

Newsletter for the South Lakeland Area Issue 5

This is the fifth edition of a regular newsletter aiming to give information, advice and guidance of useful contacts during these challenging times.

The most up to date information is available on the Cumbria County Council website: cumbria.gov.uk/coronavirus/landingpage.asp.

Emergency Support Helpline

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 or **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.



SUPPORT EACH OTHER
#TogetherWeCan

The Emergency Support Helpline is continuing to provide support for people at high risk of becoming seriously ill as a result of COVID-19, and who do not have support available from friends, family or neighbours.

Some of these people will already be receiving support from local voluntary groups with tasks like shopping or collection of medicines if they require it. However, we know that a small number of people will not have this support. If they have no alternative, they can call the Freephone number to request help with getting food, medicines, essential supplies, home deliveries and more.

CORONAVIRUS (COVID-19) UPDATE

**SOUTH
LAKELAND**

How to contact the Emergency Support Helpline:

- **Phone** - The emergency telephone support helpline is **0800 783 1966** Monday to Friday 9am to 5pm and 10am to 2pm at weekends.
- **Online** - [COVID-19 online support form](#)
- **Email** your request for help to COVID19support@cumbria.gov.uk

Please note that the helpline will open from 10am to 2pm on the Bank Holiday Friday, 8 May 2020.

Further details about this support service can be found online at cumbria.gov.uk.

The service also accepts referrals from members of the public who may be concerned about people in their community.

Local news

Grange-over-Sands Community Foodstore

OPENING

**Saturday 2nd May
2-4pm**

In an effort to reach out to the many local people who are struggling financially because they have lost their jobs, waiting for UC, food vouchers, bank loans, furlough pay etc, we have created a Community Foodstore in the old Nat West Bank in Grange over Sands.

We will be distributing food parcels of surplus food from Fareshare to local people who are struggling to feed themselves or their families during the Corona virus pandemic. Like the Community Lunch and Tuesday



Grange Foodclub in action!

CooknEat sessions (which we can't do at the moment) everything is Pay What You Can. If you would like to donate to the Foodstore, you can either drop off food, cash, smiles on Saturdays 2-4pm or call us on 33022 and we'll come and collect. We will use cash donations to complete the food parcels with things like nappies, looroll, pet food etc that we rarely receive from Fareshare.

Open every Saturday 2-4pm in the old Nat West Bank at the top of Main Street. Look for the beautiful rainbow window!



The people of Coniston, both children and adults, have been busy decorating stones and hiding them around the village for others to find. Residents can find a huge variety of colourful stones depicting everything from butterflies and positive messages to Yoda's advice to wash your hands. Rachel Hadwin from the Coniston Child Care sponsored a competition for children to decorate a stone with the theme "insects" Jake, Evie, Ava and Isaac all won prizes for their beautiful bees, butterflies, beetles and ladybirds.



Staff from The Yewdale Inn in Coniston have volunteered to open on Friday and Saturdays evenings for takeaways. The profits from these sales have been used by their chefs to make 100 meals per week for vulnerable people in Coniston. These meals have included Fish Pie, and Cumberland sausage with mash and peas. The meals have been distributed by the Coniston Carers and by Coniston

Coronavirus support to the elderly and local families who need them

KIRKBY LONSDALE CORONAVIRUS MUTUAL AID GROUP

Getting By With a Little Help from your Friends

Steve Nurdin, April 2020

Having lived with suspected COVID-19 for two weeks now, and being part of our rural community, there are valuable things I have learned and hopefully can pass on through this short account. It may help others cope a little better in the unfortunate event that they contract the virus. It's a positive story as well, because I managed to stay out of hospital and am now on the road to recovery, despite having what would be classed as moderate to serious symptoms.



Before my illness, it is fair to say I was a little blasé about the likelihood of me catching the virus and the seriousness of it if I did. I was fit and healthy, played squash regularly, never smoked and considered myself strong enough to fight off any infection in a few days. How wrong was I?

I GOT CHILLS... – DAYS 1-4

It began for me with a loss of appetite and I started to feel cold.

