

# CORONAVIRUS (COVID-19) UPDATE

## ALLERDALE & COPELAND

### Newsletter for the Allerdale and Copeland Area

**Issue 15**  
**4 August 2020**

This is the fifteenth edition of the newsletter which from this edition, will be a **MONTHLY** newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times. Updated information is also available on the Cumbria County Council website:

<https://cumbria.gov.uk/coronavirus/>

**Coronavirus is  
affecting all  
of our lives.**



Go to [cumbria.gov.uk/coronavirus](https://cumbria.gov.uk/coronavirus)  
to see what help is at hand.



#### 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**  
**COVID19support@  
cumbria.gov.uk**

Full details can be found  
online at [cumbria.gov.uk](https://cumbria.gov.uk)  
Provided by Cumbria County Council and  
partners including District Councils, CVS,  
Cumbria Community Foundation, community  
and voluntary sector, and private sector.

**CUMBRIA Together We CAN**  
**SUPPORT EACH OTHER**  
**#TogetherWeCan**

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Government information



In England from 4 July,  
where it's not possible to stay 2 metres apart  
**keep a distance of 1 metre + precautions**

The infographic features a central graphic of two yellow human figures with arrows pointing towards each other, with the text '1 metre' between them. To the right of this is a large white plus sign. Further right is a box titled 'Precautions such as' containing three items: 'Wearing a face covering' (with a face mask icon), 'Keeping interactions brief' (with a clock icon), and 'Following the COVID-19 Secure guidelines wherever you are' (with a shield icon). Below the entire graphic is a yellow and black striped banner with the text 'STAY ALERT > CONTROL THE VIRUS > SAVE LIVES'.

## GOV.UK

### **\*NEW\*** Face Coverings

Face coverings from the 8<sup>th</sup> August will be compulsory in ALL indoor public settings, including; shops, museums, hairdressers, libraries, cinemas, churches, banks, public transport, indoor transport hubs, shopping centres etc. it also involves wearing face coverings when in takeaways and sandwich shops. Should an individual without an exemption refuse to wear a face covering, a shop can refuse them entry and can call the police if people refuse to comply. The police have the formal enforcement powers and can issue a fine.

As with other Coronavirus regulations, the powers that be will follow an approach of engaging, explaining, encouraging and only enforcing and issuing a fine where all other steps have failed. People who do not wear a face covering will face a fine of up to £100, in line with the sanction on public transport and just as with public transport, children under 11 and those with certain disabilities will be exempt. If you are concerned about the wearing of face coverings, details of exemptions can also be found on the link here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

### **\*NEW\*** Social distancing and what the public can and can't do

The Cabinet Office have produced an FAQ document outlining what the public can and can't do. The document covers the following topics:

- Gatherings, public spaces, and activities

- Vulnerable groups, shielding, 70 year olds and over, and care homes
- Going to work / Closed businesses / Safer spaces
- Workers' rights
- Public Transport
- Schools and Childcare
- Borders / international visitors
- Devolved administrations

The Document can be found here:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

### **\*NEW\* Getting tested**

The guidance on coronavirus testing, including who is eligible for a test and how to get tested, was updated this week to reflect that there is now a single GOV.UK testing service for people who have symptoms and want to get tested.

**Guidance:** <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

**Book a test or order a home testing kit:** <https://www.gov.uk/get-coronavirus-test>

**Local mobile testing site details:** <https://northcumbriaccg.nhs.uk/covidtesting>

### **\*NEW\* Statement from the UK Chief Medical Officers on extension of self-isolation period**

The self-isolation period has been extended to 10 days for those in the community who have coronavirus (COVID-19) symptoms or a positive test result.

The full statement can be found here: <https://www.gov.uk/government/news/statement-from-the-uk-chief-medical-officers-on-extension-of-self-isolation-period-30-july-2020>

### **\*NEW\* Eat Out to Help Out Scheme restaurant finder**

This week, HMRC launched an online tool for the public to find restaurants that are registered for the Eat Out to Help Out Scheme. The restaurant finder tool shows results within a 5-mile radius of a postcode.

Restaurant finder tool: <https://www.tax.service.gov.uk/eat-out-to-help-out/find-a-restaurant/>

From 3 to 31 August, get a 50% discount when you eat in at restaurants that are registered with the Eat Out to Help Out Scheme.

Use the Eat Out to Help Out Scheme at a participating establishment:

- To get a 50% discount on food or non-alcoholic drinks to eat or drink in (up to a maximum of £10 discount per diner)
- Every Monday, Tuesday and Wednesday between 3 and 31 August
- As many times as you like

You do not need a voucher to use this scheme and you can use it at the same time as other offers and discounts. There is no minimum spend.

You cannot claim discount on alcoholic drinks or service charges.

The discount will be automatically available to you at participating establishments. Establishments will then claim a reimbursement from the government for the discount they've given you.

Participating establishments may include:

- Restaurants, cafés, bars or pubs
- Work and school canteens
- Food halls

All diners in a group of any size can use the discount.

For further information on the scheme visit the website: <https://www.gov.uk/guidance/get-a-discount-with-the-eat-out-to-help-out-scheme>

All the latest government guidance on coronavirus can be found on their website here: <https://www.gov.uk/coronavirus>

## Cumbria County Council



You can spread coronavirus even if you do not have symptoms and that can be life-threatening to vulnerable people.

**Coronavirus has killed over 400 people in Cumbria.**

Protect yourself, your family and your community.

The infographic consists of six icons arranged in a 2x3 grid on a yellow background. Each icon is positioned above a horizontal line, which is then followed by a text box. The icons are: 1. A hand being washed under a shower head. 2. Two human figures with a double-headed arrow between them. 3. A group of four human figures. 4. A human head with a beard and a face covering. 5. A simple house icon. 6. A hand touching a smartphone screen with a signal icon.

- Wash your hands regularly**
- Keep your distance if you go out (2 metres apart where possible)**
- Avoid crowds and gatherings**
- Wear a face covering if you can**
- If you have symptoms, self-isolate and only leave your home to get tested**
- And, if you're contact traced follow the advice you're given**

Find out more at  
**[cumbria.gov.uk/stopthespread](https://cumbria.gov.uk/stopthespread)**

**STAY ALERT · CONTROL THE VIRUS · SAVE LIVES**

### **\*NEW\* Covid Outbreak Control Plan published**

Cumbria has published its draft COVID-19 Outbreak Control Plan and is inviting feedback from the public and organisations in the county.

As the number of COVID-19 infections in the country reduces, it is expected that we will move into a new phase of response, one that relies more on responding to local outbreaks rather than on a national approach. On 22 May 2020, the Government announced increased responsibility for upper tier local authorities to lead on this work, including a requirement to publish a Local Outbreak Control Plan by the end of June 2020. It is the responsibility of upper-tier local authorities to prepare these plans, though many agencies are involved in implementing them. The Local Outbreak Control Plan sets out how Cumbria will respond to outbreaks of COVID-19. It describes how the local Test and Trace system works and how this connects to the national system; gives further details of the approach being taken to support schools and care homes; and outlines how the community will be engaged in this work.

The plan can be found on the County Council website at:

<https://www.cumbria.gov.uk/publichealth/covid19outbreakcontrol.asp>.

While the plan is very much live and being followed by local agencies at the moment, we are keen to develop and improve it further, and to ensure that the public is engaged with it. We have therefore published it as a consultation draft and there is a link online to enable people to comment on the plan.

### **\*NEW\* Zero COVID-19 outbreaks in Cumbria's care homes as visiting restarts**

For the first time since April there are no Cumbrian care homes experiencing a COVID-19 outbreak. The good news comes as homes prepare to welcome back visitors, meaning residents can once again meet with family and friends.

But care home leaders are cautioning that future outbreaks are possible and strict rules will be kept in place to keep residents safe. Care homes across the county have agreed a common approach to allowing visitors to return. Under the new approach:

- Visiting slots will be booked in advance, with visiting 'windows' in the morning and afternoon.
- Visitors will be required to confirm on the day of the visit that they do not have COVID symptoms and are not living in a household with anyone who has COVID symptoms.
- Visits will take place outside and will be subject to cancellation dependent on the weather, visits inside homes will be allowed in specific circumstances only.
- Only two people will be allowed to visit at a time.
- Appropriate PPE will be provided and visitors will be asked to follow clear infection control rules.
- All visits will keep to the 2 metre social distancing rule.
- No food or gifts can be given and there will be no access to toilets for visitors.
- Visitors will be given a full briefing prior to their visit.

