNG PEOPLE by Young PEOPLE PAGE 2

We are all being asked to PHYSICALLY distance ourselves from others and to avoid any UNNECESSARY contact.



Those who are more VULNERABLE and at RISK of becoming unwell have been advised to SELF-ISOLATE completely, this has been called SHIELDING



We need to make sure that whilst PHYSICALLY distancing ourselves we don't SOCIALLY isolate ourselves from our Friends and LOVED ones



When our regular ROUTINES are disrupted, it is important to MAINTAIN our daily rituals for our wellbeing and MENTAL health.



Eating healthy, participating in a DAILY exercise and maintaining a normal SLEEP schedule are all things we can do to CARE for ourselves during this time.



TALKING to people about how we are FEELING is also very important.



With the CONSTANT flow of information about coronavirus it is normal to feel OVERWHELMED and even anxious about the FUTURE

Make sure to use Trusted sources of information and know that it's okay to take BREAKS from the NEWS as needed.



Very sadly, not everyone will RECOVER from COVID-19. This can be especially HARD if it is your relative, or someone you know.



When you LOSE someone close to you, it's natural to feel SAD DEPRESSED worried

or angry. If you're finding it hard to COPE with any of these new adjustments, you are NOT alone and there is lots of Support you can ACCESS

YOUNGMINDS
<https://youngminds.org.uk/>

childline
ONLINE, ON THE PHONE, ANYTIME
<https://www.childline.org.uk/>

GOV.UK
<https://www.gov.uk/>

byc
<https://www.byc.org.uk/>

kooth
<https://www.kooth.com/>

Information for Local Support Groups

Cumbria CVS

Cumbria CVS continue to provide a range of services to help support the local voluntary and community sector to respond to the crisis, for information on how Cumbria CVS is supporting the community during these times visit their website <https://cumbriacvs.org.uk/> or contact via email or phone: info@cumbriacvs.org.uk or **01768 800350**

***NEW* Community Fund Launches £200m Coronavirus Community Support Fund**

The Community Fund has launched a £200m fund aimed primarily at small to medium organisations in England. The fund is part of the Government's £750m financial support package for charities and social enterprises announced by Government on April 8. This will distribute the Government funding alongside National Lottery funding, to support organisations to continue to deliver services to people and communities affected by COVID-19.

What can be funded?

Activities supporting people and communities affected by COVID-19. The fund can also help organisations overcome any acute financial difficulties they're facing because of the pandemic. The types of projects and organisations being prioritised. A high demand for funding is expected. Priorities will be:

- Organisations supporting people and communities who experience disproportionate challenge and difficulty as a result of the COVID-19 crisis.
- Organisations providing services and support for vulnerable people, for which there will be increased demand as a result of the COVID-19 crisis.
- Organisations which connect communities and support communities to work together to respond to COVID-19.

How much you can apply for and for how long

The fund will award funding between £300 to £10,000 or funding over £10,000 to cover your spending for up to six months after award. This will give you time to consider what the longer-term implications of the pandemic might be.

How to apply for emergency funding in England:

- If you need between £300 and £10,000 – apply for under £10,000
- If you need over £10,000 – apply for over £10,000
- If you're working in partnership with other organisations and need over £10,000 – apply for over £10,000 as a partnership

More information on the fund is available via this link:

<https://www.tnlcommunityfund.org.uk/funding/covid-19/learn-about-applying-for-emergency-funding-in-england>

Cumbria Community Foundation – COVID-19 Response Fund

Following the launch of the Cumbria COVID-19 Response, Cumbria Community Foundation (CCF) they have awarded local community and voluntary organisations a total of over £900,000 to date. There is still time to apply and more grants will be provided in the coming weeks.

For information about the fund: <https://www.cumbriafoundation.org/fund/covid19-response-fund/>

If you need assistance applying for funding: cvsfunding@cumbriacvs.org.uk

Personal Financial Support

COVID-19 Emergency Fund - Keswick Lions and Rotary

A COVID-19 Emergency Fund that has been set up to support families and individuals in the Keswick (CA12) area who are facing financial difficulties.

People who want to apply to the emergency fund can either fill in a simple online form, send an email or a letter with a short explanation of their current circumstances. Each application will be reviewed in confidence by one member of Keswick Lions and one member of Keswick Rotary only.

