



Wellbeing Pack 8

Government Announcement

The government released a confusing update last night about the guidance during lockdown and I wanted to clarify some points made by the PM:

- Continue to **wash hand regularly**
- Continue to **stay at home as much as possible**
- Continue to **remain 2 metres (6 feet) apart** from people when you are outside of your home
- If you received a letter from your GP Identifying you as **High Risk or Extremely Vulnerable** due to an underlying health issue, you should **continue to minimise interactions** with other and 'shield' unless you have heard from your GP
- You can **go out more than once** a day
- You can **sit in your local park** or the beach 2 metres from anyone else
- You can now drive to an area that is not in your local vicinity (e.g. Devil's Dyke)
- **Avoid travel on public transport** if unnecessary – please walk or cycle
- You can see **just one person** at a time who you do not live with, but you should remain 2 metres apart and you should only meet outside
- Wear a face mask if it is not possible to remain 2 metres apart (e.g. shops) - not medical grade mask, these need to be prioritised for medical staff
- Continue to **work from home** if you can
- **If your manager** has asked you to come into work this week following the announcement; you can ask them to explain the health & safety protocols they have put in place. They should be following government guidance have new procedures beginning this week. If you do return to work, continue to wash your hands regularly, maintain social distancing as much as possible and clean surfaces more frequently. You should also try to wash your clothes more frequently (or ask extra uniform or the option to wear non-uniform items).

Hidden Disability – Daisy lanyards

The Local People project in Hove, supported by Scope, is led by local disabled people and unpaid carers who want to improve access across Brighton and Hove. They are funding a trial of free Hidden Disabilities sunflower lanyards and non-visible disabilities items for people in Brighton and Hove who need them, to help improve access to shopping, exercise and services during lockdown. There is [an online form](#) to fill out to request them, and it may take 5 to 10 minutes to complete.

You can contact Harriet if you need help with this: please email harriet.cavanagh@scope.org.uk, message [facebook.com/harrietcavanaghscope](https://www.facebook.com/harrietcavanaghscope), or text or call 07436 830 997.

Food Services

Brakes

Brakes has launched a call & collect food service for consumers in the Brighton area called 'Food Shop'. **0344 412 9985**

<https://www.brake.co.uk/food-shop>

Community Support Hub

If you need extra help and assistance accessing essential services, please go online to fill out the form. You can also do this on behalf of someone else.

<https://new.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else>

Coronavirus information in a different language:

www.tiny.cc/nhs-lang

<https://www.trustdevcom.org.uk/covid-19/>

British Sign Language

<https://www.youtube.com/watch?v=hzEn5tqffqQ&feature=youtu.be>

Audio books

Harry Potter at Home

There is a free audio reading of [*Harry Potter and the Philosopher's Stone*](#) in its entirety, available for free on video and also audio on Spotify. Each chapter will be read by a different celebrity, with new videos arriving weekly for the next 17 weeks. Chapter One can be watched for free -

<https://www.wizardingworld.com/chapters/reading-the-boy-who-lived>

Lessons

Fender

Fender has released a 3 month free trial during lockdown for it's online guitar lessons.

<https://www.fender.com/play>

The Skills Toolkit

The government's toolkit is full of a variety of courses. Digital and numeracy skills are amongst those that are most sought after by employers and can help you progress in work and boost your job prospects. Digital skills can be anything from using social media and staying safe online to coding, programming or digital marketing.

<https://theskillstoolkit.campaign.gov.uk>

National numeracy challenge

This challenge aims to improve people's numeracy skills and increase their confidence when dealing with numbers, either in the workplace or when doing personal finance.

https://www.nnchallenge.org.uk/?partner_code=mse2020