

Information 24th March 2020

Collated from information received from partners as a guide for members of the East Dorset Health and Wellbeing Group to support our combined efforts to provide care and services during the COVID-19 outbreak. Information will be circulated every week if appropriate so that members can stay updated. Please do send me any information you would like partners to have about your service changes and provision. I would add as a caveat I do not change or amend the information and therefore it is not always pretty with different styles but the information is good.

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1. Dorset Community Response

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Dear all

Please could you share the following information with your members, networks, communities and colleagues.

In light of the current situation concerning COVID-19 (Coronavirus) please be reassured that Dorset Council, NHS services and Public Health have plans in place to deal with the outbreak. If you have any concerns about COVID-19 including how to deal with an infection, information can be found on the [NHS website](#).

For the latest information from Dorset Council, including information on schools, care homes and vulnerable older people and businesses and employees please visit [Dorset Council Covid 19 latest advice](#) or follow Dorset Council on [Facebook](#) and/or [Twitter](#).

If you need information about COVID-19 in another language, Doctors of the World provide advice in 20 languages, these are produced in partnership with the British Red Cross, Migrant Help and Clear Voice, please see [Doctors of the World](#).

You can also [watch British Sign Language versions of government advice](#) on the SignHealth website.

There has been a fantastic response to COVID-19 and many people want to help, if you would like to volunteer your support, or if you are part of a community group that would like to offer their support, you can sign up with Volunteer Centre Dorset.

- To register your interest please see [Volunteer Centre sign up individuals page](#)
- To register your community group please see [Volunteer Centre sign up community groups](#)

If you know someone who may need help in your local community, Dorset Council have set up a special web page to help people find key information, this includes up to contact details for Age UK (North, South & West Dorset) who are coordinating requests for help with issues relating to loneliness, medication or food and Citizens Advice for help with benefits, debt, employment advice these details can be found on [Dorset Council community response](#)

If your organisation/group has a website or uses social media, please could this information be shared.

If you need any further information, please do not hesitate to get in touch.

Regards

Susan

2. Wimborne and Ferndown Primary Care Network information for patients COVID-19 Coronavirus Pandemic

As a country we are entering unprecedented times with the spread of Covid-19 (Coronavirus). The unknown is frightening, but our best approach is to work together.

Be aware of the latest guidance from the NHS at:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

We are working with Practices across the Wimborne & Ferndown Primary Care Network to provide safe, effective care for our patients over the coming months. All our **appointments will now be remote**. This may be by telephone, video consultation or online consultation (e-consult). Our Doctors & Nurses already use these methods safely and effectively. If you need to be examined we will arrange this.

All routine preventative care is suspended. Your blood tests and reviews are important but can be safely postponed.
Blood tests affecting your immediate care, e.g. warfarin dosage, will be continued. Our experienced team will make those decisions.
Childhood immunisations will continue. Protection against other diseases is more important than ever. Whooping cough, measles & rubella are more dangerous to children than Covid-19.

REMEMBER

If you are unwell with a significant illness, such as finding a breast lump or developing chest pain you should still ask for help. Please don't ignore important symptoms.

HOWEVER

If you think your issue can safely be postponed for now, please don't call or attend the surgery, and let us get on with dealing with the impact of the Coronavirus.

If you require medical assistance for a non covid-19 problem, speak to our Care Navigators (Receptionists). You may receive help from someone outside of your normal team, but they will have access to your GP record.

Under NO circumstances present yourself to the Surgery.

If you think you have Covid-19 follow the advice on NHS 111 online

General Practice does not have testing equipment and there are no preventative medicines. If you become unwell enough to require hospital admission this will be via NHS 111. Remember most of us will be fine and will require simple self-management at home. Follow the advice on NHS 111 online

Under NO circumstances present yourself to the Surgery.

How can you help?