Online Form:

<https://www.cognitofrms.com/KeswickLionsAndRotaryCovid19EmergencyFund/EmergencyFundApplicationForm>

Email: CA12emergencyfund@gmail.com

Grants of up to £100 will be made available initially. Anyone who applies will also be given information on other sources of support.

Cumbria Victims Charitable Trust

Cumbria Victims Charitable Trust exists to help victims cope and recover from their experience and to prevent them being targeted or becoming repeat victims of crime.

We provide financial help for victims of crime. Applications need to be supported by an independent person with knowledge of the individual and their circumstances.

Grants will be targeted at cases where no other funds are available to the victim

Further details <http://www.cumbriavictimstrust.org.uk> or email grants@cumbriafoundation.org

Phoenix Enterprise Centre

Phoenix Enterprise Centre provides a free and independent advice and guidance service. This service is available to Copeland residents who claim Universal Credit, other working age benefits or who are at risk of redundancy.

We can help with:

Universal Credit Claims, Maintenance of Universal Credit Accounts, CV Preparation, Job Search Application Forms / Covering Letters, Interview Techniques

For more information call the advice and Guidance team on **07388 996202** or email joanne@phoenixenterprise.co.uk

Citizens Advice

Universal Credit and COVID-19 – CHECK BEFORE YOU CLAIM

If you need to seek financial help with living or housing costs during the ‘lockdown’ Universal Credit is the main source of support for new claims.

Take advice before claiming Universal Credit

Universal Credit (UC) was introduced to replace 6 ‘legacy benefits’ including Working Tax Credits and Housing Benefits.

If you claim UC this brings to an end your previous claims for all legacy benefits and even if you are worse off you cannot go back to your old claim.

You may also be slightly better off on UC but the current levels of payment are temporary and may be reduced when the crisis is over.

The people most affected are those with savings and those paying rent. The difference between UC and Working Tax Credits can be a loss of £1,000’s a year and there may be lower payments for many years to come when compared to ‘UC managed migration’ a loss of £10,000’s of income is possible.

Help to Claim is a dedicated service from Citizens Advice. It’s free, independent, confidential and impartial. Our trained advisers can help with things like how to gather evidence for your application or how to prepare for your first Jobcentre appointment.

You can read our online advice on Universal Credit at any time
<https://www.citizensadvice.org.uk/benefits/universal-credit/>

You can contact an adviser through free national Help to Claim phone service:

England: **0800 144 8 444**

England textphone: **18001 0800 144 8 444**

Talk to us online:

Chat lets you talk to a trained adviser online about your Universal Credit application process. Chat is usually available 8am to 6pm, Monday to Friday. It's not available on public holidays.

Citizens Advice Allerdale

Citizens Advice Allerdale is helping clients with coronavirus and non coronavirus related issues including Benefits, Debt, Housing, Employment and Relationship.

For telephone advice, clients should phone **01900 604735**. They will be called back by an adviser as soon as possible.

For email enquiries, clients should email advice@citizensadviceallerdale.org.uk

Our telephone and email services are open Monday to Friday 9.00am to 5.00pm.

Citizens Advice Copeland

Our telephone advice is available Monday, Tuesday and Thursday 10:00 and 13:00 (the same as our previous face to face drop in times) and in addition to this we have set up a new email address advice.copeland@gmail.com for people to contact us on. Our phone lines are open 09:00 and 17:00 and we will answer outside advice times dealing with emergencies, signposting or referring to our next advice session: **01946 693321**

For more information please contact <https://citizensadvicecopeland.org.uk/>

Has COVID-19 made life more difficult?

Have you been furloughed?

Are you self-employed?

Are you worried about returning to work?

Do you know what benefits you are entitled to?

Do you need help claiming benefits?

Are you struggling to pay your bills?

Have you got enough food?

We can help. Our team of advisers can support you through the current crisis. We can help with debt, benefits, employment, housing and relationship issues.

Call **01900 604735**

We will take your details and an advisor will call you back.

Or email advice@citizensadviceallerdale.org.uk briefly outlining your situation and an adviser will reply.



