STROUD DISTRICT COUNCIL

STROUD DISTRICT COUNCIL COVID-19

Community Information Pack

April 2020

INTRODUCTION

This information pack contains help and advice for communities during the COVID-19 pandemic (also known as the Coronavirus) which are providing support to vulnerable residents in the Stroud District.

In this pack you will find information on health advice, key contacts and resources and information which includes details of the Gloucestershire County Council Community Hub. We hope you can share this with your communities to support each other as much as possible during this time.

Since the outbreak, formal and informal community-based groups have come together to support residents in their communities or across the Stroud District. Stroud District Council is providing a link between individuals who require help and community groups, and businesses which are able to provide the relevant support for individual needs.

We have produced an interactive map and document on our website which can be found here. It is being regularly updated with community support groups and businesses which have come forward and registered through the Gloucestershire Community Help Hub.

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HEALTH ADVICE

HEALTH ADVICE

Everyone must stay at home to help prevent the spread of COVID-19. You should only leave the house for limited purposes:

- Shopping for basic necessitates such as food and medicine
- One form of exercise a day alone or with family members in your household
- Any medical need including donating blood, escape injury or harm or to provide care to help a vulnerable person
- Travelling for work purposes, only where you cannot work from home

The NHS has some simple advice to avoid catching or spreading COVID-19:

DO:

- Stay at home or work from home if you can
- Wash your hands with soap and warm water often – do this for at least 20 seconds
- Always wash your hands when leave your house or work and again when you return
- Use hand sanitiser gel if soap and warm water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissue in the bin straight away and wash hands afterwards
- Clean objects and surfaces you often touch (e.g. door handles, kettles and phones)
- Clean objects and surfaces in shared bathrooms each time you use
- Try to avoid close contact with people who are unwell
- Only travel on public transport if you absolutely have to
- Keep 2 meters (3 steps) apart from others

DO NOT

- Touch your eyes, nose or mouth if your hands are not clean
- Have visitors to your home, including friends and family
- Go out unless you absolutely have to
- Share towels, including hand/tea towels

SELF ISOLATE

- For 7 days if **YOU** have symptoms (high temperature or a new continuous cough). If your temperature is still high after 7 days, you should isolate for another 7 days. You do not need to isolate for another 7 days if you still have the cough.
- For 14 days if **MORE THAN ONE** person in your household has symptoms.

If you have symptoms or are/have been told to self-isolate **DO NOT** go to your GP surgery, pharmacy or hospital. Stay at home and use the NHS 111 COVID-19 service to find out what to do or phone 111.

For further information on any of the above, including information on self-isolating please visit the NHS website www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

USEFUL CONTACT LINKS

The following links provide useful, factual and regularly updated information regarding the COVID-19, please share these with your communities.

- Follow the latest stay at home advice at www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice
- Overview of COVID-19 – what is it? www.nhs.uk/conditions/coronavirus-covid-19
- Number of COVID-19 cases in the UK, including the affected areas – information can be found on the Gloucestershire County Council website, www.gloucestershire.gov.uk/
- NHS 111 111.nhs.uk/covid-19
- For advice of pressure and anxiety, the NHS Every Mind Matters website has useful information and tops for supporting good mental health during the COVID-19 pandemic www.nhs.uk/oneyou/every-mind-matters
- Social Distancing – www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people
- Public Health Campaign Resource Centre (you'll need to register) for posters, videos and social media graphics campaignresources.phe.gov.uk/resources/campaigns
- Gloucestershire County Council's COVID-19 information page, which also includes the Gloucestershire County Community Help Hub www.gloucestershire.gov.uk/covid-19
- Stroud District Council's COVID-19 information page www.stroud.gov.uk/health-wellbeing/coronavirus
- Stroud District Council's find support services available interactive map www.stroud.gov.uk/health-wellbeing/coronavirus/find-support-services-map

USEFUL CONTACT NUMBERS

The following telephone numbers can be used to obtain useful and factual information, please share these with your communities.

- NHS 111 – only call 111 if you cannot get help online
- Age UK helpline – 0116 2992239 for those over 70 self-isolating and live alone
- Education enquiries – phone the Department for Education on 0800 046 8687
- Gloucestershire County Council (customer services)– 01452 425000
- Gloucestershire County Council Community Help – 01452 853519 (Monday – Friday 8am – 8pm, Saturday- Sunday 9am – 4pm)
- Stroud District Council – 01453 766321 (Monday – Thursday 8.45am – 5pm, Friday 8.45am – 4.30pm)

SOCIAL MEDIA

Social media is a valuable tool at a time like this, but it can also contain mis-information which isn't helpful. The following accounts will be regularly posting out the latest factual advice and information relating to COVID-19:

UK Government
Twitter – @GOVUK
Facebook - @UKgovernment

Public Health England
Twitter - @PHE_UK
Facebook – @PublicHealthEngland

Department of Health and Social Care
Twitter - @DHSCgovuk
Facebook – @DHSCgovuk

Gloucestershire County Council
Twitter - @GlosCC
Facebook – @GloucestershireCountyCouncil

Stroud District Council
Twitter- @StroudDC
Facebook – @strouddistrictcouncil

NHS England
Twitter @NHSEngland
Facebook – @NHSEngland
(only NHS organisations 'blue tick verified')

Gloucestershire Police
Twitter - @Glos_Police
Facebook – @gloucestershire.constabulary

WHAT CAN YOU DO AS A COMMUNITY?