THE FEVER!! DAYS 4-11

During the day I was cold with a raging fever at night. The thing you are not prepared for is the complete shut-down of your body. It is in full fight mode and needs every bit of energy but I had none and was unable to do even the simplest of tasks.

COUGH, COUGH, COUGH, COUGH AND COUGH AGAIN!! DAYS 9-13

Then the persistent cough started and by day 12, my breathing was becoming compromised. Paracetamol and Ventolin no longer made any difference and I was prescribed Codeine to be collected from the pharmacy in Kendal. If that didn't work, I would be hospitalised.

It was Friday evening and I was not to be left on my own. Michelle decided to reach out to the Kirkby Lonsdale Coronavirus Support Group via Facebook to see if

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anyone could help. Within minutes we had responses and various messages of support. One of the lovely volunteers confirmed she would drive to Kendal, collect the prescription and drop it off to us here. By 11pm that night, I was taking the first of the Codeine and things started to improve.

The single most important thing has been the support and compassion from family, friends, neighbours, local community, the NHS & key workers and the social media network. Without all this coming together, it might have been a different outcome. A special thank you must go to my wife, Michelle and to Kirkby Lonsdale Coronavirus Mutual Aid Group who were there for me at the critical moments. Remember you are never alone – always reach out to someone. Social media is important and don't underestimate the kindness of others. Now that I (hopefully) have immunity I will be happy to help others in need.

Thank you on behalf of myself and my wife. The community in and around Kirkby Lonsdale has been invaluable.

Brewery Arts Centre at home

During the temporary closure, we are continuing our community support for children and adults by developing online courses for all.

Our team is working on ways to keep our communities inspired and connected, so do keep an eye on our website and social media channels for more on-line content over the coming weeks. For details visit:

<https://www.breweryarts.co.uk/whats-on/creative-learning/>

Cumbria County Council Updates

You can subscribe to email alerts for your area. The link for South Lakeland is https://public.govdelivery.com/accounts/UKCCC/subscriber/new?topic_id=UKCCC_119

Use the link [Cumbria County Council Service Updates](#) for updates including Highways, Fire, Cumbria Care, Household Waste and Recycling Centres, Registration Services, Libraries and Archives and public buildings.

Please note that Cumbria County Council has now temporarily closed all of its buildings to the public and will no longer provide non-essential 'face to face' services.

Alternative contact can be made online by visiting www.cumbria.gov.uk or by phone, call 01228 606060.

New online adult learning programme launches

Cumbria County Council's Community Learning and Skills service has launched a new programme of online courses. With more than 150 adult learning courses available online there's bound to be a course that will spark your creativity!

More information about the service is available online at cumbria.gov.uk/learningandskills where you can browse and choose the courses you're interested in.

GOV.UK

If you're struggling because of Covid-19, you can find information about feeling unsafe; going in to work; paying bills or being unemployed; getting food; having somewhere to live; mental health and wellbeing at <https://www.gov.uk/find-coronavirus-support>

South Lakeland District Council

For up-to-date information on South Lakeland District Council services, go to www.southlakeland.gov.uk, follow SLDC on Facebook or on Twitter @SouthLakelandDC.

Green Bins

A **green bin waste** collection is being partially re-introduced by South Lakeland District Council (SLDC) after it was suspended at the end of March.

From next week (**week commencing 4 May**) the council is introducing a monthly collection of green bin waste across the district, aiming to make **one collection per household** each month until further notice.

SLDC suspended green waste collections in response to reduced staffing levels due to the Coronavirus outbreak and restrictions to ensure crews could work safely and comply with social distancing guidelines. The council now believes it has sufficient staff numbers and available vehicles to look at re-introducing a green bin collection on a monthly basis, while still allowing crews to work safely.

