

UPDATE Community support response to Coronavirus- Wrexham:

Briefing Sheet update 21st March 2020

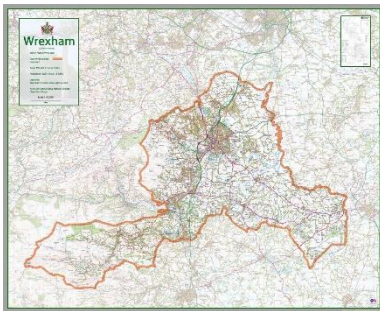
To everyone providing support at Street level across Wrexham:

First of all a massive thanks to everyone who are motivating local residents to unite at Street level to support neighbours at this time of need. There have been some fantastic examples of people going over and above what anyone could expect – people travelling miles to pick up specialist medication, dog walking, communal meal making, making benches for the elderly and goodie bags for children – the effort is endless.

AVOW will do update briefings to share good examples and try and answer many of your questions – remember if you have a question lots of others will have the same so let's all share.

Do not worry about any issues as we have a bank of staff and volunteers in AVOW here to help anyone providing help.

Who's doing what? Community mapping – your details are needed NOW



We are trying to coordinate everything that is going on at Street Level – we are getting many requests from local people and service providers about who is doing what and where. There is now an interactive map to search on Postcode or Street Level. It is still being developed and will launch on Monday – in the mean time here is the draft version that includes details of Community Council, Council Members and Community Agents

where they exist. <https://bit.ly/2U8Skir>

We need YOUR details now- email Covidcommunity@avow.org

Communal Food



Many people are asking about making large quantities of food and doing a delivery to people in isolation. Care needs to be taken when preparing food that goes beyond a family sharing a meal with a neighbour.

Mass cooking should be avoided as much as possible due to hygiene related issues – some organisations however may be geared up to this already so they will be aware of the precautions.



to encourage people to make an extra plate and donate to a neighbour.

Communications:

There are massive logistical issues around communication which can easily result in duplication of time and effort or people missing out on vital information. It is vital that EVERYONE in each community is hooked into what is happening – whether someone thinks they can cope through to those with large family network around them. It is very easy for people to be forgotten-

Leaflets – many areas have dropped off leaflets with a list of key contacts in their community. Example attached from Glyn Ceriog area.

Mobile Phone Appeal – local communities can run an appeal for old mobile phones – many people have these tucked away that are still working – they can be distributed to others who don't have communications.



What's App Groups - Use technology at a local level to keep people linked- remember many people will be lonely and afraid living in isolation.

Keeping in Touch – emotional support

Local communities should remember that people will be very worried and isolated- good idea to set up Talking Trees – these are when one person has a role to ring another resident who then rings someone else on the branch – this is a way to ripple messages but also helps people to reduce isolation.

It cannot be underestimated the level of emotional support people will need to get through by talking to each other. Lots of online information to help individuals and families to cope <http://www.newmind.org.uk/> ; support for older people Age Cymru Advice on 08000 223 444 or send them an email on enquiries@agecymru.org.uk . <https://www.mumsnet.com/>

Community Facebook or Website

Try and find a means to keep all information from your community kept in one place so everyone knows where to look in one place. There is bound to be someone in your community who can do one – make sure it is always UpToDate – keep the messages a mix of support information but make sure you have some positive stories and news. Following the impromptu street singing that started in Italy – create a Street Choir with everyone opening their windows at a set time and have a good singing session – helps people wellbeing <https://bit.ly/2UblYnb>

Volunteers Wanted

Beside all the volunteers that are coming forward to help at street level there are many 100's that are needed to support a variety of services across Health and Care- AVOW are creating the Covid19 Volunteer Bank – we will be matching people to the opportunities as they are available over the next few weeks. There is a need for drivers, people with DBS, childcare workers, befrienders, counsellors (need qualified), administrators- virtually anyone with any time to offer. People can sign up <https://bit.ly/2QgCtfd>

Funding

£ A new fund has been created by Steve Morgan from the Morgan Foundation that will distribute £1 million a week <https://avow.org/en/news/smfemergencyfund/> In some areas the Community Council are also using their funds to support local schemes.