Communities in the Stroud District are strong and resilient and there are simple things that you can do to help them continue to thrive.

As a community group or business, can you help your neighbour or communities by:

- Making sure they have enough food and other general supplies to cover a few days – **there is no need to panic buy**
- Walking their dog
- Picking up a prescription
- Putting out bins
- Taking in a parcel
- Phoning, Skyping or facetiming them so they can see a friendly face, helping to reduce their isolation
- Checking if any of their planned appointments have been cancelled before they travel
- Making sure they have some simple recipes to hand
- Have some batch cooking for the freezer

If you are able to provide assistance on any of the above tasks, please register your community group or business on the Gloucestershire Community Help Hub to register your support. For more information on the Community Help Hub, please see next page.

It is vitally important to please be responsible with your comments and actions and not cause undue concern or anxiety in your community. It is also important to be sensitive when communicating with someone who has been in contact with COVID-19 or has been diagnosed with it as it will be an anxious time for them without added concern.

Public Health England have advised that those individuals who are self-isolating or have been told to self-isolate from the NHS to do what they can to avoid visitors to their home and any deliveries of shopping and prescriptions should be left at the door to reduce the amount of contact possible between people.

It is important that we continue to follow advice and guidance which can be found at www.nhs.uk

GLOUCESTERSHIRE COMMUNITY HELP HUB AND STROUD DISTRICT COUNCIL INTERACTIVE MAP

Gloucestershire's councils and partners have created a community help hub to connect local people who need help with community groups and others who can provide the support they need.

Any of the following should register through the community help hub:

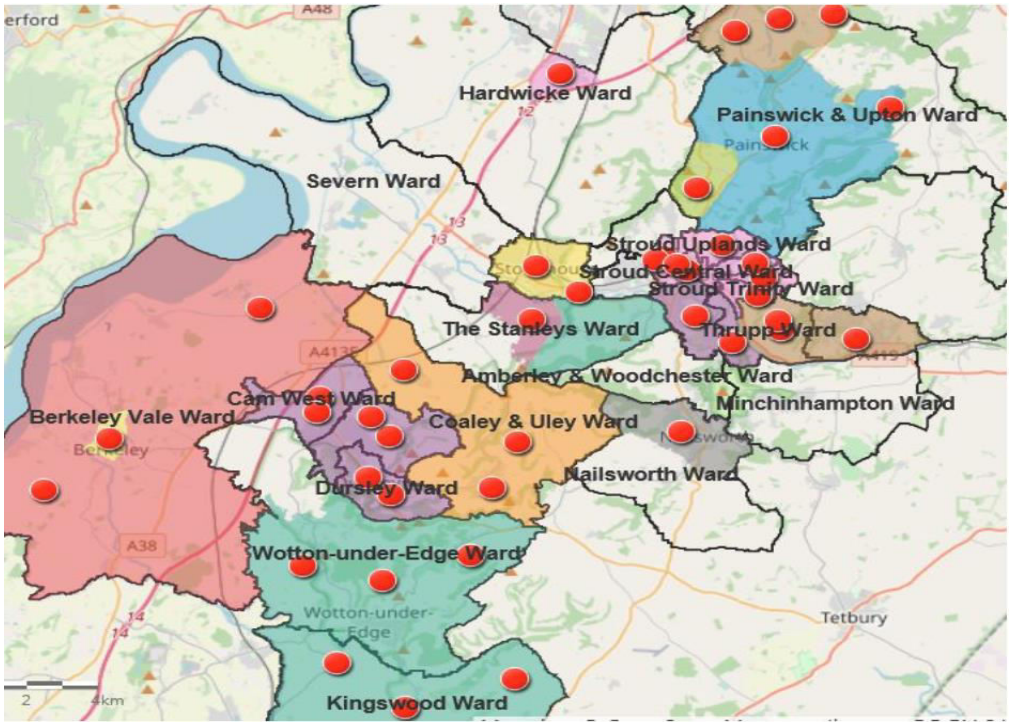
- If an individual needs help
- If a neighbour needs help
- An individual can provide help
- A business/community group can provide help

The community hub can either be assessed through the quick and easy to complete through the simple form on the Gloucestershire County Council website or via the helpline (details provided below).

https://www.gloucestershire.gov.uk/helphub
01452 583519 Monday to Friday 8am – 8pm and Saturday – Sunday 9am – 4pm

The information collected will be shared with the relevant local council who will then make contact with each individual who requires help and connect them with the appropriate registered community group or business that can meet the support needs advised.