From next week residents are being asked to follow these steps:

- Starting week commencing 4 May, check your collection calendar and leave your green bin out on your next scheduled collection day
- Collection crews will begin emptying green bins on the round on the scheduled collection day

If your bin has not been emptied by the end of the scheduled collection day please take your bin back in and present it again on the **next scheduled green bin collection day** according to your calendar, when the crews will return to continue the rest of the round

For more details and background see:

<https://www.southlakeland.gov.uk/news/green-bin-collection-to-be-partially-re-introduced/>

- The front counter reception at SLDC offices at South Lakeland House in Kendal and Kendal Town Hall remain closed to face-to-face enquiries. Essential services are continuing, including waste collections, environmental protection and benefits payments. Services will also be accessible to the homeless and anyone who requires urgent assistance can still call a member of the homelessness team on 01539 733 333. SLDC's customer services team is still working and can be contacted by the same phone number or by emailing customer.services@southlakeland.gov.uk. Any documents that need to be handed in can be left in a sealed envelope in the post box at SLDC's Kendal offices. The post box is next to the main office entrance in Angel Yard.
- The public jetty, public slipway and public toilets at Ferry Nab, Bowness are closed. All council-managed play areas are closed, although parks will remain open for fresh air and exercise in line with government advice.
- Car parks operated by SLDC have been made free of charge to ensure key workers and volunteers involved in the Coronavirus response can access parking and to minimise the risk of virus transmission.
- All bulky waste collection services provided by Right2Work are currently suspended.
- Businesses impacted by the Coronavirus outbreak can now apply to South Lakeland District Council (SLDC) to access government support grants - the cash grant for retail, hospitality and leisure businesses (a one-off cash grant of £25,000 to eligible businesses with rateable values greater than £15,000 and less than £51,000), and small business grant funding (a one-off £10,000 grant to support small businesses that already pay little or no business rates because of small business rate relief (SBRR), rural rate relief (RRR) and tapered relief).

Those eligible should receive the payment within 10 working days from receipt of a valid application.

To date the council has received 4,600 applications and has processed payments worth nearly £50 million.

The application form can be accessed here:

www.southlakeland.gov.uk/Covid-19BusinessGrants

Childcare Provision for key workers

Childcare and Learning Hubs have been set up during the period of lock down to ensure key workers and vulnerable children can access childcare and learning. These are operating as a community of schools, staffed by teachers, volunteers and other school staff from across the county.

The children of key workers are eligible to attend if childcare cannot be provided by other means.

Details can be found at <https://cumbria.gov.uk/coronavirus/serviceupdates.asp>

Free School Meals

The Department for Education has developed a national scheme to provide supermarket vouchers. The scheme awards each eligible child £15 per week, and operates during term time only. More information can be found at <https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools>

Safeguarding

Children and Young People

Families may experience added stress 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** cumbriasafeguardingchildren.co.uk or **NSPCC 0800 800 5000**.

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

Adult Safeguarding

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.

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If you are concerned that an adult is at risk of abuse or neglect please call **0300 303 2704**; Out of Hours **01228 526690** In an emergency, call 999

Cumbria Adult Safeguarding Board (CSAB) and reporting concerns

CSAB have a number of resources which you may find useful to share, print or display, including how to report safeguarding concerns

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

Springfield Domestic Abuse Support in South Lakeland

Community support 01539 726171 Refuge 01539 720313

cs@springfieldsupport.org refuge@springfieldsupport.org

We do not judge you for the choices you have made, nor do we discriminate against anyone. Our values are about making a difference for each woman at the refuge and for everyone who needs our services.

Staff at Springfield are trained in all aspects of the support needed, including understanding mental health, drug and alcohol issues, the dynamics and effects of domestic abuse, suicide prevention, the benefits system, assessing and managing risk, and support planning.

“Springfield strives to meet the needs of women today who live with the terrible impact of domestic abuse. Through our refuge and growing community work lives are being changed. With your support, building on over 100 years of supporting women, we won’t rest until all domestic abuse is history.”



Domestic Abuse / Safeguarding Children webinars with Cumbria Police now available via Facebook

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

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The Coronavirus pandemic is a worrying time for everyone, but for those living with **domestic abuse** it can be a terrifying and potentially dangerous time.