### **\*NEW\* Libraries Update**

The library service launched a new Select & Collect service for its members. Select & Collect will make it possible for library members to order a selection of books by phone or email which they can collect from designated areas in the six main libraries.

The new service will be piloted from Tuesday 4 August from the county's six main library branches.

The county's main library buildings in Carlisle, Penrith, Whitehaven, Workington, Kendal and Barrow will reopen on Monday 10 August. To protect the health and safety of library staff and customers, libraries will have new Covid-secure measures in place. You can get a glimpse of the added safety measures in a short video we shared on Facebook this week.

<https://www.facebook.com/CumbriaCC/videos/730742957759370/>

Libraries continue to share updates with their customers and members via their social media pages, ebulletins and local press and media. You can watch a video about Select & Collect on Facebook. <https://www.facebook.com/CumbriaCC/videos/284643636148622/>

#### Latest key messages for customers:

**Select & Collect.** From Tuesday 4 August we will be launching a new Select & Collect service. Library members will be able to order up to 6 books at a time by phone or email and book a slot to collect them from our main branches. More information will be available on the county council's website from Monday and a press release will be issued with full details.

**Home Delivery.** Our Home Delivery service will start again from Tuesday 4 August. Our friendly home delivery service brings books to library members across Cumbria who are unable to leave their homes.

**Returns and fines.** Don't worry too much about overdue items. We aren't expecting customers to return them immediately.

Please return them when convenient for you. Fines incurred during our temporary closure will be waived until 31 December.

See our FAQs for more updates > <https://www.cumbria.gov.uk/libraries-archives/covid19.asp>

#### **FAQs**

Please see our Frequently Asked Questions for responses to some of your most asked questions <https://www.cumbria.gov.uk/libraries-archives/covid19.asp>, including our opening hours, returns and service changes when our 6 main libraries reopen on Monday 10 August.

#### **Branch reopening**

Sadly at this time we are unable to reopen our smaller libraries. More work is required to make them safe environments for our customers, and although this work is underway it is likely to take some time. As this work progresses we will ensure that you are kept informed at all times but the safety of our customers and staff remains our priority in these difficult times. Read more at <https://www.cumbria.gov.uk/libraries-archives/covid19.asp>.

#### **Digital services**

Our online services continue to offer members free 24/7 access to eBooks, audio books, magazines and comics.

If you've not tried them yet, don't miss out. Go to >

[https://www.cumbria.gov.uk/libraries/online\\_resources/booksandreading.asp](https://www.cumbria.gov.uk/libraries/online_resources/booksandreading.asp). There's something for all ages and interests.

### **\*NEW\* COVID-19 update**

The latest COVID-19 status report for Cumbria has been published. The weekly report sets out key statistics relating COVID-19 infections in the county.

It can be found at [www.cumbria.gov.uk/stopthespread](http://www.cumbria.gov.uk/stopthespread).

This week's report shows a smaller number of new COVID-19 cases in Cumbria than the preceding week, down from 55 to 41. Despite a very high number of people being tested following recent outbreaks in Carlisle and Eden, both districts also saw a reduction in the number of new cases.

However, the number of new positive cases in Carlisle and Eden is higher than other areas in Cumbria and the rate of cases per 100,000 in Eden remains high compared to the rest of Cumbria, but not compared to other areas of concern in the North West.

Other districts in the county continue to experience very low levels of new infections.

The local multi-agency Health Protection Board is closely monitoring the situation and is proactively contact tracing known cases. In the last week local contact tracing teams have been involved in 32 incidents, tracing 137 contacts.

There is no change to the local public health advice.

The key public health messages remain:

- Wash or sanitise hands regularly
- Observe social distancing rules
- Wear face masks or coverings in enclosed public spaces
- If you have symptoms, self-isolate and get tested
- Follow advice to self-isolate if asked

### **\*NEW\* Copeland Community Learning and Skills**

Copeland Community Learning and Skills have recently launched their Autumn 2020 courses. Keep an eye out for their brochure coming through your door or why not take a look at their new website [www.adultlearning.cumbria.gov.uk](http://www.adultlearning.cumbria.gov.uk). From English and Maths, Digital Skills, Employability, Arts and Craft and our new Family Learning online courses, there has never been a better time to book on one of their courses.

Starting in September they have FREE GCSE English and Maths on offer. If you would like more information, or want to book your initial assessment, please contact the centre on **01946 506416** or email [copelandclas@cumbria.gov.uk](mailto:copelandclas@cumbria.gov.uk)

Cumbria County Council



## Free English GCSE Course

Are you aged 19 years or above?  
Do you want to improve your qualifications or chances\* of getting a job?

**Venue:** St Benedict's Catholic High School, Red Lonning Whitehaven CA28 8UG  
**Starts:** Wednesday 2<sup>nd</sup> September 2020  
**Time:** 18:00 – 21:00  
**Cost:** Free providing you don't already hold an A\* - C in the subject

To ensure you gain a place on the course, please call to book an initial assessment, you need to achieve the appropriate level to start the course.



For more information please contact  
Copeland Community Learning and Skills.  
T: 01946 506416  
E: copelandclas@cumbria.gov.uk

Serving the people of Cumbria



Cumbria County Council



## Free Maths GCSE Course

Are you aged 19 years or above?  
Do you want to improve your qualifications or chances\* of getting a job?

**Venue:** Royal British Legion, Bransty Whitehaven, CA28 6HF  
**Starts:** Tuesday 1<sup>st</sup> September 2020  
**Time:** 09:30 – 12:30

**Venue:** TBC Egremont  
**Starts:** Tuesday 1<sup>st</sup> September 2020  
**Time:** 18:00 – 21:00

**Venue:** St Benedict's Catholic High School, Red Lonning Whitehaven CA28 8UG  
**Starts:** Thursday 3<sup>rd</sup> September 2020  
**Time:** 18:00 – 21:00

**Cost:** Free providing you don't already hold an A\* - C in the subject

To ensure you gain a place on the course, please call to book an initial assessment, you need to achieve the appropriate level to start the course.



For more information please contact  
Copeland Community Learning and Skills.  
T: 01946 506416  
E: copelandclas@cumbria.gov.uk

Serving the people of Cumbria



## **\*NEW\*** Allerdale Borough Council

Find out the latest about the impact of the coronavirus on our services at [www.allerdale.gov.uk/coronavirus](http://www.allerdale.gov.uk/coronavirus). This includes information on bin collections, housing, our leisure centres, markets, play areas and toilets. You can also call the council on **0303 123 1702**. You can use this number in an emergency.

There is information for individuals facing financial hardship and at risk of losing their home and being made homeless. We can provide support for paying your council tax, and also rehouse you if required. If people do not have access to the internet, then call the council on the number shown. This number can also be used in an emergency. If you are experiencing domestic abuse and need to leave home, please do contact us.

The website also includes information for businesses and charities including details on the financial grants and other schemes available. The council is offering a number of grants for businesses. Details can be found at: <https://www.allerdale.gov.uk/en/coronavirus/coronavirus-business-grants-claims/> There is also advice for businesses to help them reopen at: <https://www.allerdale.gov.uk/en/coronavirus/reopening-guidance/> as well as advice for shoppers and visitors on how to stay safe.

Our customer contact centres in Workington, Cockermouth, Keswick, Maryport and Wigton are reopening on a phased approach. Check our website as above for the latest information. It may be easier to use the website, online forms, webchat, 'myAllerdale' app and phone to access our services and contact us.

All bin collections are operating as normal. Please have your bins out by 7am on your bin day.

We have reintroduced charges in our car parks, however, they remain free for NHS workers, those in social care and volunteers. More information at: <https://www.allerdale.gov.uk/en/coronavirus/> When using our car parks we recommend using the MiPermit app. More information at: <https://www.allerdale.gov.uk/en/parking/parking-charges-and-ways-pay/>

Follow us on Twitter and Facebook to keep up to date with the latest information.

