

NETWORK NOTES

Easter Edition April 2020

Ballymote Centre, 40 Killough Road, Downpatrick,
BT30 6PY

Tel: 02844612311 Email: info@countydownrcn.com

The Board and the team at CDRCN wish you and your families a happy Easter.



Our Special Easter Edition hopes to bring you information which may be of help over this difficult time. We hope you are Staying Safe AND Staying At Home.

We applaud and give thanks to all our NHS staff who are working selflessly and tirelessly on the front line of this pandemic. We also recognise and acknowledge the important contribution of other frontline support services - bus drivers, ambulance staff, shop assistants and those organisations providing energy, water and effective refuse services. We pass on our gratitude and admiration to all our essential services especially the Pharmacists and their teams. We also acknowledge the domiciliary care workers throughout the region who are supporting assisted and independent living in our communities.

New support mechanisms are now in place to support the most vulnerable in our community. If you are aware of someone who needs help please EMAIL us : info@countydownrcn.com or, if email is not possible, telephone us on 028 4461 2311

Please feel free to pass on the information in this Network Notes to your family, friends and volunteers; check out our facebook page or our website for updates and daily info.



Comhairle Ceantair
an Iúir, Mhúrn
agus an Dúin
Newry, Mourne
and Down
District Council

Please note that the leisure centres are not open for normal public use at this time or to visit for collections so those in vulnerable groups seeking support can make contact on a Freephone helpline managed by Advice NI between 9am to 5pm, seven days a week:

Freephone number: [0808 802 0020](tel:08088020020)
Email: covid19@adviceni.net
Text: ACTION to 81025

For further information visit the website

<https://www.newrymournedown.org/communities-and-how-you-can-help>

<https://www.newrymournedown.org/coronavirus>

CORONAVIRUS (COVID-19)



COVID-19 COMMUNITY HELPLINE
FREEPHONE 0808 802 0020
7 DAYS A WEEK 9AM TO 5PM



Housing Executive

Housing Executive tenants with emergency repairs may call our 24 Hour Emergency Repairs service on [03448 920 901](tel:03448920901)

For more information see link: <https://www.nihe.gov.uk/>

[Emergency](#)



Coronavirus: Health / Testing / Social Distancing
You must stay at home apart from essential travel

You can find regular updates from the Public Health Agency (PHA) on their website:
<https://www.publichealth.hscni.net/> or <https://www.health-ni.gov.uk/coronavirus>

How can I reduce my chances of contracting Coronavirus?

- Wash your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who have symptoms.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands.
- Clean and disinfect frequently touched objects and surfaces in the home.
- Practice social distancing in line with the new guidelines

**ARE YOU A COMMUNITY
GROUP WITH ACCESS NI
CHECKED VOLUNTEERS?**

We need your help...



**CDHN IS RESOURCING AND SUPPORTING
COMMUNITY GROUPS WHO CAN OFFER HELP TO
PHARMACIES DURING THIS WORRYING TIME**

- ✓ **GROUPS MUST BE CONSTITUTED**
- ✓ **GROUPS MUST BE REGISTERED WITH CDHN**
- ✓ **VOLUNTEERS MUST BE ACCESS NI CHECKED
(PLEASE CONTACT CDHN FOR INFORMATION)**

**PLEASE NOTE GROUPS ARE ADVISED NOT TO
CONTACT PHARMACIES DIRECTLY**

**EMAIL [KATHYMARTIN@CDHN.ORG](mailto:kathymartin@cdhn.org) OR TELEPHONE
028 3026 4606 FOR MORE INFORMATION OR TO REGISTER**



WORRIED IF A CALLER IS GENUINE?

You can contact your local crime prevention officer on 101 about the Nominated Neighbour Scheme and QuickCheck. By using QuickCheck, people can phone 101 to check the identity of callers to their home who claim to represent an energy or water network company.

- **Always ask for proof of identity. If people are who they say they are, they will be happy to show you their ID.**
- **Do not pay for items upfront – wait until you receive them**
- **Remember your bank or the police will NEVER ask you to transfer money or move it to a safe account.**

To avoid becoming the victim of a scam visit ScamwiseNI: <https://www.nidirect.gov.uk/campaigns/scamwiseni>

For more information visit the Consumer Council: www.consumercouncil.org.uk/coronavirus/scams

Reports from the public have already included online shopping scams where people have ordered protective face masks, hand sanitiser, and other products, which have never arrived and a number of cases have been identified where fake testing kits have been offered for sale.