Safety planning when self-isolating

ALWAYS keep your mobile phone charged and with you.

HAVE a code word with friends or families so that they know when to call the police.

HAVE a code word with children to let them know to leave the house.

USE your intuition with your abuser's mood, and if a situation is escalating try to leave.

THINK about the quickest way out of the house.

KEEP bank card, keys, etc in a safe place.

PACK an overnight bag (with ID and cash if possible) and hide it somewhere safe (eg with a neighbour).

IF the situation is likely to escalate stay out of the kitchen, garage, any room where there are possible weapons.

ALWAYS stay away from the top of the stairs.

IF you can't get out of the house go to a safe room that you can lock to give you enough time to call 999.

ALWAYS CALL 999 IF YOU ARE IN IMMEDIATE DANGER
Victim Support 0300 3030 157 Out of hours 08 08 16 89 111

Live chat: Mon-Fri, 9am-6pm

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat

Email: cumbria.admin@victimsupport.org.uk

Trading Standards Advice on Scams

Cumbria Trading Standards are urging people to remain vigilant and share the message with their elderly and vulnerable family, friends and neighbours.

The National Trading Standards Friends Against Scams Team have updated their online training to include coronavirus related scams which you can complete here www.friendsagainstscams.org.uk

Read it. Share it. Prevent it and Stay Scam Aware

If someone has been targeted by a scam it can be reported to Action Fraud online at www.actionfraud.police.uk/ or by calling **0300 123 2040**. For advice and information on how to check if something might be a scam, call **Citizens Advice** on **0808 223 1133** or visit: www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/

Common COVID-19 Scams

Important
advice on how
to avoid falling
victim to
scams

IMPORTANT ADVICE - Keep Your Information Safe

Your bank will never ask you for your PIN number or passwords, and, never ask you to move money from your account into another so-called "safe" account.

Don't click on the links or attachments in suspicious emails or texts.

Never respond to unsolicited messages and calls that ask for your personal or financial details.

You can check a charity's name and registration number at [gov.uk/checkcharity](https://www.gov.uk/checkcharity)



Beware:

- Fake Free School Meals
- Fake Health Authority Messages
- Fake Charity Donations
- Fake News/Press Reporting
- Fake Payment Update Texts
- Fake Good Samaritans
- Fake Officials
- Fake Suppliers
- Mandate/Change of Account
- Fake Investments
- Fake Medical Treatment/Testing
- Illegal Lending and Loan Sharks

Report It

Action Fraud (The Fraud reporting centre) and the Police can only know of new scams if you tell them about it. Use Action Fraud's reporting site www.actionfraud.police.uk

Spread The Word

Make sure your friends and family are aware of where to find out about COVID-19 scams. Tell vulnerable members of your family about the scams. Ask them if they have had any contact from potential fraudsters using the scams detailed below. Use Social Media to spread the word about the scams identified by Action Fraud.

Action Fraud website
www.actionfraud.police.uk

Follow Action Fraud on Twitter and Facebook
[@actionfrauduk](https://twitter.com/actionfrauduk)
<https://www.facebook.com/actionfraud/>

Citizens Advice Consumer Helpline
0808 223 1133
www.adviceguide.org.uk

Follow us on twitter and facebook for up to date information on scams



www.facebook.com/cumbriats/



[@cumbriats](https://twitter.com/cumbriats)

Transport

Changes to Bus Services across Cumbria

Stagecoach have made changes to their bus services across Cumbria during the current health emergency.

A summary of the Monday to Friday changes in each District can be found from links at the top of the County Council's website page for bus services:

www.cumbria.gov.uk/buses.

For impartial and comprehensive information about public transport please contact Traveline on 0871 200 22 33.

Funding and Financial Support

Cumbria Victims Charitable Trust

WE HELP VICTIMS

- who are in need, distress, hardship or sickness as a result of crime
- who are vulnerable
- who need help to cope or recover, or to avoid re-victimisation, or to replace essential items; and who have limited resources and there is no other funding available to them

PRIORITIES

- To promote the safety of the victim
- To relieve urgent need or distress
- To provide essential basic requirements, relating to washing, cooking, sleeping and clothing.

Applications are usually received from police, housing and domestic abuse specialist charities. Sponsors work closely with victims and can verify the need. The role of the sponsor is to ensure the application contains all relevant information and meets the CVCT guidelines, and to help the applicant to prioritise need.

We don't give cash to victims, but vouchers for goods. Often these are paid directly to the store.

For details visit <http://www.cumbriavictimstrust.org.uk/>

Criteria for being considered for a grant are at:

<http://www.cumbriavictimstrust.org.uk/Criteria-Cumbria-Victims-Charitable-Trust-Charity.html>

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Personal financial advice

The link below covers the range of arrangements people can make so they can stay in control of their own finances safely without giving cash or card details to volunteers: <https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown>

Business Rates Bills for 2020/2021, Government Funding and Support

Details at www.southlakeland.gov.uk

Business Grant Funding

The application form can be accessed here: www.southlakeland.gov.uk/Covid-19BusinessGrants

Credit Union

Please email customerservice@edensouthlakeland.com or telephone **01768 890065** with any questions.

Citizens Advice

Information and advice are still available by phone.

For new enquiries or for telephone advice please ring **03444 111 444**.

For debt and on-going enquiries, telephone **015394 46464**.

Cumbria Community Foundation COVID-19 Response Fund

Groups wanting to enquire about funding to help charitable groups support vulnerable people affected by Coronavirus (COVID-19). Should follow the link below: <https://www.cumbriafoundation.org/fund/covid19-response-fund/> or contact the grants team via email grants@cumbriafoundation.org

Support for Employees, Benefit Claimants and Businesses

Universal Credit helpline

Telephone: 0800 328 5644 Textphone: 0800 328 1344

NGT text relay – if you cannot hear or speak on the phone: 18001 then 0800 328 5644

Welsh language: 0800 328 1744

Monday to Friday, 8am to 6pm

Find out about call charges

If your query is about claiming ‘new style’ benefits with Universal Credit

You could get ‘**new style**’ **Employment and Support Allowance (ESA)** or ‘**new style**’ **Jobseeker’s Allowance (JSA)** at the same time or instead of Universal Credit.

Public Health, Mental Health and Wellbeing

South Lakeland District Council is backing Public Health England’s ‘**Every Mind Matters**’ campaign to encourage people to look after themselves to prevent mental and physical health issues becoming more serious during lockdown.

The campaign includes lots of helpful tips and advice, focussed on looking after people’s mental wellbeing during the Coronavirus outbreak.

The council has funded 16,000 self-help guides on Wellbeing and Mental Health during Covid-19, produced by the charity Every Life Matters. The guide contains lots of useful advice on how to look after your mental health during lockdown.

These have been distributed in partnership with Cumbria County Council to GP surgeries, food banks and voluntary and community groups in South Lakeland.

Find more information about the Every Mind Matters campaign, including advice and information about creating a Covid-19 Mind Plan at:
<https://www.nhs.uk/oneyou/every-mind-matters/>

You can find a copy of the ‘Wellbeing and Mental Health during Covid-19’ guide to download at: **<https://www.every-life-matters.org.uk/covid-19/>**

As well as looking after mental wellbeing, the council is also encouraging residents to ensure they get, or stay, active during the lockdown

Active Cumbria Staying Active at home

- Connect your mind and body through [Yoga with Adriene](#)
- Keep the kids entertained with [Jumpstart Jonny](#)
- Or for a more gentle affair [‘Try 10’](#)

Find more information about staying active during the lockdown at:
<https://www.activecumbria.org/behealthybeactive/stay-work-out/>

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The Big White Wall

Free mental health support online for over 16s,
anonymous and 24/7. <https://www.bigwhitewall.com/>

Mental health support online,
anonymous and 24/7.

You're
Not
Alone

Register
today for
FREE

Visit [bigwhitewall.com](https://www.bigwhitewall.com) to join our
online mental health community.