Twitter: <https://twitter.com/allerdale>

Facebook: <https://www.facebook.com/Allerdale/>

You can also sign up to have the latest information sent direct to your email address. Find out more at: <https://www.allerdale.gov.uk/en/email-newsletters/>

## **Copeland Borough Council**

Copeland Borough Council's website is kept updated with up-to-the-minute information and guidance on services and support for residents and businesses during the COVID-19 crisis. Please visit <https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland> for further information.

The council has also produced a Frequently Asked Questions section online, including advice on business grants, council tax support, and recycling and waste collections. It is available at <https://www.copeland.gov.uk/coronavirus-faqs>

Copeland residents are also encouraged to sign up to receive the council's free digital newsletter, Copeland Matters, via email at <https://www.copeland.gov.uk/subscribe-cem>

Copeland Borough Council is urging all business who have not yet applied for business grants to do so via <https://www.copeland.gov.uk/coronavirus-resources-business>

Copeland Borough Council also has access to a range of help for those experiencing hardship at this time.

- For support paying your Council Tax email [ctax@copeland.gov.uk](mailto:ctax@copeland.gov.uk)
- To check if you're eligible for support to assist with housing costs email [benefits@copeland.gov.uk](mailto:benefits@copeland.gov.uk)
- If you are homeless, or may become homeless, email [housing.options@copeland.gov.uk](mailto:housing.options@copeland.gov.uk) or call **01946 427070** (24 hours a day)
- Help is available for those experiencing domestic abuse by email at [housing.options@copeland.gov.uk](mailto:housing.options@copeland.gov.uk) or by calling **01946 427070** (24 hours a day)
- For help with debts, everyday spending, ways to save and access to local food and hardship schemes, email [advice.copeland@gmail.com](mailto:advice.copeland@gmail.com) or call **07388 996202** or **01946 693321**.

**\*NEW\*** COPELAND Council has a webpage dedicated to the reopening of businesses and town centres, including information for businesses, customers and visitors.

Visit <https://www.copeland.gov.uk/non-essential-businesses-reopening>

**\*NEW\*** COPELAND Council has now awarded more than £21.2million to businesses affected by the Coronavirus pandemic. The latest figures have been released after a further £702,500 was awarded to 115 businesses in the past week, through the council's Small Business Discretionary Grant Scheme, which closed on June 15. These cash grants were provided to business who were not eligible for other Government support schemes.

This is in addition to more than £15 million already provided to 1,319 businesses in Copeland under the small business and the retail, leisure and hospitality grant schemes. Copeland Council has also provided £5.5 million in Expanded Retail Relief to 480 businesses who do not need to pay any business rates for the full financial year. Further details at

<https://www.copeland.gov.uk/node/44559>

COPELAND Council is encouraging the safe, responsible and considerate use of its children's play areas following their reopening.

In line with Government guidance, 14 of the council's play areas reopened to the public on Saturday, and a range of measures and requests have been introduced.

The council has installed social distancing signage, and where appropriate stencilling, to encourage users to keep a safe distance apart and to respect others by queuing and managing use responsibly. Covid-19 risk assessments have been completed on each of parks, and weekly inspections of the equipment have continued throughout the closure, and will remain in place.

The council is encouraging parents, guardians and carers to supervise their children using the facilities at all times, and to clean children's hands before and after use. Parents, guardians and carers are also encouraged to wipe down play equipment before use. The council adds that food or drink should not be consumed in the play areas, and all litter should be disposed of appropriately.

Play areas owned by Copeland Council that will reopen on Saturday are: Castle Park, High Street, Jericho (Whitehaven); Rosebank (Hensingham); Welfare Field (Kells); Parkland (Moresby); East Road (Lowca); Barfs Road (Distington); Jacktrees Road (Cleator Moor); Church Street (Moor Row); Orgill, Ling Road, Brisco Mount, Beck Green (Egremont).

One play area owned by the council did not reopen on Saturday. Newlands play area at Seathwaite, Whitehaven, will remain closed due to the condition of the limited remaining play equipment, but community-led proposals to upgrade this facility are currently in development.

# Public Information

## NHS

### **\*NEW\* NHS Track and Trace service:**

#### The NHS test and trace service:

- ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents
- helps trace close recent contacts of anyone who tests positive for coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus

#### People can help in the following ways:

- if you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and order a test to find out if you have coronavirus
- if you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS test and trace service to help us alert other people who may need to self-isolate
- if you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS test and trace service advises you to do so

**People who are contacted by the NHS Test and Trace service, will not be asked to provide any passwords, bank account details or pin numbers.**

Read more on how NHS test and trace works: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Public asked to leave a name and number with venues to help stop the spread of COVID-19  
People may be asked to leave a name and number with venues, like bars and restaurants, to help stop the spread of COVID-19.

The records will help NHS Test and Trace to reach anyone who may at a later date be found to have potentially been in contact with a positive coronavirus case whilst at a particular venue, helping to quickly contact people at risk of the virus and prevent localised outbreaks before they occur.

Read more > <https://www.gov.uk/government/news/public-asked-to-leave-a-name-and-number-with-venues-to-help-stop-the-spread-of-covid-19>



# CORONAVIRUS

# STAY ALERT TO

# THE SYMPTOMS

**HIGH TEMPERATURE  
OR NEW CONTINUOUS COUGH  
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

## **\*NEW\* Allerdale Disability Association**

Allerdale Disability Association was formed in 1976 by local people to support people with disabilities. Prior to lock-down our usual services were social and leisure activities for adults with physical disabilities with over 70 members regularly taking part.

We also offer an Information Service giving advice on disability related issues. The majority of the 946 clients we helped last year were assisting them to apply for welfare benefits. The service is normally by appointment and face to face, for people with any kind of disability, their families and carers.

During this pandemic we have had to close to protect not only our members and clients, but also our staff and volunteers, many of whom fall into the at high risk categories. We have stayed in touch with our members by phone and have until now assisted clients of the Information Service via our Facebook page and website here:

Facebook: <https://en-gb.facebook.com/allerdaledisability/>

Webpage: <http://www.allerdaledisability.com/>

Thanks to funding from Cumbria Community Foundation and Abbeyfield Carlisle Society Community First Fund we have been able to adapt the Information Service to better help existing and new clients apply for much needed benefit entitlement. Where we would normally sit with a client and go through and fill in disability benefit claim forms, we will talk the client through the form on the phone, explaining how each question relates to their specific disability/illness while they fill it in. If anyone needs this help we can be contacted on: **0790 7343662** or **0790 7343572**

## Public Health Information

### **\*NEW\* Samaritans – Volunteering Opportunities**

#### **Volunteering for Samaritans**

Giving some time to be a Samaritan means being there for people who desperately need someone. And that really matters.

Right now we need volunteers more than ever.

There are lots of ways you can volunteer for Samaritans. You could become a listening volunteer, helping us to answer calls and messages from people who need some support. And there are a range of other opportunities available too.

Our branches across the UK and Ireland are always looking for support with marketing, fundraising, or even helping out in one of our shops. It all depends on what you're good at and what you've got time for.

For further information visit the Samaritans webpage here:

<https://www.samaritans.org/support-us/volunteer/>

## **\*NEW\* Healthwatch Cumbria**

Let's talk about what matters to you.

Healthwatch Cumbria's new online group 'What matters to you' is up and running and gives people over 55, from all parts of Cumbria, a chance to talk about what is happening with our health and care services and share their experiences.

Do you have a long term condition? Do you have a family member in a care home? Are you just interested in the changing landscape of our health and care system? We would love to hear from you.

What Matters To You is an informal group, with no pressure to contribute and runs on the first Thursday of each month. Our next session will be on the **6<sup>th</sup> August at 11am**, join us by selecting the link below. We will be joined by the North West Ambulance Service to talk about how they have adapted to the COVID-19 pandemic and to take your questions.

To join the online group click here:

[Join Microsoft Teams Meeting](#)

## Information for Local Support Groups

### **\*NEW\* Cumbria CVS**

Welcome to the Focus on Funding feature. Cumbria CVS has dedicated Funding Officers to help your organisation or group. We have helped and supported not for profit groups across Cumbria to secure over £115,260 since lockdown commenced in mid-March.

If you want our help, advice and support in relation to funding for your not-for-profit organisation or group please contact us by emailing: [CVSFunding@cumbriacvs.org.uk](mailto:CVSFunding@cumbriacvs.org.uk)

If you do not have access to email, please call **01768 800 350**.

