STAY CONNECTED...

How can we look after ourselves & others ?

18th March 2020

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

Think of others, consider your actions & be kind

Connect and reach out to your neighbours

Make the most of local online groups

Support vulnerable or isolated people

Share accurate information and advice

eden project COMMUNITIES

COMMUNITY FUND

NEIGHBOURHOOD WATCH

Campaign to EndLoneliness
CONNECTIONS IN OLDER AGE

Nextdoor

WHAT DOES THIS NEWSLETTER INCLUDE?

We want to to find out what people are already doing to help others in their communities so that we can share good ideas and resources. We are keen to help wherever we can to support you to do your good work.

This newsletter also aims to bring together useful sources of information that we have come across about how we can support people (most importantly ourselves) through staying connected...

Where possible, we have included source information and provided web links. All information included in this newsletter is up to date at this time. However, guidance is changing by the day so we will post updates regularly via our Facebook page: SCDA Well Being.

For current government advice:
Please visit **www.gov.uk** and search *'Coronavirus (COVID-19): UK government response'*

NHS

Urgent health problem?

Visit **111.nhs.uk**

111

SCDA UPDATE

Due to the change in government guidelines , SCDA will be changing the way it delivers some of its services. We will be withdrawing from all face-to-face meetings until at least the end of April. We will still be responding to calls and e-mails where possible. We will also be continuing with Foodbank & nursery provisions unless guidelines or circumstances change.

We anticipate that the Foodbank will be in increased demand over the coming weeks. Please keep checking our facebook page to find out more about what you might be able to do to help as the situation evolves.

Our team is committed to providing support where we can to communities in Newhaven and Peacehaven who are already, or who would be, interested in helping their neighbours. We would also love to hear from people in other areas across the Lewes District so we can connect and share good ideas.

Please get in touch to tell us more:

Phone: 01273 519149
E-mail: hannah.sherman@sussexcommunity.org.uk
Facebook: Scda Well Being

We are looking at creative ways that we can engage with people and continue to provide support without putting anyone at risk. Conversations with you around what you are doing well help us to focus our efforts to support the most vulnerable.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

♡ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Source: https://www.blessingmanifesting.com/

Infectious disease outbreaks, like the current Coronavirus (Covid 19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Do your family members or loved ones have contact details for your neighbours or care givers?

"If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other."

Visit to find out more:

www.mind.org.uk

How can you widen your social network? Or help other vulnerable people to widen theirs? E.g. helping a vulnerable relative or friend to set up and whats app group...

KEEP CALM DON'T! AND CARRY ON

1. **Listen to the experts** Leading health authorities tell us that our actions now can reduce the burden on the healthcare systems and help save lives. We all need to respond.
2. **Keep calm (but don't carry on)** In light of the latest expert advice, our recommendation is to avoid non-essential face-to-face gatherings for the time being to help slow the spread of the virus.
3. **Make wise & kind choices** We can all help to reduce the impact of this virus by looking after our own health, washing our hands, self-isolating if needed and being kind and considerate to others.

https://www.actionforhappiness.org/news/covid-19-how-to-respond

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The Community Action Response are promoting for communities to come together, as safely as possible, to maintain community strength, and support the people around us. You can download their free poster, and pop it up around your community, or share their social media graphics, to let others know that their actions matter.

Find out more at:

https://www.edenprojectcommunities.com/

Covid-19 Mutual Aid UK

Covid Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK. They focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.

They recognise that injustice doesn't affect everyone equally and whilst we're all at risk of Covid-19, there are some people who are more vulnerable and need greater support from the community.
Visit their website to for more information, resources and to find your local group.

https://covidmutualaid.org/

"Because fear has spread so quickly, its really important to try to spread kindness"

Becky Wass created this print-at-home template which is being shared on social media, with those in need able to request shopping, urgent supplies or "a friendly phone call".

Find the template by copy & pasting this link into your search bar:
drive.google.com/open?id=1L_8GoI1zQ572fBZtElFfQZI9vNEwK7Rf

HELLO! If you are self-isolating, I can help.

My name is
....

I live locally at
....

My phone number is
....

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping   ☐ Posting mail

☐ A friendly phone call   ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness