

Together we can help to keep safe, keep calm and keep well – Communities and Solihull Council working together to tackle COVID-19

At a time like this we encourage you to consider ways to keep yourself, your loved ones and those in your community safe, particularly the isolated and vulnerable. We are following the advice from the government and NHS and encourage you to do the same:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

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

5 ways you can help to support yourself, your loved ones and your community

1. **TALK**

Start a group conversation with household members, other relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community, what the needs of each person will be and how you can support people who are self-isolating at home.

Consider using technology to communicate such as WhatsApp, Facetime or Skype. If your neighbourhood has a website or social media page, consider joining it to maintain access to neighbours, information, and resources. Alternatively, share phone numbers and/or email addresses particularly with those who are isolated or vulnerable but be aware that some people will not want to share contact details. Set up a phone tree/call/message system but stay safe – leave deliveries at the door/don't let anyone, especially strangers, into your home.

Consider establishing a 'buddy' system within your community to ensure everyone stays connected to COVID-19 related news, services and can receive support safely, such as essentials deliveries.

2. **PLAN**

Plan ways to provide practical care for those who might be at greater risk. Think about what medication they may need and update prescription requests. Choose a room in your home that can be used to separate sick household members from those who are healthy. Provide a trusted person with your spare key in case someone needs to get into your home. Think about who could look after your children or pets if you become unwell. For the most up to date guidance on who should self isolate following the link to the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

3. **IDENTIFY**

Identify and set up an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources. Create a list of local organisations that you and your neighbours can contact in the event that one of you needs access to information, healthcare services, support, or resources. Consider including organisations that provide mental health or counselling services, food, and other supplies.

4. **CREATE**

If you are self-isolating create a daily routine that prioritises looking after yourself. Make sure you exercise and eat well – there are lots of free exercise classes on TV and YouTube. You could try reading more or watching movies, trying new relaxation techniques, or finding new knowledge on the internet. If you have children in your household you may find these useful – BBC bitesize is a good free resource and this is fun too, 113 ways of having fun with your kids in self-isolation: <https://www.northshoremums.com.au/fun-home-activities-with-kids> Practice everyday preventive actions including regular hand washing, increased

cleaning routines and public health advice. The NHS provides guidance on how to wash hands: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>.

5. **SHARE**

You may want to share your skills, time or resources by volunteering for a local organisation that help people, or you may want to donate money, food or supplies to your local food bank. You can find links to these organisations listed below.

WEB LINK	WHAT THEY DO
<p>CAVA</p> <p>To sign up to the regular voluntary and community sector newsletter for news updates and to find out how you can help in the community, including volunteer opportunities in Solihull please use the link below.</p> <p>www.wcava.org.uk/receive-newsletters</p>	<p>Updates for the voluntary and community sector</p> <p>Information about volunteering opportunities</p>
<p>https://www.ageuk.org.uk/solihull/</p> <p>https://renewalcc.com/helpinghands/</p>	<p>Places to drop of donations of food and toiletries such as:</p> <ul style="list-style-type: none"> • Non-perishable foods – e.g. tins, dried food • Toiletries – e.g. soap, sanitary towels • Basic goods – e.g. tea, coffee • Baby goods – e.g. nappies, baby food • Cleaning products <p>Age UK Lower Ground Floor at the back of The Core and 150 High Street (Summerfest Office)</p> <p>Around Again Social Supermarket, The Junction, Chapelhouse Road, Chelmsley Wood, B37 5HA</p> <p>Helping Hands, Renewal Centre, Lode Lane, B91 2JR</p>
<p>www.nhs.uk/oneyou</p>	<p>For Your Mind- Mind Plan to help you feel more in control</p> <p>For Your Body- 10 minute home workout</p>
<p>https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</p>	<p>Plan for staying at home or indoors</p> <p>Take Care of you mental health and wellbeing</p> <p>Checklist: are you ready to stay at home for 2 weeks</p>
<p>https://www.sportengland.org/news/how-stay-active-while-youre-home</p>	<p>Stay active while in and around your home, if you're well enough</p>
<p>https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance</p>	<p>Covid-19 stay at home guidance</p>
<p>https://covidmutualaid.org</p>	<p>Local organising to support the most vulnerable in our communities</p>
<p>https://www.goodgym.org/areas/solihull/coach-runs</p>	<p>Support for older people in Solihull via phone calls or video calls</p> <p>Help an isolated older person</p>
<p>https://www.thesilverline.org.uk/</p>	<p>Silverline 24 free helpline for information, friendship and advice for older people 08004708090</p>