Report any scams to Action Fraud

Action Fraud is the UK's national fraud and internet crime reporting unit.

They offer a central point of contact for information about fraud and financially motivated internet crime.

Report fraud to Action Fraud and receive a police crime reference number. Action Fraud is not an emergency service - dial 999 if you are in immediate danger.

telephone – Action Fraud 0300 123 2040

If you receive a scam email message or a computer virus, but you haven't lost any money you can report it for information purposes, to Action Fraud.



Good Advice for loved ones from the Alheimers Society

<https://www.alheimers.org.uk/blog/coronavirus-covid-19-scams-people-affected-dementia>



Community NI—Connecting the Voluntary and Community Sector

Visit the Website for information and support and where to locate it in your area.

<https://www.communityni.org/>

Coronavirus: Losing work / Benefits / Financial struggles

The Government has set up a job retention scheme: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses#support-for-businesses-through-the-coronavirus-job-retention-scheme>

How do I apply for sick pay?

- This payment will now be from Day 1 of someone being off work.
- Check the link: <https://www.nidirect.gov.uk/articles/apply-statutory-sick-pay?fbclid=IwAR0j4UyaiMtP7hikdhXAQiHIduYcQ7A9qNCaHkuyrHxohyVXtHOaHgdKFjc> or call **08002321271** to see if you are entitled to any additional support.

I have been laid off because of the Coronavirus, what can I do?

- If you have lost your job due to the crisis, we'd advise you to call the Freephone Benefits Check: 0800 232 1271
- Advice NI 'Welfare Changes' hotline can be contacted on: **0808 8020020**
- Advice NI also have a debt advice service: **08000 281881**

My employer has asked me to take time off of work, what can I do?

- Your employer can ask you to stay at home or take unpaid leave if there's not enough work for you. A lay-off is if you're off work for at least 1 working day. Short-time working is when your hours are cut.

Access the link: <https://www.gov.uk/lay-offs-short-timeworking?fbclid=IwAR2z2avFpmjxDg3XviiCvoQjfit1G-m94P02VuboJz5UzPXsvBAgHuoqt3Q>.

The latest information on how the current emergency is affecting the benefits system, including attending appointments, can be found <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>.



Free online stress control classes are being supported by the Department of Health, Health and Social Care Board, Health and Social Care Trusts and Public Health Agency and are aimed at supporting people's mental wellbeing at this time of massive uncertainty. You can open this on youtube and subscribe to follow the programme over 6 weeks in the comfort of you own home. Visit: www.stresscontrol.org.

Wellbeing advice and information to support you and your family

<https://www.choosetolivebetter.com/content/healthy-recipes>

[http://safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101 Square Meals.pdf](http://safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101%20Square%20Meals.pdf)

<https://www.nhs.uk/change4life>

<https://www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html>



Tips for how to help yourself and others

- Keep in touch with others using the phone, text, internet or social media
- Look after yourself and get rest. Try to get some fresh air or sunlight– even opening a window can help.
- Keep to a regular routine.
- Ask for practical help from friends, family or neighbours.
- Don't feel guilty if you are struggling.
- Try to stay in contact with bereaved friends and family even if you cannot visit. At this time use phone, text, whatsapp, skype, zoom, facetime
- Help someone else if you know they are struggling.
- Let a bereaved person talk about how they are feeling and about the person who has died.

Coronavirus: Grief and isolation

Being bereaved can be a very lonely time. Talking with friends and family can be one of the most helpful ways to cope after someone close to us dies. Cruse advice is usually to avoid spending lots of time alone. But at the moment many of us need to self-isolate so that we don't catch the coronavirus, or pass it on to others. Grieving while being alone can mean that:

- Your feelings of loneliness and grief are stronger.
- You might have to stay by yourself in a place you shared with the person who has died. This can bring up painful memories.
- If you are living with a family in the same house, you may be able to support each other. But sometimes being together all the time can lead to tension or arguments.
- It is harder to deal with your grief because everyone is also worried about the coronavirus situation.
- You may be left without someone to share your feelings with, or to help you with meals and shopping

Cruse Freephone National Helpline 0808 808 1677 or access the website www.cruse.org.uk



The Marie Curie support line (**0800 090 2309**) has extended its opening hours to be open seven days a week and we are updating our information pages on a daily basis to ensure they are up to date with latest government guidance. Marie Curie is operating a Check in and Chat Service : <https://www.mariecurie.org.uk/help/support/check-in-and-chat>

For more information visit: www.mariecurie.org.uk/support.

Free GrantTracker for One Month during Covid-19 Crisis



NICVA is here for you - we're changing how we work but we are here to support the voluntary and community sector as usual. Check for updates and new information via the [COVID-19 Information Hub](https://www.nicva.org/covid19/#hubindex) by visiting: <https://www.nicva.org/covid19/#hubindex> or phone us on 028 9087 7777.

Small Grants Scheme now open



For more information visit:

<https://www.liveherelovehere.org/cgi-bin/generic?instanceID=30>

National Lottery Awards for All Northern Ireland (New COVID-19 restriction)



A quick way to apply for smaller amounts of funding between £300 and £10,000. Suitable for voluntary or community organisations. CEO Dawn Austwick stated all the funding decisions they make for the next six months (up to £300m of National Lottery funding) will be devoted to addressing the current crisis. This is restricted to:

- Activities specifically geared to supporting communities through this crisis
- Helping organisations overcome any liquidity issues caused by COVID-19.

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

Application deadline: rolling



Halifax Foundation has explicitly recommended groups to apply for small and medium grants during this time. Any Covid related applications designed to support the community at this time of crisis will be prioritised and turned around as quickly as possible. Includes funding for core costs.

- Small Community Grants (Up to £2,500/12 month grant/rolling programme)
- Medium Community Grants (£2,500 - £10,000/12 month grant/rolling programme)

For more information visit website: www.halifaxfoundationni.org



The
Community Foundation
for Northern Ireland
supporting people, strengthening communities, building peace

Community Foundation NI have today opened a crisis fund for charitable groups supporting older people dealing with emerging issues from Coronavirus. The focus of the funding will be to address issues of loneliness and isolation among older people, example projects might include :

- Enabling older people to keep warm by accessing home heating oil or warm clothes.
- Enabling older people to access a nutritious meal by connecting them to services providing groceries, and/or ready made meals.
- Enabling and encouraging older people to use and access technology to keep them connected to the outside world.
- Reaching out to isolated older people by telephone, and befriending if possible.

Applications are open to constituted community organisations across NI.

Further information is available by following this link -<https://communityfoundationni.org/grants/coronavirus-community-fund/>

Information Page and Helpful Telephone Numbers

Coronavirus Helpline	111
Police (Non emergency)	101
Samaritans	116123
Lifeline	0808 808 8000
Childline	08001111
Ballynahinch Counselling Centre	07835305411
Women's Aid Helpline: 24 hr Domestic Helpline	08088021414
Belfast & Lisburn Women's Aid	02890666049
North Down and Ards Women's Aid	028 9127 3196
Community Advice Newry Mourne & Down	0300 3030 306
Community Advice Ards and North Down	0300 123 9287
PIPS (Mental Health) Newry and Mourne	028 30266195
Christians Against Poverty (CAP)	07443586701
Fountain Foodbank Downpatrick	02844615201
The Larder Foodbank Newry	Contact via facebook
The Pantry Foodbank Newcastle	07517766006
Newtownards Foodbank	028 9181 7487
Ballynahinch Churches Together & Foodbank	03330501167
Make the Call	08002321271

St V de Paul Helpline numbers:

If no answer leave your details

Ballynahinch -07710896213
Downpatrick- 02844616557
Drumaness - 02897563082
Dundrum - 07538683550
Finnis - 07738838191
Kilcoo - 07809256823
Leitrim - 07769688977
Newcastle - 07889780330
Castlewellan - 07738837950
Newry - 028 3026 8185
Mayobridge/
Warrenpoint/Hilltown - 07562069337
Ards and North Down - 075 0854 9701

Helpful websites

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice>

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>

<https://www.nidirect.gov.uk/articles/hand-hygiene>

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-advice-older-people>

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-access-government-services>