Invitation to focus on funding forum first Friday on 7<sup>th</sup> August from 11am to 12.30pm



After the success of the first Funding Forum in July we are delighted to invite everyone to be part of our second Funding Forum event on Friday 7<sup>th</sup> August from 11am to 12.30pm via Zoom. The event will provide a chance to hear “Cracking Tips for Fruitful Fundraising” from Beth Crackles. Beth is a freelance charity consultant based in Yorkshire and working across England. Beth primarily focuses on charity fundraising, strategy and planning and brings a wealth of experience and a fresh perspective to our funding forum.

To book your free place please register via the link below.

<https://www.eventbrite.co.uk/e/focus-on-funding-forum-first-friday-free-event-beth-crackles-tickets-114524989326>

Please note that due to demand we are limiting places to two per organisation to allow a combination of paid staff and volunteers (whether service delivery or trustee) from a wide range of organisations to attend.

## **Sources of Funding**

### **Cumbria Community Foundation – Covid-19 Response Fund**

Cumbria Community Foundation’s Covid-19 Response Fund has awarded 179 grants to a total value of over £1.2m to local community and voluntary organisations having raised over £1.5m. New applications continue to be accepted.

For information about the fund: <https://www.cumbriafoundation.org/fund/covid19-response-fund/>

For assistance with this or any other sources of funding please email:

[cvsfunding@cumbriacvs.org.uk](mailto:cvsfunding@cumbriacvs.org.uk)

### **Emergency Grassroots Music Venues Fund**

The Emergency Grassroots Music Venues Fund has been set up support grassroots live music venues in England, such as pubs, clubs and community venues, that are at imminent risk of insolvency owing to the coronavirus outbreak and resulting lockdown. The maximum grant award for individual venues is £80,000

There will only be one funding round, open for applications from midday 25 July 2020 until midday on 3 August 2020. Organisations interested in applying must register for an account to apply by midday on 30 July 2020. To apply, applications should start a new online application through the Arts Council website:

<https://www.artscouncil.org.uk/funding/emergency-grassroots-music-venues-fund#section-1>

### **Allchurches Trust – Hope Beyond Funding**

Allchurches Trust has launched their Hope Beyond grants programme which aims to enable churches and Christian charities to meet changing needs within their communities, helping them and the communities they support to adapt to the challenges and opportunities presented by the Coronavirus pandemic.

Hope Beyond grants aims to fund innovative, impactful projects that will enable people, organisations and communities to flourish in life after lockdown, building resilience and encouraging hope.

Grants of up to £50,000 are available to churches and Christian charities, and the amount you receive will depend upon the cost of your project and the level of need in your community, ranging from 10% of project cost through to 80%.

To find out more information on Hope Beyond:

<http://www.allchurches.co.uk/what-we-fund/hopebeyond/>

To read the questions in the application before starting your application:

<https://allchurches.grantapps.net/form3/ola1allq.pl>

To apply online:

<https://allchurches.grantapps.net/form3/>

### **Shipwrecked Mariners Society**

The Shipwrecked Mariners' Society has established a £1M COVID-19 Response Fund to provide financial support to UK merchant seafarers and fishers affected by the coronavirus pandemic which has had a disastrous effect on working seafarers in the UK.

The new fund signifies a temporary change in spending priorities to reflect the disastrous financial impact on working mariners and represents the biggest uplift in Society spending since World War II.

The fund recognises the massive financial challenges facing UK seafarers, including those who are temporarily unable to work, those trapped on ships around the world and unable to get home, or those facing the prospect of redundancy. The Shipwrecked Mariners' Society provides grants to seafarers with at least five years of sea service.

For further information contact the charity's Grants Team by emailing:

[grants@shipwreckedmariners.org.uk](mailto:grants@shipwreckedmariners.org.uk) or calling **01243 787761**

For more information on the work of Shipwrecked Mariners Society and other grant funding for retired and ex seafarers please visit: <https://shipwreckedmariners.org.uk/>

### **Is your group working in Allerdale or Barrow?**

Then please visit the links below for information on whether your organisation is eligible for up to £10,000 and how to apply:

#### **Allerdale**

There is still £1.125m of funding available in Allerdale. Applications close on 10<sup>th</sup> August.

<https://www.allerdale.gov.uk/en/coronavirus/coronavirus-business-grants-claims/discretionary-grant-scheme/>

In June we distributed information on the Local Authority Discretionary Grant Scheme.

To be eligible you must have been operating or trading on 11<sup>th</sup> March 2020.

Those eligible for a discretionary grant of up to £10,000 include:

- Charities or small businesses with annual property costs including rents, rates or mortgage costs.
- Charities or small businesses in shared buildings or flexible workspaces.
- Charities or small businesses with relatively high ongoing fixed property-related costs.
- Charities or small businesses which can demonstrate that they have suffered a significant fall in income due to the Covid-19 crisis.

## Funding News

### LGBTQ+ Covid-19 Funding

LGBTQ+ organisations and groups across the UK will soon be able to apply for grants of up to £15k to support their vital role in supporting LGBTQ+ communities through the coronavirus pandemic and beyond.

METRO Charity in partnership with NAZ, Equality Network, The Rainbow Project, Umbrella Cymru, Yorkshire MESMAC and Birmingham LGBT will be cascading the £585k fund from Comic Relief raised by 'The Big Night In'.

The partners will be convening grants panels in each nation – Scotland, Northern Ireland, Wales and England to ensure that maximum reach to grassroots community-led LGBTQ+

organisations across the UK. Organisations and groups with income under £100k will be able to apply for over 100 grants ranging from £500 to £15k

Register your interest in applying for a grant: <https://metrocharity.org.uk/LGBTQfund>

### **\*NEW\* Cumbria Community Foundation**

#### **\*NEW\* Covid-19 Funded Projects**

Thank you to everyone that has supported the Cumbria COVID-19 Response Fund. We are working hard with charities and groups to make sure local needs are met during this time.

You can find some of the charities and groups that are being supported by the Cumbria COVID-19 Response Fund here: <https://www.cumbriafoundation.org/covid-19-funded-projects/>

Cumbria COVID-19 Response Fund <https://www.cumbriafoundation.org/cumbria-covid-19-response-fund/>

#### **COVID-19 Response Fund**

Cumbria Community Foundation's COVID-19 Response Fund has awarded almost 160 grants to a total value of over £1m to local community and voluntary organisations having raised over £1.45m. This is a huge achievement by Cumbria Community Foundation and has been an invaluable source of funding to support the voluntary sector across Cumbria in responding to the unprecedented needs linked to the coronavirus pandemic and the crises for people in our communities. New applications continue to be accepted.

For information about the fund: <https://www.cumbriafoundation.org/fund/covid19-response-fund/>

If you need assistance in applying for this, or any other sources of funding please e-mail: [cvsfunding@cumbriacvs.org.uk](mailto:cvsfunding@cumbriacvs.org.uk)

Chancellor Announces £1.57 Billion for Arts, Culture and Heritage Institutions

Museums, galleries, theatres, independent cinemas, heritage sites and music venues across the country are to be protected with emergency grants and loans.

Arts, culture and heritage industries across the UK that have been severely impacted during the coronavirus pandemic are to be supported by a £1.57 billion government rescue package.

Emergency grants and loans will soon be available to help thousands of organisations across a range of sectors, including theatres and performing arts companies, heritage sites, museums, galleries, live music venues and independent cinemas.

The funding is intended to help these organisations stay afloat while they remain closed to the public. Funding to restart paused construction projects will also be provided, helping to support employment, including freelancers working in these sectors.

The package includes:

- £1.15 billion for national cultural organisations in England, delivered through a combination of grants and loans. This will be made up of £270 million of repayable finance and £880 million of grants.
- £100 million of targeted support for national cultural institutions in England and the English Heritage Trust.
- £120 million of capital investment to restart construction on cultural infrastructure and for heritage construction projects in England which were halted due to the coronavirus outbreak.
- An additional £188 million for the devolved administrations in Northern Ireland (£33 million), Scotland (£97 million) and Wales (£59 million).

The Government says the loans will be issued on ‘generous terms’, tailored for cultural institutions to ensure they are affordable.

Decisions on funding will be made working alongside independent figures from the arts and culture sector, including Arts Council England, Historic England, the National Lottery Heritage Fund and the British Film Institute (BFI).