Affinity Credit Union

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. We can offer loans and immediate repayment holidays for those awaiting wage or benefit payments in the current situation. You do not have to be an existing member to apply for a loan. For information please contact: **01946 817508**, email: info@affinitycu.co.uk or visit the website: www.affinitycu.co.uk

Whitehaven Egremont & District Credit Union

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. For more information please contact: **01946 66755**, Email: info@wedcu.co.uk or visit the website <https://wedcu.co.uk>

DWP - Coronavirus support for employees, benefit claimants and businesses

Information about coronavirus and claiming benefits can be found at: <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Food and Shopping

North Lakes Foodbank

Thank you so much for all the kind donations, helping to restock our shelves. We are still short of the items below. It would be great if everyone dropped one item off, our warehouse would fill up in no time. Can you help please with this Appeal? If you can't get to the shops please donate at: www.give.net/20267456

This week's appeal is for:

- **1ltr UHT Fruit Juice**
- **Jam (Not Homemade)**
- **1 ltr UHT Milk**
- **Sponge Pudding**
- **Tinned Rice Pudding**

Collection points can be found at participating supermarkets including: Asda, Booths, Co-op, Morrison's, Sainsbury's, SPAR and Tesco. (Please note - you can deposit food from any supermarket at these collection points, the food does not have to be purchased from that particular store)

More information can be found at: <https://www.thefoodbank.org.uk/>

Useful Links

Government	
Allerdale Borough Council Coronavirus (COVID-19) latest information	https://www.allerdale.gov.uk/en/coronavirus/ or 0303 123 1702
Copeland Borough Council Coronavirus (COVID-19) latest information	https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland or 01946 598300
Cumbria County Council Coronavirus (COVID-19) latest information	https://cumbria.gov.uk/coronavirus/
GOV.UK Guidance for managing a funeral	https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic
GOV.UK Find coronavirus support	https://www.gov.uk/find-coronavirus-support
GOV.UK Tackle loneliness during coronavirus	https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown
GOV.UK Get help with funeral costs	https://www.gov.uk/funeral-payments
GOV.UK Help and support if someone dies	https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies
GOV.UK Support for Businesses	https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses
NHS & GoodSAM Register to become a NHS Volunteer	https://www.goodsamapp.org/NHS
Public Information	
Action Fraud Report a scam	https://www.actionfraud.police.uk/
AgeUK Bereavement Support	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/
Autism Support Allerdale and Copeland	www.asaac.uk
AWAZ Cumbria Free community online sessions	https://awazcumbria.org/

CADAS Helpline launched to provide callers with information, advice and guidance	0800 2 54 56 58 – from 11am to 8pm from Monday to Saturday, and arranging longer call-backs for callers if necessary.
Child Bereavement Network Bereavement Support	http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx
Copeland Age and Advice Service	https://caasteam.com/covid-19-support-information/
Cruse Bereavement support	https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief
COVID-19 Scams Report possible scams via Citizens Advice	https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/ or 0808 223 1133
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust Involvement Communications to Service Users and Carers	https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/
Family Action Family Line	www.family-action.org.uk/familyline
GOV.UK FAQs on what you can and can't do at home	https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do
NHS Bereavement Support	https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/
North Cumbria Integrated Care NUS Foundation Trust- E-School Nurse Weekly video clinics providing health & wellbeing advice for parents / carers of children aged 5-19	https://www.cumbria.gov.uk/ph5to19/priorities.asp
North Cumbria Integrated Care NHS Foundation Trust Send a message to a relative in hospital	Free phone: 0800 633 5547 or 01228 814008 or email PALS@ncic.nhs.uk
North Cumbria Integrated Care NHS Foundation Trust Visitor Information	https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors
People First Chat + Check Service	www.wearepeoplefirst.co.uk keepconnected@wearepeoplefirst.co.uk 0300 303 2789