For non-urgent medical issues, a medication issue, an administrative issue or any other problem, consider if your query can be postponed. If not, submit an e-consult. If you do not have on-line access, speak to the Receptionists.

Don't stockpile (and put others at risk), but order your medicines in good time. Register for electronic prescribing & nominate a Pharmacy.

Self manage ailments where possible. Ensure you have stocks of homely remedies.

We are unable to provide sick notes for covid-19. Check the NHS 111 site. You do not need a sick note to return to work after illness or isolation.

Markedly reduce your social interaction NOW, following current government guidelines. Stay informed.

If you are advised to self isolate (over 70 or normally receive a flu jab) please see the following link with advice on how to stay at home successfully <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Help others. Check on an elderly neighbour or relative.

I am immensely proud of our skilled, dedicated team. Help them to help you in the coming difficult months.

Thank you,

Dr Anne Elder, Clinical Director, Wimborne and Ferndown Primary Care Network.

3. Housing Issues - Housing and Homelessness Update Dorset Council

Ms Sarah How and Fiona Brown
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Dorset Council

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Hi everyone

We thought it would be useful to provide you with a brief update on the provision of housing service in the current climate:

- All our offices remain open for now albeit with limited staff –

South Walks House, Dorchester
Commercial Road, Weymouth
Allenview, Wimborne
Nordon, Blandford
Westport House, Wareham

- The majority of the team are working remotely but all are able to work online and are able to take calls
- We have replaced face to face interviews with telephone interviews;
- Drop-ins are being asked to telephone the teams using telephones provided in the interview rooms;
- Our referral process for homeless applicants remains unchanged and can be found on the Dorset Council Website;
- Advice on limiting the spread of COVID 19 and what to do if there is a need to self-isolate will be sent to all households in temporary accommodation
- We are working hard to ensure we have sufficient temporary accommodation available for those who need it and for some that may need to self-isolate;
- Staff shortages in repairs teams mean repairs to our temporary accommodation will largely be limited to emergency repairs

We will be in touch with further updates if there are any significant changes and would like to emphasise that for us it is business as usual, albeit in a rapidly changing environment. It would be useful to hear updates from your services which we will pass on to the various teams

Our contact list may not be comprehensive so please feel free to forward this information to your colleagues.

Kind regards

[Facebook.com/DorsetCouncilUK](https://www.facebook.com/DorsetCouncilUK)

[Twitter.com/DorsetCouncilUK](https://twitter.com/DorsetCouncilUK)

[Instagram.com/DorsetCouncilUK](https://www.instagram.com/DorsetCouncilUK)

To receive the latest news from Dorset Council by email, visit dorsetcouncil.gov.uk/e-newsletter

Housing Issues - Complete ban on evictions and additional protection for renters

Government announces radical package of measures to protect renters and landlords affected by coronavirus.

<https://www.gov.uk/government/news/complete-ban-on-evictions-and-additional-protection-for-renters>

4. Activities to Keep us Healthy at Home

Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)

Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science. This collection is especially good for students who are looking for ways to stay on top of their studies while schools are closed.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

This is a handy tool for parents of school age children. It covers ages 3 – 16

<https://www.bbc.co.uk/bitesize>

Hydration in older people - free resources developed by Wessex AHSN Healthy Ageing Programme to support older people, their carers and families

Good hydration helps keep the mind and body healthy and prevents someone becoming dehydrated.

During this time of self-isolation due to COVID-19, we wanted to share these resources with you to help support older people, their carers' and families.

Dehydration is a common cause of hospital admission and can be life threatening. It can cause a range of problems, such as slowing down recovery time, leading to infections (e.g. urinary tract infections), increasing risk of falls, increasing risk of developing pressure sores and making the symptoms of other illnesses worse. As such, dehydration also conveys serious economic consequences.

Older people (over 65 years) are at particular risk of dehydration due to a combination of age-related changes (e.g. decreased sense of thirst and kidneys not working as well), reliance on others to support them to drink and behavioural and cognitive factors such as the presence of dementia.