Chancellor of the Exchequer Rishi Sunak said:

*‘Our world-renowned galleries, museums, heritage sites, music venues and independent cinemas are not only critical to keeping our economy thriving, employing more than 700,000 people, they’re the lifeblood of British culture.*

*‘That’s why we’re giving them the vital cash they need to safeguard their survival, helping to protect jobs and ensuring that they can continue to provide the sights and sounds that Britain is famous for.’*

Further information will be set out when the scheme opens for applications in the coming weeks.

## **\*NEW\* Cumbria Youth Alliance**

The following are funding opportunities / grants that could be applicable to your community organisation that are providing support in response to Covid-19, food poverty or financial hardship. The below schemes were sourced from the latest funding gazette from Cumbria Youth Alliance. The full publication of their funding gazette can be found online here:

[https://issuu.com/cumbriayouthalliancedocs/docs/cya\\_july\\_funding\\_gazette\\_bae3ca338f6d66?fr=sMDQzYjM1ODMx](https://issuu.com/cumbriayouthalliancedocs/docs/cya_july_funding_gazette_bae3ca338f6d66?fr=sMDQzYjM1ODMx)



## Bags of Help

### Tesco Bags of Help

Tesco Bags of Help is responding to the current Coronavirus (COVID-19) crisis by setting up a new short-term fund to support local communities.

Due to the need to respond quickly to the emergency they have created a streamlined application process and payment process to make it easier to get funds distributed quickly. If

your application is successful the fund will provide a single payment award of £500 to organisations who are supporting vulnerable groups. The programme is set up to support organisational need in this time of crisis rather than fund specific projects.

<https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>



### **The Asda Foundation**

Support local grass roots organisations which benefit and involve local communities centred around Asda Food Stores. In response to the coronavirus, the Foundation has launched two new emergency Covid-19 grants:

Hygiene Grants which focus on personal hygiene dignity, and supporting residents/patients in facilities who are unable to provide their own toiletries. Applications will be accepted from care homes, hospices, hospitals and homeless shelters.

The Healthy Holiday Grant which would normally hold summer holiday activities to ensure children have a hot meal.

Grants of up to £500 are available per group, and up to £1,125 per store. Each store has a Community Champion whose role is to support projects. Applications can be submitted at any time via the community champion.

<https://www.asdafoundation.org/how-to-apply>



### **The Barclays Foundation COVID-19 Community Aid Package**

The Barclays Foundation have announced a £100 million COVID-19 Community Aid Package – The package consists of two strands. £50million will be donated to charities chosen by Barclays and £50million will be donated by matching their employees' personal donations (individual organisations cannot apply for this funding. The money will be disbursed principally in the UK, but also in Barclays' international markets, including the USA and India.

<https://home.barclays/society/investing-in-our-communities/barclays-covid-19-community-aid-package/>



### **The Morrisons Foundation**

The Morrisons Foundation recognises that homeless people are particularly vulnerable to Covid-19 because they are more likely to have underlying health conditions and are less able to access basic sanitation. In response to this, the Morrisons Foundation Trustees have pledged £500,000 towards the Homeless Support Fund. The fund is designed to support charities caring for the homeless during the coronavirus outbreak and ensure help gets to those who need it most.

[www.morrisonfoundation.com/latest-news/covid-19/](http://www.morrisonfoundation.com/latest-news/covid-19/)



### **National Lottery Community Fund**

To commit up to £300m over the next six months to helping charities tackling the coronavirus crisis. The Fund will accelerate the cash part of this funding to get it where it needs to be as quickly as possible, so that they can focus on supporting their communities.

[www.tnlcommunityfund.org.uk/](http://www.tnlcommunityfund.org.uk/)



### **The Yorkshire Building Society's Charitable Foundation**

The Yorkshire Building Society's Charitable Foundation has launched a Coronavirus Response Fund to support registered charities that are helping local communities affected by the coronavirus. Funding will support groups and activities that

- Help vulnerable people who are self-isolating.
- Ensure supplies for foodbanks and organisations, in particular to alleviate the impact of children no longer receiving free school meals due to school closures.
- Help community response coordination, including volunteer costs.
- Cover additional costs of working remotely and adapting services delivered in the wider community
- Cover the loss of income for charities providing support for vulnerable groups

[www.ybs.co.uk/your-society/charitable-foundation/index.html](http://www.ybs.co.uk/your-society/charitable-foundation/index.html)



### **National Lottery Heritage Fund**

National Lottery Heritage Fund is making £50million available for a Heritage Emergency Fund to support the UK heritage sector as an immediate response to the COVID-19 crisis.

They will be investing the £50m where it is needed most, by providing short-term funding for organisations delivering heritage projects or running previously funded projects, and safeguarding heritage sites they have previously invested in to ensure they are not lost to the public.

[www.heritagefund.org.uk/news/coronavirus-up](http://www.heritagefund.org.uk/news/coronavirus-up)



### **Sports England: Active Together Crowdfunder**

Sport England has committed another £1 million to combating the impact of coronavirus by match

funding money raised by sports clubs and community activity groups through the fundraising platform Crowdfunder.

The Crowdfunder platform is scrapping all fees for the Active Together programme and is covering transaction charges to ensure every penny raised by a club goes to them. They're also providing a series of monthly webinars offering advice and examples of successful previous Crowdfunder projects involving sport.

Through the 'Active Together' partnership with Crowdfunder Sport England are matching crowd funds of up to £10,000 raised by clubs and organisations hit by the coronavirus crisis.

Clubs and organisations can sign up via the Crowdfunder website. They'll then need to set their crowdfunding target and put in place incentives and rewards. Once 25% of the crowdfunding is met, Sport England will confirm the match funding – up to £10,000 – and can distribute the money within seven days of being raised.

<https://www.sportengland.org/news/%C2%A31-million-crowdfunding-support-clubs-and-organisation>



### **The7stars Foundation**

From July 2020, UK charities with a turnover of less than £1.5 million per year and who are working with at-risk young people affected by the covid-19 crisis will be able to apply for unrestricted grants of up to £2,500. The funding can be used for overheads, salary costs, and/or wherever else the organisation needs to ensure its survival and sustainable services in the future.

The funding is being made available through the 7Stars Foundation. To apply, applicants are encouraged to email the Foundation.

<https://the7starsfoundation.co.uk/>



### **BBC Children in Need: The Next Steps programme**

The Next Steps programme is our response programme designed to deliver support for children and young people affected by the COVID-19 pandemic. Eligible organisations will be able to apply for between £5,000 and £80,000 for projects commencing in September 2020. These grants can last up to 18 months. It is designed for established organisations who are already delivering work in their communities and further afield.

[www.bbcchildreninneed.co.uk/grants/covid-19-funding-streams/](http://www.bbcchildreninneed.co.uk/grants/covid-19-funding-streams/)



### **The Childs Charitable Trust**

The Childs Charitable trust has introduced an Emergency Funding programme to support charities that are experiencing financial difficulties as a result of the current pandemic. The trust particularly welcomes applications from Christian based organisations.

<https://childscharitabletrust.org/emergency-funding/>

## **The Baring Foundation**

### **The Baring Foundation**

The Baring Foundation has announced three new funding streams as part of its £1 million Strengthening Civil Society Programme to support their grant holders and broader civil society when taking legal action related to Covid-19.

Grants of up to £40,000 are available to all registered charities, including current grant holders, with legal expertise in the area they work in to help protect vulnerable and disadvantaged individuals from the impact of covid-19. The deadline for this round is midday on the 28<sup>th</sup> May 2020. Two further streams of funding will support both current grant holders and other previous funding recipients with grants of up to £5,000 to help organisations severely affected by the coronavirus, and grants of up to £30,000 to help with the increase in demand for advice from frontline organisations. Eligible organisations will be contacted directly for these two funds.

<https://baringfoundation.org.uk/news-story/strengthening-civil-society-programme-new-funding-to-support-civil-society-through-the-pandemic/>



### **Aviva Community Fund**

Small charities and constituted community groups with innovative ideas that benefit their community can apply for funding of up to £50,000 for projects that build more connected, more resilient communities and give people the tools to become more financially independent. In response to the Covid-19 Aviva are temporarily opening up the Fund to projects that will ensure organisations can adapt or maintain critical services and infrastructure in response to the impacts of COVID-19. Projects must still relate to one of Aviva's key funding areas. The closing date for this funding round is the 28th July 2020.

