

## Weymouth and Portland Health and Well-being update. April 2020.

### Changes to Dorset's health services



NHS services in Dorset are gearing up for changes to help minimise the spread of COVID-19 (Coronavirus) and deal with any upturn in patient numbers caused by the outbreak. From now on, people won't be able to turn up at a GP surgery, minor injuries unit or urgent treatment centre without an appointment.

If you need GP services, please refer to your practice website for information on how to access GP care. If you do not have online access, please phone your GP instead.

<https://www.publichealthdorset.org.uk/news/nhs-services-dorset-covid-19.aspx>

### Local support

#### Weymouth

If you would like an essential food box delivered to your door and you are happy to receive some basic items, we can arrange this for you for a donation of £10.00 £20 or £35.00

## KEEP IN TOUCH

### ESSENTIAL AID PROJECT

#### Update 5th April

*Are you self-isolating and in need of some support?*

*We are here to help*

**FOOD BASICS:** if you would like an essential food bag delivered to you or your friends or family, we can arrange this for you. See below for options.



**£35 family/couple essentials:** Filled with everyday essentials such as: canned baked beans, soup and pasta sauce; milk; dairy products such as butter and cheese; bread; rice and pasta; tinned meat products, soup, fruit and vegetables, such as potatoes, carrots and onions.

**£20 single persons essentials:** As above but in smaller amounts.

**£10 fresh supplies bag:** fresh milk, veg ,fruit, eggs ,bread, cheese and butter

CONTENTS OF ALL BAGS WILL VARY ACCORDING TO SUPPLIES

Payments can be arranged over the phone or by bank transfer by the customer or a third party—relative or friend. (Cash or cheques will be acceptable if this is not possible)

**PRESCRIPTIONS/OTHER:** If you require something else or medicines collected we can help with that too. Phone the number below and let us know what you need.

**JUST NEED SOMEONE TO TALK TO:** If you feel that you would like someone to chat to or are worried about a neighbour we can offer a listening ear.

**CALL US: Monday to Friday 10 am—3pm: 07514114680**

**After 3pm and Weekends: 07980730029**

OR Email: [juliehursthouse@weymouthtowncouncil.gov.uk](mailto:juliehursthouse@weymouthtowncouncil.gov.uk)

If you get an answerphone message  
please be assured that we will get back to you.



weymouth and portland church in action

## Portland CORONAVIRUS Community Support Group

### HELP FOR THOSE AGED 65+ WHO ARE SELF-ISOLATING

Do you need support with your shopping, prescriptions or other small errands? We have a team of local friends and neighbours who have volunteered to help

Call 01305 823789  
or message us via

 [www.facebook.com/islandcommunityaction](https://www.facebook.com/islandcommunityaction)

To volunteer, please get in touch

For more information about ICA and its work  
<https://islandcommunityaction.org>

This group cannot provide emergency health or personal care  
If you are worried about the symptoms of coronavirus, please call 111



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## For Portland call Island Community Action.



### Directory available co-ordinated by Help and Kindness

Please make the public aware of a great website collating all help and support available including shops who will take payment over the phone and do deliveries. If you put COVID 19 and your postcode in the search terms you get all relevant local info and phone numbers.

Please register your foodbank with Help and Kindness and link with other support in your area so that we offer a co-ordinated approach.

Help and Kindness <https://www.helpandkindness.co.uk/>

### There is help available for people who are registered as Shielded.

If someone is “Shielded” that means they have a medical condition and have had a letter from the NHS saying they need to take special care. The letter will have let them know that if they cannot afford food at this time, they can access a free weekly government food parcel. They can register with the national website or telephone number for this as described in the letter. If no parcel has arrived it please signpost them to this helpline number as Dorset Council have supplies they can get out to them.



### There is help for anyone who cannot access food, medicine or other essentials.

For anyone who needs help whatever their situation and it unsure what to do they can phone the local Dorset Council number and get the support they need. These contact details are for anyone who needs help and who has no family, friends or community support.

**01305 221000 8am to 8pm daily including weekends.**

[communityresponse@dorsetcouncil.gov.uk](mailto:communityresponse@dorsetcouncil.gov.uk)

It will be answered by Dorset Council Customer Services. They will refer people elsewhere as required. But will also answer people’s queries and put in place support such as arranging food deliveries, medicine, etc. There will be people who can afford food but cannot access it due to self-isolation, they can phone this number and will be linked up with registered volunteers who can shop for them.



### Work with Foodbanks:

All food banks are up and running and being supported by the Council, they can found on the Council Website under Foodbanks:

[https://www.dorsetcouncil.gov.uk/emergencies-severe-](https://www.dorsetcouncil.gov.uk/emergencies-severe-weather/emergencies/coronavirus/community-response/i-need-help-or-i-)

[weather/emergencies/coronavirus/community-response/i-need-help-or-i-](https://www.dorsetcouncil.gov.uk/emergencies/coronavirus/community-response/i-need-help-or-i-)

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[know-someone-who-needs-help-coronavirus-information.aspx](https://www.weymouthandportland.gov.uk/know-someone-who-needs-help-coronavirus-information.aspx)

Please direct people to their local area. This helps use resources wisely and also cuts down on unnecessary travel.

## **Extra Support for Families**

### **Family Matters**

The Family Matters project launched on 1<sup>st</sup> April as planned although in a slightly different form due to the Coronavirus.

**If you become aware of families that need support with baby items and equipment, for children aged 0-3yrs, they can be referred to Family Matters who will help.**

As a team of volunteers they are concerned that nobody goes without so they will be ready to receive referrals for Family Matters from the beginning of April. The referral and contact will have to be done by phone or email and in order to be safe, both for volunteer and client, the equipment and clothing will either have to be delivered to their doorstep or can be collected by the person making the referral. These are exceptional circumstances we find ourselves in but hopefully, before too long, they will be able to hold an official launch and open as planned.

With the families consent please email

[family.matters.wandp@gmail.com](mailto:family.matters.wandp@gmail.com) giving your name, referral organisation, name of family, contact email and phone number, age of children.

One of the volunteers will then make contact with the family and organise arrangements.

See the flyer attached for further information. (not using referral cards at the moment for obvious reasons)

Any questions let me know or email Cherry Clarke on the above family matters email address.

### **Latest update on Healthy Start vouchers for families with children and pregnant women**

These are food vouchers that parents with young children can use in local shops for fruit, veg and milk. If eligible, they register, and the vouchers come in the post. Due to COVID 19 the way to access these, has changed and families can apply directly. Complete the application leaflet, if you have one. If not, download the form from the Healthy Start website, contact the helpline 0345 607 6823, the order line 0300 123 1002 or ask your midwife or health visitor for one. Due to COVID-19 the health visitor/midwife no longer has to sign the form. Make sure you sign it and send by freepost to Healthy Start. Vouchers will be posted to you within 4 weeks and 4 weeks thereafter.

Health professionals can order leaflets by telephone **0300 123 1002**, quoting the title and reference number:

Healthy Start application leaflet (free milk, fruit, veg and vitamins) (HS01a)

**Free School Meals Offer:** Those eligible for free school meals will be contacted by their school via email and given access to a weekly £15 e-Gift card which can be sent to their phone or printed . They can choose from one

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of the following supermarkets Morrisons, Tesco, Sainsbury's, Asda, Waitrose and M&S. For further info: <https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools>

### **Funding for charities during the Coronavirus.**

**Grants of up to £5,000 are available to support voluntary and community organisations** that are helping vulnerable people impacted by the coronavirus pandemic. Read more:

<https://www.dorsetcommunityfoundation.org/dorset-coronavirus-community-fund/>