To help address this and promote good hydration, key hydration messages and debunk the myths, we have produced a tri-fold leaflet and a poster on staying hydrated for older people.

The resources include the signs and symptoms that may indicate you're becoming dehydrated, and how to keep hydrated to avoid problems like infections and falls which could require hospitalisation at a time when the NHS is seeing unprecedented demand.

Resources can be downloaded, for free and printed in colour, in black and white. A leaflet has also been prepared in large text for the visually impaired will be made available on a website over the coming week.

Information on hydration at home projects: <https://wessexahsn.org.uk/projects/204/hydration-at-home>

Downloadable leaflet: <https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf>

A3 hydration poster - <https://wessexahsn.org.uk/img/projects/HydrationPosterA3.pdf>

A4 hydration poster - <https://wessexahsn.org.uk/img/projects/HydrationPoster-1584451329.pdf>

Please do disseminate and cascade within your organisations and do forward onto other interested parties.

If you have any specific queries, please contact healthyageing@wessexahsn.net

Cheryl Davies – Programme Manager Healthy Ageing 

Wessex Academic Health Science Network
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5. Community Information

AGE UK Information, Fact sheets and Guidance

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>



Cold Caller Advice Re Coronavirus

Good Afternoon,

The current coronavirus pandemic is presenting us all with new challenges and uncertainty and we will all have our own methods to meet whatever comes our way over the coming weeks.

We are all being inundated with information, so it is important that we only take advice from trusted broadcasters and websites and to follow the guidance of Public Health England, so as to avoid becoming ill ourselves and if we do, to prevent passing it on to others.

Unfortunately, there may be some who will take advantage of the current situation, so we are urging everyone to continue to be vigilant in regards to cold callers both on the phone and at the doorstep.

In particular please be wary of anyone coming door-to-door and offering to do shopping – there are many community groups springing up and most will be genuine, but make sure that you can verify they are legitimate. You should pre-arrange payment directly with the shop and not pay cash or give bank details to the person delivering your shopping.

In these uncertain times it is important to maintain our usual vigilance with cold callers, so please if you are not expecting a caller don't open the door and if you must open the door always use your door chain.

We are also advised that the public and businesses are being increasingly targeted with emails, texts, phone calls and WhatsApp messages offering advice and treatment for the coronavirus, as well as setting up fake websites selling products and offering 'cures' or for donations for victims.

- Be sceptical if you receive an email, text or WhatsApp message about the coronavirus, and never click on attachments or links.
- Never provide personal data such as your full name, your address or date of birth – scammers can use this information to steal your identity.
- Don't be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.
- Never give out bank details or PIN numbers to cold callers.
- Don't be pressurised into making a quick decision.

If you think you've been the victim of a scam, then speak to your bank immediately and report any fraud to Action Fraud on 0300 123 2040. You can also call the Citizens Advice consumer helpline on 0808 223 1133. Thank you.

Message Sent By Elaine Ryan, Prevention Development Officer, Dorset Police

6. Funding Opportunities

- [Government Launches £2m Faith, Race and Hate Crime Grant Scheme](#)

Funding for short-term projects in England to promote inter-faith and community work and to build bridges between people of all backgrounds.

The new £2 million fund offers grants of between £100,000 and £450,000 to established charities and community interest companies in England that are working to bring different faith and ethnic groups together and tackle racially and religiously motivated hate crime to create integrated communities.

To be eligible, projects must meet at least one of the following aims:

- To promote shared values among people of all backgrounds through sustainable social integration and meaningful civic participation. Projects should be designed to promote understanding and shared values between and within faith and ethnic communities, and between faith and ethnic communities and other communities which form a part of civil society.
- To effectively tackle and prevent religiously and racially discriminatory behaviour and those acting against others because of their faith or race. Projects should be designed to reduce religiously and racially motivated hate crime by tackling the underlying issues and raising awareness.