<https://www.avivacommunityfund.co.uk/start-crowdfunding#criteria>

# Personal Financial Support

## **Cumbria Victims Charitable Trust**

Cumbria Victims Charitable Trust exists to help victims cope and recover from their experience and to prevent them being targeted or becoming repeat victims of crime.

We provide financial help for victims of crime. Applications need to be supported by an independent person with knowledge of the individual and their circumstances.

Grants will be targeted at cases where no other funds are available to the victim

Further details <http://www.cumbriavictimstrust.org.uk> or email [grants@cumbriafoundation.org](mailto:grants@cumbriafoundation.org)

## **Phoenix Enterprise Centre**

Phoenix Enterprise Centre provides a free and independent advice and guidance service. This service is available to Copeland residents who claim Universal Credit, other working age benefits or who are at risk of redundancy.

We can help with:

Universal Credit Claims, Maintenance of Universal Credit Accounts, CV Preparation, Job Search Application Forms / Covering Letters, Interview Techniques

For more information call the advice and Guidance team on **07388 996202** or email [joanne@phoenixenterprise.co.uk](mailto:joanne@phoenixenterprise.co.uk)

## **Citizens Advice**

### **Universal Credit and COVID-19 – CHECK BEFORE YOU CLAIM**

If you need to seek financial help with living or housing costs during the 'lockdown'

Universal Credit is the main source of support for new claims.

### **Take advice before claiming Universal Credit**

Universal Credit (UC) was introduced to replace 6 'legacy benefits' including Working Tax Credits and Housing Benefits.

If you claim UC this brings to an end your previous claims for all legacy benefits and even if you are worse off you cannot go back to your old claim.

You may also be slightly better off on UC but the current levels of payment are temporary and may be reduced when the crisis is over.

The people most affected are those with savings and those paying rent. The difference between UC and Working Tax Credits can be a loss of £1,000's a year and there may be

lower payments for many years to come when compared to 'UC managed migration' a loss of £10,000's of income is possible.

Help to Claim is a dedicated service from Citizens Advice. It's free, independent, confidential and impartial. Our trained advisers can help with things like how to gather evidence for your application or how to prepare for your first Jobcentre appointment.

You can read our online advice on Universal Credit at any time  
<https://www.citizensadvice.org.uk/benefits/universal-credit/>

You can contact an adviser through free national Help to Claim phone service:

England: **0800 144 8 444**

England textphone: **18001 0800 144 8 444**

Talk to us online:

Chat lets you talk to a trained adviser online about your Universal Credit application process. Chat is usually available 8am to 6pm, Monday to Friday. It's not available on public holidays.

### **Citizens Advice Allerdale**

Citizens Advice Allerdale is helping clients with coronavirus and non coronavirus related issues including Benefits, Debt, Housing, Employment and Relationship.

For telephone advice, clients should phone **01900 604735**. They will be called back by an adviser as soon as possible.

For email enquiries, clients should email [advice@citizensadviceallerdale.org.uk](mailto:advice@citizensadviceallerdale.org.uk)

Our telephone and email services are open Monday to Friday 9.00am to 5.00pm.

### **Citizens Advice Copeland**

Our telephone advice is available Monday, Tuesday and Thursday 10:00 and 13:00 (the same as our previous face to face drop in times) and in addition to this we have set up a new email address [advice.copeland@gmail.com](mailto:advice.copeland@gmail.com) for people to contact us on. Our phone lines are open 09:00 and 17:00 and we will answer outside advice times dealing with emergencies, signposting or referring to our next advice session: **01946 693321**

For more information please contact <https://citizensadvicecopeland.org.uk/>

## **Affinity Credit Union**

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. We can offer loans and immediate repayment holidays for those awaiting wage or benefit payments in the current situation. You do not have to be an existing member to apply for a loan. For information please contact: **01946 817508**, email: [info@affinitycu.co.uk](mailto:info@affinitycu.co.uk) or visit the website: [www.affinitycu.co.uk](http://www.affinitycu.co.uk)

## Whitehaven Egremont & District Credit Union

A credit union is a financial co-operative owned and run by its members offering an accessible saving facility and affordable interest loans. For more information please contact: **01946 66755**, Email: [info@wedcu.co.uk](mailto:info@wedcu.co.uk) or visit the website <https://wedcu.co.uk>

## DWP - Coronavirus support for employees, benefit claimants and businesses

Information about coronavirus and claiming benefits can be found at: <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

## Food and Shopping

### North Lakes Foodbank

Thank you so much for all the kind donations, helping to restock our shelves. We are still short of the items below. It would be great if everyone dropped one item off, our warehouse would fill up in no time. Can you help please with this Appeal? If you can't get to the shops please donate at: [www.give.net/20267456](http://www.give.net/20267456)

**This week's appeal is for:**

- **1ltr UHT Fruit Juice**
- **Jam (Not Homemade)**
- **1 ltr UHT Milk**
- **Sponge Pudding**
- **Tinned Rice Pudding**

Collection points can be found at participating supermarkets including: Asda, Booths, Co-op, Morrison's, Sainsbury's, SPAR and Tesco. (Please note - you can deposit food from any supermarket at these collection points, the food does not have to be purchased from that particular store)

More information can be found at: <https://www.thefoodbank.org.uk/>

## Useful Links

Government	
<b>Allerdale Borough Council</b> Coronavirus (COVID-19) latest information	<a href="https://www.allerdale.gov.uk/en/coronavirus/">https://www.allerdale.gov.uk/en/coronavirus/</a> or <b>0303 123 1702</b>
<b>Copeland Borough Council</b> Coronavirus (COVID-19) latest information	<a href="https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland">https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland</a> or <b>01946 598300</b>

<b>Cumbria County Council</b> Coronavirus (COVID-19) latest information	<a href="https://cumbria.gov.uk/coronavirus/">https://cumbria.gov.uk/coronavirus/</a>
<b>GOV.UK</b> Guidance for managing a funeral	<a href="https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic">https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic</a>
<b>GOV.UK</b> Find coronavirus support	<a href="https://www.gov.uk/find-coronavirus-support">https://www.gov.uk/find-coronavirus-support</a>
<b>GOV.UK</b> Tackle loneliness during coronavirus	<a href="https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown">https://www.gov.uk/government/news/government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown</a>
<b>GOV.UK</b> Get help with funeral costs	<a href="https://www.gov.uk/funeral-payments">https://www.gov.uk/funeral-payments</a>
<b>GOV.UK</b> Help and support if someone dies	<a href="https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies">https://www.gov.uk/guidance/coronavirus-covid-19-help-and-support-if-someone-dies</a>
<b>GOV.UK</b> Support for Businesses	<a href="https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses">https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses</a>
<b>NHS &amp; GoodSAM</b> Register to become a NHS Volunteer	<a href="https://www.goodsamapp.org/NHS">https://www.goodsamapp.org/NHS</a>
<b>Public Information</b>	
<b>Action Fraud</b> Report a scam	<a href="https://www.actionfraud.police.uk/">https://www.actionfraud.police.uk/</a>
<b>AgeUK</b> Bereavement Support	<a href="https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/">https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/</a>
<b>Autism Support Allerdale and Copeland</b>	<a href="http://www.asaac.uk">www.asaac.uk</a>
<b>AWAZ Cumbria</b> Free community online sessions	<a href="https://awazcumbria.org/">https://awazcumbria.org/</a>
<b>CADAS</b> Helpline launched to provide callers with information, advice and guidance	<b>0800 2 54 56 58</b> – from 11am to 8pm from Monday to Saturday, and arranging longer call-backs for callers if necessary.
<b>Child Bereavement Network</b> Bereavement Support	<a href="http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx">http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx</a>
<b>Copeland Age and Advice Service</b>	<a href="https://caasteam.com/covid-19-support-information/">https://caasteam.com/covid-19-support-information/</a>
<b>Cruse</b> Bereavement support	<a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a>
<b>COVID-19 Scams</b> Report possible scams via Citizens Advice	<a href="https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/">https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/</a> or <b>0808 223 1133</b>