Ramadan and COVID-19 Guidance on managing fasting during lockdown	https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/
RNIB Digital download service	https://www.rnib.org.uk/talking-books-service
Together We	http://www.togetherwe.co.uk/
Public Health Information	
Active Cumbria Activities to maintain positive wellbeing	www.activecumbria.org/stayinworkout
Alzheimer's Society Regularly updated information	www.alzheimers.org.uk
Bereavement Helpline The NHS Bereavement Helpline is here to offer support and advice	Call 0800 2600 400 or visit: https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/
Bright Sky App Domestic abuse online journal	https://apps.apple.com/gb/app/bright-sky/id1105880511
CADAS Countywide Addiction Helpline	General Enquiries: 0300 111 4002 info@cadass.co.uk Addiction Helpline: 0800 2 54 56 58 contact@cadass.co.uk
Cancer Research Coronavirus and Cancer	https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer
Cockermouth Linking Lives - Two's Company Telephone befriender programme	Contact Sue Gorman at cockermouth@linkinglives.uk or 07957 515140
Cumbria County Council Public Health 5-19	https://cumbria.gov.uk/ph5to19/default.asp
Cumbria County Council Infection prevention advice for volunteers	https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E
Every Life Matters Download their Mental Health and Wellbeing Guide	https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf
Equally Well UK Publication around looking after your health during COVID-19	https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf
GOV.UK Get coronavirus support as a clinically extremely vulnerable person	www.gov.uk/coronavirus-extremely-vulnerable
GOV.UK Support for domestic abuse victims	https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims

<p>Kooth A online service to support the wellbeing and resilience of young people</p>	<p>www.kooth.com</p>
<p>Lancashire and South Cumbria NHS Foundation Trust Mental Health Helpline</p>	<p>www.lscft.nhs.uk/news/814</p>
<p>Mental Health Foundation Looking after your mental health during the coronavirus outbreak</p>	<p>https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</p>
<p>Mind Coronavirus and your wellbeing</p>	<p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p>
<p>NHS Every Mind Matters- 10 tips to help if you are worried about coronavirus</p>	<p>https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</p>
<p>North Cumbria Integrated Care NHS Foundation Trust Maternity guidance surrounding COVID-19 FAQ</p>	<p>https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf</p>
<p>North East & North Cumbria Suicide Prevention Network Website containing help and advice about suicide and mental wellbeing</p>	<p>http://www.stopsuicidenenc.org/</p>
<p>Northern Cancer Alliance Information and advice</p>	<p>https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/</p>
<p>Royal College of Paediatrics and Child Health Easy-to-use guide for parents and carers on the symptoms to look out for in children</p>	<p>https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf</p>
<p>Samaritans If you're worried about your mental health during the coronavirus outbreak</p>	<p>https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/</p>
<p>United for Global Mental Health Weekly Webinar</p>	<p>https://www.unitedgmh.org/news/webinarseriescovid19</p>

Victim Support Cumbria Emotional and practical help	https://www.victimsupport.org.uk
World Health Organisation Mental health and psychosocial considerations during COVID-19 outbreak	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
Young Cumbria Support to 11-19 years old who are experiencing increased stress and anxiety, are affected by depression, isolation and boredom.	www.facebook.com/youngcumbria or email foundations@youngcumbria.org.uk
YouTube-Mindset by Dave Mental Health Family Hour Episodes	https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg
Zero Suicide Alliance Weekly Webinar	http://www.zerosuicidealliance.com/training/
Information for Local Support Groups	
ABI Volunteers and Car Insurance ABI	https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/
Action with Communities in Cumbria Village Halls - Retail Hospitality and Leisure (RHL) Grant	https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf
Arts Council England COVID-19 Funding Support	https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support
CFM Cash for Kids Appeal submit application	https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/
Charities Aid Foundation Funding	https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund
COVID-19 Mutual Support Resources for groups of volunteers	https://covidmutualaid.org/resources/
Cumbria Action If you are looking to set up a more formal, coordinated and permanent group to support your community	http://www.cumbriaaction.org.uk
Cumbria Community Foundation Funding	https://www.cumbriafoundation.org/fund/covid19-response-fund/

Cumbria Community Resilience Group Advice for volunteers	https://drive.google.com/file/d/11DWO5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view
Cumbria County Council Infection prevention advice for volunteers	https://drive.google.com/open?id=17CJxmTgCNdyXOdrctioqDwMOXS6xCbe5E
Cumbria County Council & Cumbria CVS Helping in the community guidance	https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y
Cumbria CVS Information and support for volunteers	https://cumbriacvs.org.uk/coronavirus/
Digital Cumbria Free support for Cumbrian SMEs	https://digitalcumbria.c4dta.co.uk
Eden Project Communities Telephone Tree Template	https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf
GOV.UK Safeguarding and DBS checks for volunteers	https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs
Grants Online Find grants online	https://www.grantsonline.org.uk/coronavirus.html
Information Commissioners Office Information for new groups	https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/
Mind Coronavirus Mental Health Response Fund	https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/
Neighbourhood Watch Free Public Liability Insurance for Groups	http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning
Persimmons Community Champions	www.persimmonhomes.com/community-champions
Prince's Countryside Fund Funding	https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme
Sport England Funding	https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus
Personal Financial Support	
Citizens Advice Help to claim	https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/
Department for Work and Pensions (DWP) FAQs	https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/

