**Parish and Community Group Covid-19 Newsletter 11 November 2020**

**National Lockdown**

The new National Lockdown for England began on 5th November and is expected to finish on 2nd December.

All the details on the restrictions in place can be found [here](https://www.gov.uk/guidance/new-national-restrictions-from-5-november)

**Parish or Community Groups**

Parish or Community Groups may see extra demand for help during this new National Lockdown period.

People who have been advised to stay at home because they are Clinically Extremely Vulnerable (also known as shielding) or be because they are having to isolate might mean that people are unable to get essential supplies.

Help with regular shopping is one of the most common reasons for people approaching Blaby District Council and we need your help to make sure people get the help they need.

Blaby District Council would like to know if you are able to manage demand in your area, if you have enough volunteers to meet the needs of your community or if there is any other support you need.

If your group is in need of help with matters relating to the Coronavirus please speak to Andrew Hickling, Blaby’s Parish Liaison Officer or contact the Community Hub on 0116 275 0555 or <https://www.blaby.gov.uk/leisure-health-and-community/community/coronavirus-community-hub/>

**Shielding/Clinically Extremely Vulnerable People**

Every person who has been identified as clinically extremely vulnerable will be getting a letter from the Government with advice on extra measures they should take to keep safe during the National Lockdown.

The letter also has a website for clinically extremely vulnerable people to register if they need help to access a priority shopping slot or need other support.

Volunteers, carers or family/friends can register people on their behalf if needed. This is the website to register for help: <https://www.gov.uk/coronavirus-shielding-support>

The full guidance for clinically extremely vulnerable people can be downloaded here:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

**Food Parcels for Clinically Extremely Vulnerable People**

Food parcels from the Government will not be provided this time round.

If you or someone you know is clinically extremely vulnerable and is in urgent need of food with no way of getting it, Leicestershire County Council may be able to provide an emergency food parcel to cover basic needs.

Please contact Leicestershire County Council on 0116 3052499 (including out of hours)

**Help to get priority shopping slots and other support for Clinically Extremely Vulnerable people**

Blaby District Council’s Community Hub is still offering support. Clinically Extremely Vulnerable People can get help from us to access a priority shopping slot, help with isolation or loneliness and help to access volunteer support in their local area.

Either fill in a form here <https://www.blaby.gov.uk/leisure-health-and-community/community/coronavirus-community-hub/>

 or contact Blaby District Council on 0116 275 0555

**Financial and other support**

Times are tough for lots of people during the pandemic. The Blaby District Council community hub is still open for anyone needing help due to Covid-19.

We can direct people to the most up to date advice, refer them to an organisaiton that can help if we can’t and provide practical help ourselves

What we can offer

* Emergency food
* Foodbank referrals
* Help with unforeseen costs
* Test and Trace Support Payments
* Support for loneliness and isolaltion
* Ongoing support through our Resident Support Service
* Support for people experiencing Domestic Abuse

If you or someone you know needs help, please fill in the form here <https://www.blaby.gov.uk/leisure-health-and-community/community/coronavirus-community-hub/>

 or call us on 0116 275 0555

**Mental Health and Wellbeing**

Blaby District Council is launching a befriending scheme offering regular telephone calls to people who are lonely, feeling low or isolated. Full details of how to refer into the scheme if you know someone who would benefit will be published shortly.

Other befriending and welfare call schemes can be accessed via Age UK or NHS repsonders.

**Every Mind Matters** is the NHS site to visit for personalised mental health and wellbeing plans, tips, information and advice about everything to do with mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters>

**SANE** provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers. You can leave a message on **07984 967 708** giving your first name and a contact number, and a professional or senior volunteer will call you back

**MIND** can provide help and information for those living with mental health issues as well as an A-Z guide of mental health services.

<https://www.mind.org.uk/>

**NHS volunteer responders**

Support will continue to be available through the NHS Volunteer Responder Scheme. NHS Volunteer Responders can support you with:

* collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies;
* a regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks; and
* transport to medical appointments arranged through Health care professionals.

Please call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support. More information is available at www.nhsvolunteerrespo-op onders.org.uk.

**New Co-op call and collect and Appy Shop delivery service launched**

Co-op are offering a call and collect service from their stores. Simply order and pay over the phone or online and collect your shopping (or someone can do it on your behalf) the following day from your local Co-op.

Freephone **0800 050 1601** Or visit: [www.members.coop](http://www.members.coop)

Appy Shop is a home delivery service being launched on 10 November 2020 for customers of the Whetstone Co-op Store. Order and pay for your shopping through the Appy app and get same day delivery.

This service operates within 3 miles of the store. There is a £15 minimum spend and £3 delivery charge.

**Testing for Coronavirus**

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Anyone with symptoms of coronavirus, however mild (a high temperature, a new continuous cough or a loss or change to your sense of smell or taste), must stay at home and book a test. Use the NHS Covid-19 App or go to <https://www.gov.uk/get-coronavirus-test> or by calling 119.

**Ready Cooked Meal Delivery**

There are a number of suppliers of ready cooked meals who will deliver to households. We cannot recommend any one supplier however, below is a list of those who deliver to the Blaby area.

Wiltshire Farm Foods – Order online or by phone You can order for a friend or family member. They accept payment by debit or credit card, or you can pay in cash or by cheque to the driver. Tel: 08000 077 3100 <https://www.wiltshirefarmfoods.com/>

Oakhouse Foods – order online or request a brochure and phone local shop. Tel 0333 370 6700 <https://www.oakhousefoods.co.uk/>

ParsleyBox – order online or by phone/request a brochure – Tel: 0800 6127225 <https://www.parsleybox.com/>

Cook – online orders <https://www.cookfood.net/info/Shopping-Online/Home-Delivery/>

Chef on Board – order online <http://www.chefonboard.com/>