<b>Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust</b> Involvement Communications to Service Users and Carers	<a href="https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/">https://www.cntw.nhs.uk/services/patient-and-carer-involvement/involvement-communications-to-service-users-and-carers/</a>
<b>Family Action</b> Family Line	<a href="http://www.family-action.org.uk/familyline">www.family-action.org.uk/familyline</a>
<b>GOV.UK</b> FAQs on what you can and can't do at home	<a href="https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do">https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do</a>
<b>NHS</b> Bereavement Support	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/">https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/</a>
<b>North Cumbria Integrated Care NUS Foundation Trust- E-School Nurse</b> Weekly video clinics providing health & wellbeing advice for parents / carers of children aged 5-19	<a href="https://www.cumbria.gov.uk/ph5to19/priorities.asp">https://www.cumbria.gov.uk/ph5to19/priorities.asp</a>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Send a message to a relative in hospital	Free phone: <b>0800 633 5547</b> or <b>01228 814008</b> or email <b>PALS@ncic.nhs.uk</b>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Visitor Information	<a href="https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors">https://www.ncic.nhs.uk/patients-visitors/information-hospital-visitors</a>
<b>People First</b> Chat + Check Service	<a href="http://www.wearepeoplefirst.co.uk">www.wearepeoplefirst.co.uk</a> <a href="mailto:keepconnected@wearepeoplefirst.co.uk">keepconnected@wearepeoplefirst.co.uk</a> <b>0300 303 2789</b>
<b>Ramadan and COVID-19</b> Guidance on managing fasting during lockdown	<a href="https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/">https://www.cebm.net/covid-19/is-it-safe-for-patients-with-covid-19-to-fast-in-ramadan/</a>
<b>RNIB</b> Digital download service	<a href="https://www.rnib.org.uk/talking-books-service">https://www.rnib.org.uk/talking-books-service</a>
<b>Together We</b>	<a href="http://www.togetherwe.co.uk/">http://www.togetherwe.co.uk/</a>
<b>Public Health Information</b>	
<b>Active Cumbria</b> Activities to maintain positive wellbeing	<a href="http://www.activecumbria.org/stayinworkout">www.activecumbria.org/stayinworkout</a>
<b>Alzheimer's Society</b> Regularly updated information	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>

<p><b>Bereavement Helpline</b> The NHS Bereavement Helpline is here to offer support and advice</p>	<p>Call <b>0800 2600 400</b> or visit: <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/">https://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/</a></p>
<p><b>Bright Sky App</b> Domestic abuse online journal</p>	<p><a href="https://apps.apple.com/gb/app/bright-sky/id1105880511">https://apps.apple.com/gb/app/bright-sky/id1105880511</a></p>
<p><b>CADAS Countywide Addiction Helpline</b></p>	<p>General Enquiries: 0300 111 4002 <a href="mailto:info@cidas.co.uk">info@cidas.co.uk</a> Addiction Helpline: 0800 2 54 56 58 <a href="mailto:contact@cidas.co.uk">contact@cidas.co.uk</a></p>
<p><b>Cancer Research</b> Coronavirus and Cancer</p>	<p><a href="https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer">https://about-cancer.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer</a></p>
<p><b>Cockermouth Linking Lives - Two's Company</b> Telephone befriender programme</p>	<p>Contact Sue Gorman at <a href="mailto:cockermouth@linkinglives.uk">cockermouth@linkinglives.uk</a> or 07957 515140</p>
<p><b>Cumbria County Council</b> Public Health 5-19</p>	<p><a href="https://cumbria.gov.uk/ph5to19/default.asp">https://cumbria.gov.uk/ph5to19/default.asp</a></p>
<p><b>Cumbria County Council</b> Infection prevention advice for volunteers</p>	<p><a href="https://drive.google.com/open?id=17CJxmTgCNdyXOdrcl0qDwMOXS6xCbe5E">https://drive.google.com/open?id=17CJxmTgCNdyXOdrcl0qDwMOXS6xCbe5E</a></p>
<p><b>Every Life Matters</b> Download their Mental Health and Wellbeing Guide</p>	<p><a href="https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf">https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf</a></p>
<p><b>Equally Well UK</b> Publication around looking after your health during COVID-19</p>	<p><a href="https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf">https://equallywell.co.uk/wp-content/uploads/2020/05/Equally-Well-Covid19-Resource-Final-1.pdf</a></p>
<p><b>GOV.UK</b> Get coronavirus support as a clinically extremely vulnerable person</p>	<p><a href="http://www.gov.uk/coronavirus-extremely-vulnerable">www.gov.uk/coronavirus-extremely-vulnerable</a></p>
<p><b>GOV.UK</b> Support for domestic abuse victims</p>	<p><a href="https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims">https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims</a></p>
<p><b>Kooth</b> A online service to support the wellbeing and resilience of young people</p>	<p><a href="http://www.kooth.com">www.kooth.com</a></p>
<p><b>Lancashire and South Cumbria NHS Foundation Trust</b> Mental Health Helpline</p>	<p><a href="http://www.lscft.nhs.uk/news/814">www.lscft.nhs.uk/news/814</a></p>
<p><b>Mental Health Foundation</b> Looking after your mental health during the coronavirus outbreak</p>	<p><a href="https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>

<b>Mind</b> Coronavirus and your wellbeing	<a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>
<b>NHS</b> Every Mind Matters- 10 tips to help if you are worried about coronavirus	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</a>
<b>North Cumbria Integrated Care NHS Foundation Trust</b> Maternity guidance surrounding COVID-19 FAQ	<a href="https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf">https://www.ncic.nhs.uk/application/files/8815/8590/7136/Maternity_FAQs.pdf</a>
<b>North East &amp; North Cumbria Suicide Prevention Network</b> Website containing help and advice about suicide and mental wellbeing	<a href="http://www.stopsuicidenenc.org/">http://www.stopsuicidenenc.org/</a>
<b>Northern Cancer Alliance</b> Information and advice	<a href="https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/">https://www.northerncanceralliance.nhs.uk/coronavirus-covid-19-latest-information-and-advice/</a>
<b>Royal College of Paediatrics and Child Health</b> Easy-to-use guide for parents and carers on the symptoms to look out for in children	<a href="https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf">https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf</a>
<b>Samaritans</b> If you're worried about your mental health during the coronavirus outbreak	<a href="https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/">https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/</a>
<b>United for Global Mental Health</b> Weekly Webinar	<a href="https://www.unitedgmh.org/news/webinarseriescovid19">https://www.unitedgmh.org/news/webinarseriescovid19</a>
<b>Victim Support Cumbria</b> Emotional and practical help	<a href="https://www.victimsupport.org.uk">https://www.victimsupport.org.uk</a>
<b>World Health Organisation</b> Mental health and psychosocial considerations during COVID-19 outbreak	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf</a>
<b>Young Cumbria</b> Support to 11-19 years old who are experiencing increased stress and anxiety, are affected by depression, isolation and boredom.	<a href="http://www.facebook.com/youngcumbria">www.facebook.com/youngcumbria</a> or email <a href="mailto:foundations@youngcumbria.org.uk">foundations@youngcumbria.org.uk</a>