16+

BIG WHITE WALL®
Get Support Take Control Feel Better



Having constant access to Big White Wall
gave me a place to escape to



Big White Wall offers:

Community

Share thoughts, get creative & receive
support. The community is safe,
anonymous & monitored 24/7 by
trained professionals

Courses

Work through a selection of
courses relevant to you, with
professional support on hand.

Resources

Complete tests, access tools
& content and receive helpful
techniques to help manage your
mental health.

Register at: [bigwhitewall.com](https://www.bigwhitewall.com)



BIG WHITE WALL®

For more details, please refer to our T&C's during registration.

BIG WHITE WALL®

What is BWW?

Big White Wall is an award-winning digital mental health service available at bigwhitewall.com. It offers 24/7 support, with trained clinicians online at all times, as well as a range of helpful tools and resources.

Big White Wall is widely commissioned in the NHS, as well as by local authorities, employers, universities, and the Armed Forces. The service also offers anonymous peer and community support, moderated and facilitated by trained clinicians.

What are Courses?

Big White Wall's online programmes are evidence-based courses. These courses are designed to help people manage a variety of mental health difficulties and improve their health and wellbeing at a pace which suits them.

There are also courses available which support members with their self-development, such as assertiveness training and managing procrastination.

How do people use Courses?

Courses are available to all members of Big White Wall at bigwhitewall.com. Members can join a course any time and can take as many as they like (although it's recommended to do one at a time). Within each course, there are a variety of tools available which help members get the most out of each course.

- **Course Talk-about** – A community space within each course where group members can support one another, exchange hints and tips and discuss topics relevant to the course
- **Printable worksheets** – A selection of templates members can use to self-monitor and complete homework tasks
- **Goal-Setter** – A tool members can use to create, save and review goals
- **Journal** – A private space which allows time for reflection

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Free on-line mental health webinars can be accessed via YouTube by typing in 'Mental Health Family Hour' 10am every Tuesday

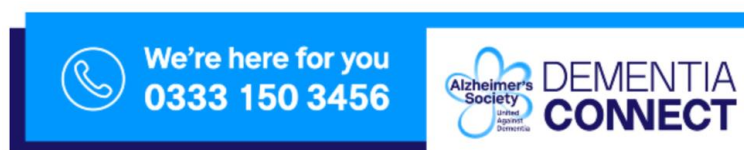
Episode 1: anxiety <https://www.youtube.com/watch?v=wZKO4sb9BAk>

Episode 2: communication <https://www.youtube.com/watch?v=iVQRvSxn6gM>

Episode 3: social media and self-image www.twitch.tv/mindsetbydave



Alzheimer's Society continues to provide support and information for everyone affected by dementia across Cumbria
<http://www.alzheimers.org.uk>



Our staff are working from home so if you have any queries, please leave a message on **01228 819229** or send an email to cumbria@alzheimers.org.uk both of which are being checked regularly throughout the day.

Parkinson's Information and Support Service

You can call the Parkinson's Helpline on **0808 800 0303** or email hello@parkinsons.org.uk

Useful links to help you with any anxieties you may be feeling

The Wellbeing and Mental Health helpline is now open 24 hours to help people deal with the implications of the coronavirus pandemic on their mental health.

If you need mental health support call **0800 915 4640** or text 'Hello' to **07862 022846**.

There is more information at www.lscft.nhs.uk/news/814

KOOTH

Free, safe and anonymous online support for young people

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

For the Farming Community

Farm Safety Foundation – Corona virus and mental wellbeing

Mental wellbeing advice for the farming community in general and young farmers in particular.