Money Advice Service Free and impartial money advice	https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you
TURN2US Access to financial help including welfare benefits, charitable grants and other financial help	https://www.turn2us.org.uk/
UK Finance Making payments safely in lockdown	https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown
Food and Shopping	
Aldi Food parcels	https://www.aldi.co.uk/food-parcels
Asda Volunteer Shopping Card	https://cards.asda.com/the-volunteer-shopping-card
Morrisons Doorstep Service	Call 0345 611 6111 and select option 5 to place your order
Sainsburys Latest information	https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--
Which? Advice on how to pay volunteers	https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/
Education	
Cumbria County Council Free Online Courses for Families of Cumbria with access code: WORDSWORTH	www.inourplace.co.uk
Department for Education List of online educational resources	https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#special-educational-needs-and-disabilities-send
Inspira Careers service for young people	https://www.inspira.org.uk/finished-school-college
Recovery College Online Coping during the Pandemic Course	https://www.recoverycollegeonline.co.uk/
World Health Organisation Healthy Parenting Resources	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

Cumbria Community Learning and Skills Community Learning & Skills have gone online with over 150 courses to choose from and can be accessed via Zoom	www.cumbria.gov.uk/learningandskills
Transport	
Cumbria County Council Bus Updates	http://www.cumbria.gov.uk/buses
Northern Key Worker Timetables	https://www.northernrailway.co.uk/key-worker-timetables



HM Government



Coronavirus

Isolate your household

Stay at home

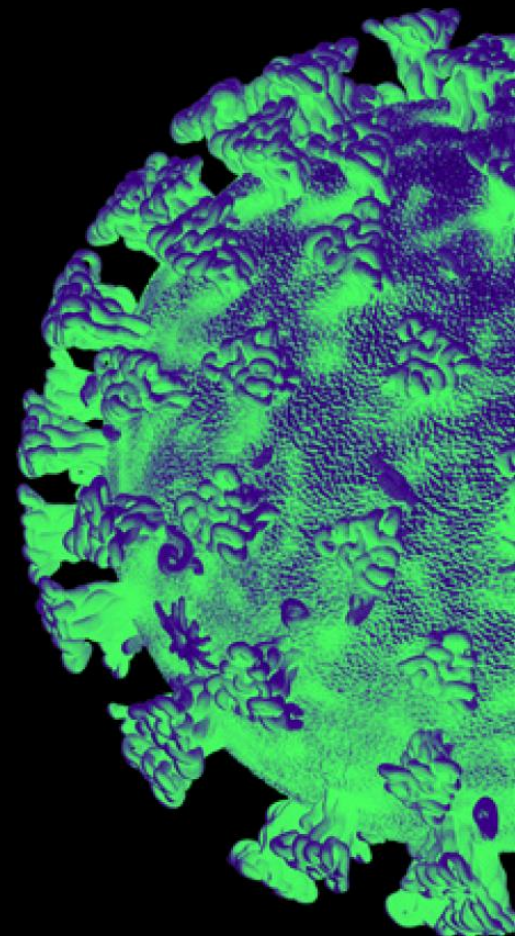
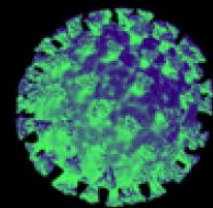
If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ 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**





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)**

Staying Safe



We want to make sure that people are safe in their communities.

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

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Cumbria Safeguarding
Children Partnership



C S C P

If you **SEE** something...
SAY something!

Are you concerned about a child or family?

If you **see** or hear something that worries you...
say something!

Safeguarding is everyone's responsibility.

To report a child safeguarding concern call:

The Multi Agency Safeguarding Hub

on **0333 240 1727**

NSPCC on **0808 800 5000**

In an emergency call **999**

Help us keep our children safe in Cumbria