Safety of residents- Scammer Alert

Report any scammers who are operating in your community to the Police- remember even if they leave your area, they will move somewhere else so need to be stopped now. Scams have been reported around taking Bank Cards and charging £25 to pick up showing.

Personal Finance

Following the Government announcement of financial support to workers the full info link that may be of help to local residents is <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>

Key Workers and key Volunteers Childcare

The list of people who are defined as Key workers that will be able to access childcare within local schools covers people who are paid and volunteers carrying out Key Roles
<https://gov.wales/written-statement-eligibility-ongoing-provision-children-who-are-vulnerable-or-whose-parents-are>

Support for children and families

We are heading for an unprecedented period of school closures that will result in families being together for a period of time that they will never have experienced before. Children will be worried and important that they are supported. Communities can look to make packs for children with activities and details of online activities- <https://bit.ly/2J8sWCM>

Good ideas – Please let me have you good community ideas so we can share



Plas Madoc Kettle Club have distributed the same ingredients to people at home and then going to do an online cookery class

<https://www.facebook.com/WeArePlasMadoc/>



Plas Madoc community make bags for all the children in the area – these will be topped up as time goes on.



Facebook Interview – overview of volunteering in Wrexham – the Covid19 Response in conjunction with Wrexham Town Matters

<https://www.facebook.com/bobbi.cockcroft/videos/309705506673537/>

Don't forget to take note of all the advice being provided by Public Health Wales
<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

If you have any queries, contact info@avow.org or tel 01978 312556

Remember Right Support at the Right Time at the Right Place
Everyone Take care and keep up the brilliant work and volunteering

Glyn Ceiriog Doctors Surgery is no longer having face to face consultations but please ring 01691 718568 and if not available then the Doctor will ring you back. The surgery closes at 12.30 when you may ring Llangollen Health Centre on 01978 860625. Repeat prescriptions can now be requested by phone.

Glyn Ceiriog Pharmacy 01691 718274 If you need some-one to deliver your prescription then please ring the pharmacy or one of the numbers below and a volunteer will be found.

Contacts:

County Councillor Trevor Bates 01691 718294 trevor.bates@wrexham.gov.uk

Glyn Ceiriog & Pandy & Nantyr

Community Councillor Sarah Davies, The Spar / Cross Stores 01691 718347
Community Agent Dilys Bates 07908 373003 communityagent003@btinternet.com
Jean Davies Community Council Clerk 01691 718419 jeandavies@outlook.com

Ceiriog Uchaf (Tregeiriog & Llanarmon DC)

Jonathan Greatorex 01691 600666 Community Council Chair & The Hand Hotel)
Jane Claybrook 01691 600619
Guy Williams (Community Council Clerk) 01691 600222 guynwilliams@btinternet.com

Glyntraian (Pontfadog, Dolywern, Llwynmawr & Castle Mill)

Community Agent Davena Davies 07496 597894 communityagent@glyntraian.org.uk
Pontfadog Post Office & Stores Phil & Mandy 01691 718244 connorm1959@gmail.com
Steph Masters (Clerk to Glyntraian Community Council) 07535 733418

The contacts above will keep a list of volunteers and act as co-ordinators. Please contact the appropriate person in your area if you feel able to volunteer help at this time.

Any-one needing help please don't hesitate to phone one of the numbers for assistance, we are building up a list of volunteers in each area to deliver prescriptions or groceries and possibly dog walking.

All residents are encouraged to adopt the highest personal hygiene standards not only to protect themselves but in order to protect others too. Please follow Government Guidelines as published or broadcast as the situation develops.

Responsible behaviour is essential to help keep our elderly and vulnerable safe, the importance of thorough hand washing and limiting social contact cannot be underestimated.

It is suggested that those "Self Isolating" put a note on their door / gate advising visitors to "Leave things on the doorstep" and ring bell / knock on door, or whatever.

We encourage and will endeavour to set up buddy systems during this period and by passing on your name and phone number you are agreeing to the team sharing these details with other volunteers.

Please remember that our Community Agents work part time and the volunteers will not be available 24 hours a day but I'm sure will do their best to help out when asked.