<b>YouTube-Mindset by Dave</b> Mental Health Family Hour Episodes	<a href="https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg">https://www.youtube.com/channel/UCwLY9ZP61Um0nQVmvCZ06yg</a>
<b>Zero Suicide Alliance</b> Weekly Webinar	<a href="http://www.zerosuicidealliance.com/training/">http://www.zerosuicidealliance.com/training/</a>
<b>Information for Local Support Groups</b>	
<b>ABI</b> Volunteers and Car Insurance ABI	<a href="https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/">https://www.abi.org.uk/news/news-articles/2020/03/information-for-volunteers-using-their-car-to-help-fight-coronavirus/</a>
<b>Action with Communities in Cumbria</b> Village Halls - Retail Hospitality and Leisure (RHL) Grant	<a href="https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf">https://acre.org.uk/cms/resources/guidance-on-eligibility-for-government-support-for-halls-2.4.20.pdf</a>
<b>Arts Council England</b> COVID-19 Funding Support	<a href="https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support">https://www.artscouncil.org.uk/advice-and-guidance-library/covid-19-support</a>
<b>CFM</b> Cash for Kids Appeal submit application	<a href="https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/">https://www.cashforkidsgive.co.uk/emergency-appeals/cumbria/</a>
<b>Charities Aid Foundation</b> Funding	<a href="https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund">https://www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund</a>
<b>COVID-19 Mutual Support</b> Resources for groups of volunteers	<a href="https://covidmutualaid.org/resources/">https://covidmutualaid.org/resources/</a>
<b>Cumbria Action</b> If you are looking to set up a more formal, coordinated and permanent group to support your community	<a href="http://www.cumbriaaction.org.uk">http://www.cumbriaaction.org.uk</a>
<b>Cumbria Community Foundation</b> Funding	<a href="https://www.cumbriafoundation.org/fund/covid19-response-fund/">https://www.cumbriafoundation.org/fund/covid19-response-fund/</a>
<b>Cumbria Community Resilience Group</b> Advice for volunteers	<a href="https://drive.google.com/file/d/11DWO5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view">https://drive.google.com/file/d/11DWO5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view</a>
<b>Cumbria County Council</b> Infection prevention advice for volunteers	<a href="https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E">https://drive.google.com/open?id=17CJxmTgCNdyXOdrCioqDwMOXS6xCbe5E</a>
<b>Cumbria County Council &amp; Cumbria CVS</b> Helping in the community guidance	<a href="https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y">https://drive.google.com/open?id=1f-Zmp7a0UJPLowwZVQni6MU0aDvpNv3Y</a>
<b>Cumbria CVS</b> Information and support for volunteers	<a href="https://cumbriacvs.org.uk/coronavirus/">https://cumbriacvs.org.uk/coronavirus/</a>

<b>Digital Cumbria</b> Free support for Cumbrian SMEs	<a href="https://digitalcumbria.c4dta.co.uk">https://digitalcumbria.c4dta.co.uk</a>
<b>Eden Project Communities</b> Telephone Tree Template	<a href="https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf">https://www.edenprojectcommunities.com/sites/default/files/car_-_phone_tree_template.pdf</a>
<b>GOV.UK</b> Safeguarding and DBS checks for volunteers	<a href="https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs">https://www.gov.uk/government/publications/safeguarding-factsheet-community-volunteers-during-covid-19-outbreak/safeguarding-and-dbs-factsheet-faqs</a>
<b>Grants Online</b> Find grants online	<a href="https://www.grantsonline.org.uk/coronavirus.html">https://www.grantsonline.org.uk/coronavirus.html</a>
<b>Information Commissioners Office</b> Information for new groups	<a href="https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/">https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/</a>
<b>Mind</b> Coronavirus Mental Health Response Fund	<a href="https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/">https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/</a>
<b>Neighbourhood Watch</b> Free Public Liability Insurance for Groups	<a href="http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning">http://www.cumbriaaction.org.uk/What-We-Do/Community-Emergency-Planning</a>
<b>Persimmons</b> Community Champions	<a href="http://www.persimmonhomes.com/community-champions">www.persimmonhomes.com/community-champions</a>
<b>Prince's Countryside Fund</b> Funding	<a href="https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme">https://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme</a>
<b>Sport England</b> Funding	<a href="https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus">https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus</a>
<b>Personal Financial Support</b>	
<b>Citizens Advice</b> Help to claim	<a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/</a>
<b>Department for Work and Pensions (DWP)</b> FAQs	<a href="https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/">https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/faqs/</a>
<b>Money Advice Service</b> Free and impartial money advice	<a href="https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you">https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you</a>
<b>TURN2US</b> Access to financial help including welfare benefits, charitable grants and other financial help	<a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a>
<b>UK Finance</b> Making payments safely in lockdown	<a href="https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown">https://www.ukfinance.org.uk/covid-19-making-payments-safely-lockdown</a>
<b>Food and Shopping</b>	
<b>Aldi</b> Food parcels	<a href="https://www.aldi.co.uk/food-parcels">https://www.aldi.co.uk/food-parcels</a>

<b>Asda</b> Volunteer Shopping Card	<a href="https://cards.asda.com/the-volunteer-shopping-card">https://cards.asda.com/the-volunteer-shopping-card</a>
<b>Morrisons</b> Doorstep Service	Call <b>0345 611 6111</b> and select <b>option 5</b> to place your order
<b>Sainsburys</b> Latest information	<a href="https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--">https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation-/latest-information--</a>
<b>Which?</b> Advice on how to pay volunteers	<a href="https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/">https://www.which.co.uk/news/2020/04/how-to-pay-volunteers-helping-with-shopping-during-coronavirus-lockdown/</a>
<b>Education</b>	
<b>Cumbria County Council</b> Free Online Courses for Families of Cumbria with access code: WORDSWORTH	<a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a>
<b>Department for Education</b> List of online educational resources	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#special-educational-needs-and-disabilities-send">https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#special-educational-needs-and-disabilities-send</a>
<b>Inspira</b> Careers service for young people	<a href="https://www.inspira.org.uk/finished-school-college">https://www.inspira.org.uk/finished-school-college</a>
<b>Recovery College Online</b> Coping during the Pandemic Course	<a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a>
<b>World Health Organisation</b> Healthy Parenting Resources	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting</a>
<b>Cumbria Community Learning and Skills</b> Community Learning & Skills have gone online with over 150 courses to choose from and can be accessed via Zoom	<a href="http://www.cumbria.gov.uk/learningandskills">www.cumbria.gov.uk/learningandskills</a>
<b>Transport</b>	
<b>Cumbria County Council</b> Bus Updates	<a href="http://www.cumbria.gov.uk/buses">http://www.cumbria.gov.uk/buses</a>
<b>Northern</b> Key Worker Timetables	<a href="https://www.northernrailway.co.uk/key-worker-timetables">https://www.northernrailway.co.uk/key-worker-timetables</a>



HM Government

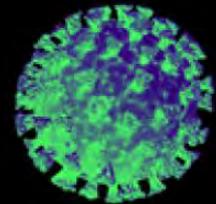


# Coronavirus

## 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

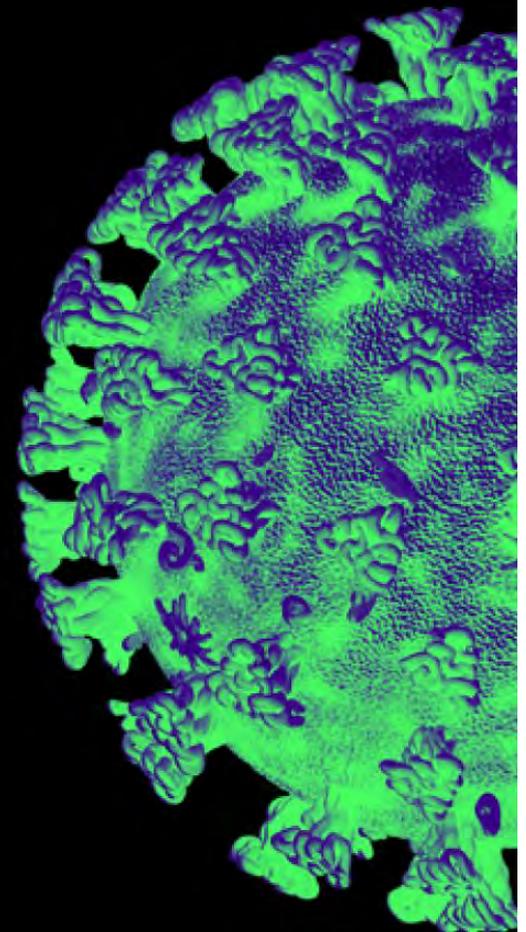


- ✔ Everyone in your household must **stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**





HM Government



# **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](https://www.nhs.uk/coronavirus)**

# 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.



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**Try to use existing and trusted community groups.** If not, could a family member, friend or neighbour who you know and trust help?



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**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:

<b>Copeland and Allerdale</b>	<b>0300 303 3589</b>
<b>Carlisle and Eden</b>	<b>0300 303 3249</b>
<b>Furness and South Lakes</b>	<b>0300 303 2704</b>
<b>Out of Hours</b>	<b>01228 526690</b>
<b>In an emergency, call 999</b>	

For concerns about a child, report to:  
[cumbriasafeguardingchildren.co.uk](http://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:



RED

### If your child has any of the following:

- 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

### You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

### If your child has any of the following:

- 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

### You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

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



GREEN

### If none of the above features are present

- 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.

### Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

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**