

Coronavirus Third Sector Bulletin: Edition 15

Introduction

Welcome to our latest bulletin. This week we give those shielding an urgent reminder to register before the 17 July deadline. With concerns around increased alcohol consumption, new videos outline the support and advice available. Tickle your taste buds with Jamie's Ministry of Food which is open again after lockdown. With many of us still extremely anxious about the risks of COVID-19, we stress the importance of kindness and looking after each other. Whilst summer seems to have taken a temporary break, we offer essential information about how to stay safe in the sun. Finally, we give you a unique chance to change a child's life forever by becoming a foster carer. We hope you find this bulletin a useful and informative resource.

17 July deadline for shielding registration

Have you been advised to shield? The easing of guidance this month, and the expected pausing of the programme on 1 August might be welcome news. Or maybe, like the thousands of others, you're feeling anxious about returning to work, shopping for essentials again, or even socialising with friends.

We know you may struggle to adapt to the 'new normal' but we're here to help and support you. One of the first steps we'd encourage you all to do is **register** for online supermarket delivery slots. These mean you can shop for your essentials online - choosing and paying for your own products - but benefitting from reserved delivery slots.

You need to register before it's too late. 17 July is the cut-off date. Register at <https://www.gov.uk/coronavirus-extremely-vulnerable> and your details will be shared with the supermarkets that have signed up to be part of the scheme. You'll be asked 'do you have a way of getting essential supplies delivered at the moment?' – make sure you select 'no' to that question.

We know that in Leeds, less than half of the people advised to shield have registered for this fantastic support, which will continue to be available for as long as needed, even after the shielding programme is paused on 1 August. Registrations from Black, Asian, and Minority Ethnic communities are particularly low.

Why not visit our [dedicated website page](#) aimed at people who have been shielding. It provides up-to-date information on the latest guidance, as well as the help and support available even after the programme is paused. It also offers tips on staying safe in the community, and the most reliable information sources.

If you don't have access to online platforms, and would like to discuss any concerns you have, or find out what help and support is available, call the **Leeds Coronavirus Helpline on: 0113 378 1877**.

Drink safely

Following recent media reports of increased alcohol consumption since the start of lockdown, Forward Leeds (the city's alcohol and drug service) has produced a suite of videos giving information, advice and support.

They include basic reduction strategies, simple tips for cutting back, what alcohol units are and how to stay within the Chief Medical Officer's recommendations, how to recognise the signs of alcohol dependency and where you can get extra help and support.

Watch the videos:

- [Advice for cutting back.](#)

- [Using units to keep track of your drinking.](#)
- [Alcohol dependency advice.](#)

Food glorious food!

Cook Well with Jamie's Ministry of Food is back with both remote and face-to-face cookery courses.

The Taster Sessions delivered via Zoom during lockdown have been a huge hit and due to popular demand the full 8-week course is now available through Zoom classes. Careful consideration has been taken over recipes, to ensure the best possible support for participants cooking from home.

The Jamie's Ministry of Food Kitchen in Leeds Kirkgate Market is also now open to small groups of participants with all COVID-19 safety measures in place to ensure a safe environment for participants. A brand new summer menu of recipes is ready to ensure a fun and tasty course! For more information call 0800 169 4219, visit www.oneyouleeds.co.uk or [watch our video.](#)

Looking after each other

For many of us, and those we care about, lockdown has been an extremely difficult time without family and friends.

Anyone can occasionally feel lonely, and these short-term feelings shouldn't harm our mental health. However, the longer the pandemic goes on, the more these feelings grow. Long-term loneliness is associated with an increased risk of certain mental health problems, including depression, anxiety and increased stress which can be very hard to manage.

Here are our 'top tips' to reduce the risk of loneliness:

- **Give time** - connect with your friends and family. Try different ways to stay in touch and help those less confident with technology.
- **Be present** - really pay attention to people in your life and don't be distracted by your phone or other interests.
- **Listen** – focus on what others are saying, understand it and appreciate their needs.
- **Let yourself be listened to** - honestly share how you feel, and allow others to support you.
- **Recognise unhealthy relationships** - move forward and find solutions.
- **Join together** - support each other by being kind.
- **Get involved** – take part in local efforts to help vulnerable people during COVID-19.

Here are some inspiring ideas and examples about [random acts of kindness.](#)

Remember: Kindness is good for our mental health, physical health, families, workplaces and city. So let's keep on being kind to ourselves and each other.

Stay safe in the sun

Now lockdown measures are gradually being relaxed, and you can spend more time outside, never forget the health risks that summer can bring.

- Resources outlining the risks of COVID-19 and hot weather are available [here.](#)
- How to keep yourself well can be found in the [NHS Stay Well Over Summer Leaflet.](#)
- The Royal Life Saving Society's extremely useful [Summer Water Safety leaflet.](#)

Become a foster carer in Leeds and change a child's life forever

Leeds City Council urgently needs foster carers to look after children and young people in the city. If you think you have what it takes, visit www.foster4leeds.co.uk or give us a call on 0113 378 3538. Our friendly fostering advisers are waiting to hear from you.

Useful contacts

- **Leeds Directory** is the council's online source of information about a range of local community care and support services, activities and events. During the COVID-19 pandemic the directory provides an important link to essential services, such as trades that can help with urgent repairs in the home to keep residents safe and well. Please take a look at the easy-to-use [website](#), [try it out and spread the word](#).
- Call the **Leeds City Council helpline** on 0113 378 1877 if you're self-isolating and don't have friends or family nearby who can help. Our volunteers can help you with shopping, transport to medical appointments, or a call to check how you are.
- **Call NHS 111** if you need medical help but it's not an emergency. A trained advisor will help you access the best service to meet your need. You can also go online www.111.nhs.uk.
- **MindWell** has a coronavirus information hub with the latest information and resources to help people in Leeds take care of their mental health and is at this time. It's also helpful if you're concerned about someone or if you're a professional supporting others.
- **MindMate** is a trusted Leeds-based website specifically for children and young people, their families and the professionals who support them.
- **Leeds Domestic Violence Service helpline** on 0113 246 0401. If calling is unsafe, a web-chat service is now being offered from Monday-Friday between 1pm-3pm via <https://leedswomensaid.co.uk/>. If you're in immediate danger, call 999 (press 55 after the emergency number if you're in danger and unable to speak).
- [West Yorkshire and Harrogate Health and Care Partnership Bereavement Support Line](#): **FREEPHONE 0808 196 3833**, and a live chat function is available on the website. The service is available 7 days a week, from 8am to 8pm.