Projects must be nine months in duration and cover activities taking place from July 2020 to 31 March 2021. Activities must take place throughout the year. (One-off events will not be funded.) Proposals must demonstrate how the project will continue once the funding comes to an end in March 2021.

The deadline for applications is 11:50pm on Friday, 17 April 2020.

<https://www.gov.uk/government/publications/faith-race-and-hate-crime-grant-scheme-2020-to-2021>

- [Comic Relief's Community Fund Welcomes 2020 Applications from Across England](#)

Funding for local grassroots, community led groups to support capacity building or project delivery to deliver change by drawing on the 'lived experiences' of people who have experienced the issues being tackled.

Grassroots community organisations and charities with an income of less than £250,000 per annum can apply now for funding to support projects that tackle at least one of Comic Relief's four strategic themes:

- Children Survive & Thrive: projects that support children under the age of five years to reach their potential and have the best start in life.
- Fighting for Gender Justice: projects that improve equality for women, girls and initiatives that help people affected by domestic violence, abuse or exploitation due to their gender.
- A Safe Place to Be: projects that support people who are rebuilding their lives because of homelessness or forced migration.
- Mental Health Matters: projects that support good mental health in communities, improve access to support and tackle stigma and discrimination.

Two types of grants are available:

- Capacity building grants of up to £500 will support a wide range of activities, from developing better organisational governance, policies and procedures to increasing understanding of beneficiary needs, to increasing organisational delivery capacity.

- Project delivery grants of up to £4,000 will fund direct work with beneficiaries. This could be training for parents and carers to help support their children's development before starting school; activities for girls or women to help them make healthier life choices; supporting people with mental health issues to improve an outdoor space or create a meeting space; or setting up a peer support network for people experiencing homelessness.

This is a rolling programme and applications can be made at any time.

<https://www.groundwork.org.uk/national-grants/comic-relief-community-grants/>

- **[Small Grants to Support Children's Charities Affected by the COVID-19 Pandemic](#)**

Sylvia Adams Charitable Trust -

Registered charities working with early years disadvantaged children in England and Wales can apply for small sums of unrestricted funding to assist them during this difficult period.

In response to the current pandemic, this funder has changed the application guidelines and processes for its spring application round with the aim of supporting small and medium-sized charities, which may need extra assistance at this time.

For the current round, unrestricted grants of up to £5,000 will be available as one-off payments to assist registered charities in England and Wales:

- Whose last audited accounts show an income of less than £750,000.
- That can demonstrate the likelihood of increased demand for their services and/or can demonstrate a loss of anticipated income attributable to the pandemic.

The funder, which aims to improve the life chances of disadvantaged children aged 0-3 in England and Wales, supports early intervention and preventative work that will:

- Improve the reach to targeted groups of 0–3 year olds.
- Bring about improved defined outcomes for these targeted groups.

Support is available for charities that work with targeted groups of 0-3 year olds in England and Wales to specifically improve the reach to these targeted groups and bring about improved defined outcomes for them.

The current round of funding is particularly aimed at supporting smaller charities and those that can demonstrate the likelihood of increased demand for their services and/or can demonstrate a loss of anticipated income attributable to the current pandemic.

How To Apply

There is a two-stage application process:

- The first step is complete the online pre-application checklist, which can be found on the Trust's website. Those who are eligible will then be able to complete a stage-one application form.
- Organisations that are successful at this point will be invited to submit a stage-two application.

There will be two applications periods in 2020/21:

- Round 1: Stage 1 application can be submitted between 16 March and 28 April 2020, with grants being made as soon as possible after the closing date.
- Round 2: Stage 1 applications can be submitted between 5 October and 12 November 2020, with grants being made in February 2021.

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The deadline for applications is 28 April 2020, with grants to be awarded as soon as possible after the closing date.

<http://sylvia-adams.org.uk/application-information/>