<https://www.yellowwellies.org/>

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Royal Agricultural Benevolent Institution – Practical support and advice for farmers

<https://rabi.org.uk/need-help/mental-health/>

Ulverston Mind Services:

- No face to face support groups running but providing weekly telephone support
- Connecting Mums Project: Peri Natal Support

<http://www.ulverstonmind.org.uk/>

Suicide Prevention

We recognise in these very challenging circumstances there may be people whose struggle with their mental wellbeing may lead them to consider suicide. You may be interested in Suicide Prevention so please undertake the 20 minutes free e-learning training developed by the Zero Suicide Alliance 'Suicide – let's Talk' by following this link. <http://www.zerosuicidealliance.com/training/>

Bereavement support

Child Bereavement UK: www.childbereavementuk.org

Helplines: 0800 0288840 Local: 01539 628 311

cumbriasupport@childbereavementuk.org

Cruse Bereavement Care: www.crusecumbria.org.uk

Helplines 0844 477 9400 Local: 0300 6003434

helpline@cruse.org.uk

Healthy eating

Culinary & Nutrition Support Network RIDING OUT COVID-19

Can't cook. Not sure what to cook.

Determined to support the wider community during this uncertain time, I am pulling together my knowledge and experience as a chef, food writer, cookery teacher and a nutritional therapist to help all you make the most of those sporadic food supplies, whilst keeping healthy and staying satisfied.

Rustle Up is PREP's free online hub to supply you with the answers for all your shopping dilemmas and culinary queries, providing basic nutrition advice and re-posting links to handy cookery videos, useful articles whilst giving you meal inspiration by sharing what I've been managing to rustle up.

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For details visit www.preptherapy.co.uk

Together We Can

Cumbria #TogetherWeCan is a campaign bringing you positive stories and information from across the county, lifting morale and showcasing the efforts of people responding to the outbreak of #COVID19 #Coronavirus.

Twitter: @TogetherCumbria <https://twitter.com/TogetherCumbria>

Instagram: @TogetherCumbria <https://www.instagram.com/togethercumbria>

Facebook: @TogetherCumbria <https://www.facebook.com/TogetherCumbria>

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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.

Call: **0800 783 1966**
or email: **COVID19support@
cumbria.gov.uk**

**Full details can be found online at
[cumbria.gov.uk](https://www.cumbria.gov.uk)**

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



SUPPORT EACH OTHER
#TogetherWeCan

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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

CORONAVIRUS (COVID-19) UPDATE

SOUTH LAKELAND

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbriapolice
non-emergency T: **101**
or online www.cumbria.police.uk,
in an emergency always call **999**

**No one should
suffer
domestic abuse.**

If you are at risk or experiencing
abuse help and support is available.
For more information contact:

VICTIM SUPPORT CUMBRIA

Telephone Support - Local number 0300 3030 157 Mon-Fri 9-6pm

Self Help Guides – 'My Support Space' online guides

Live On-line Chat - available on-line 9am-6pm, Monday to Friday
www.victimsupport.org.uk/help-and-support

24 Hour Support Line 08 08 16 89 111

LOCAL

National Child Line – T: 0800 11 11

Safety Net – for women and men affected by Domestic Abuse T: 01228 515859 E: office@safetynet.org

Gateway 4 Women – Carlisle T: 01228 212090 E: admin@cumbriagateway.co.uk

Women Out West – Whitehaven T: 01946 550103 E: contactus@womenoutwest.co.uk

Women Community Matters – Barrow T: 01229 311102 E: reception@womenscommunitymatters.org

NATIONAL

National Domestic Abuse helpline 0808 2000 247

LGBT Domestic Abuse Victims – T: 0800 999 5428

Mankind Initiative – T: 01823 334 244

National Child Line – T: 0800 11 11

**Safer
Cumbria**

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:

 <p>RED</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> 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 	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
 <p>AMBER</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> 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 	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>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</p>
 <p>GREEN</p>	<p>If none of the above features are present</p> <ul style="list-style-type: none"> 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. 	<p>Self care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

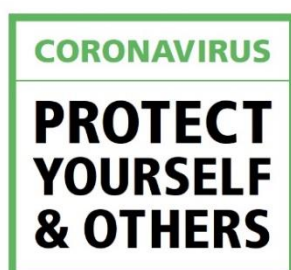
CORONAVIRUS
WASH YOUR HANDS
MORE OFTEN
FOR 20 SECONDS

**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**



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**