Stroud District Council have created an interactive map that shows what support if available in specific areas of the Stroud District from businesses and community groups that have registered through the community help hub that are for Stroud. There is also an accompanying word document that also lists the district wide and individual support groups.



SUPPORT FOR BUSINESSES

The best source of advice for businesses can be found on the Gov.uk website, which includes more detail on national business support schemes that are available.

The Chancellor set out a package to support businesses through the COVID-19 outbreak. The current package includes:

- Coronavirus Job Retention Scheme
- Deferring VAT and Self-Assessment payments
- Self-employment Income Support Scheme
- Statutory sick pay relief package for small and medium sized businesses
- A 12 month business rates holiday for all retail, hospitality and leisure businesses in England
- Small business grants of £10,000 for all businesses in receipt of small business rate relief or rural rate relief including those in receipt of tapered relief
- Grant funding of up to £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000
- The Coronavirus Business Interruption Loan Scheme to support long term viable businesses who may need additional finance
- New lending facility from Bank of England to help support liquidity among larger firms
- The HMRC Time to Pay Scheme

There is also information on the Stroud District Council website regarding the Business Rate Relief Scheme and what support the GFirst LEP are providing. There is also guidance for business rates for nursery discount.

For further advice and guidance for empoyers, businesses and employees, the gov.uk website lists an array of information including:

- Going to work or staying at home
- If your business should close or remain open
- Limiting the spread of COVID-19
- Sick pay
- Proof of sickness
- How COVID-19 affect you if you're self employed
- Furloughed workers

HM Government

NHS

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

CORONAVIRUS

PROTECT YOURSELF & OTHERS

HM Government

NHS

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Palm to palm

The backs of hands

In between the fingers

The back of the fingers

The thumbs

The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

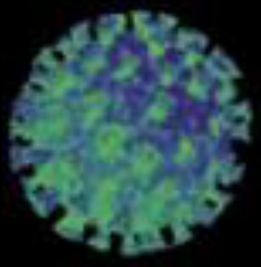
PROTECT YOURSELF & OTHERS

HM Government

NHS

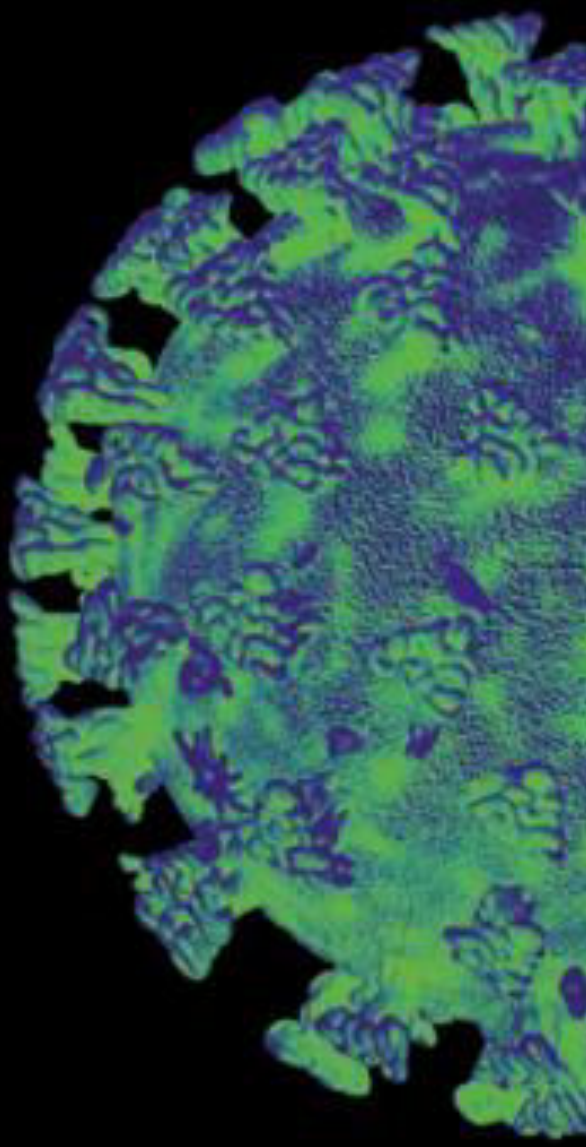
Coronavirus

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, hospital or pharmacy.
- **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**

CORONAVIRUS

PROTECT YOURSELF OTHERS & THE NHS

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