



# COVID 19 UPDATE

*PARISH NEWSLETTER*

14<sup>th</sup> July 2020

## Parenting in a Pandemic

11-16 year olds struggling during lockdown and their parents who are living in Leicestershire can access free online group sessions. There are four sessions which will be delivered by Zoom; these cover various areas such as reducing difficult behaviour, communication, anxiety and mental health issues.

Sign up for Parenting in a Pandemic for FREE from the Centre for Fun and Families - <http://www.cffcharity.org.uk/programmes> or call Kate Harris 07704 873230 / CFF Office 0116 223 4254.

See leaflet attached.

## NHS Volunteer Responders

Support will continue to be available through the NHS Volunteer Responder Scheme beyond the end of July. NHS Volunteer Responders can support you with:

- Collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies.
- A regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks.
- Transport to medical appointments arranged through Health care professionals.

Please call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support. More information is available at: [www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk).

## **Support for those with Visual Impairments**

VISTA is a local Leicestershire Charity working with people with sight loss and their families.

Their Helpline is open Monday to Thursday 9am - 5pm, Friday 9am - 4.30pm.

Call 0116 249 8839 <https://www.vistablind.org.uk/>

## **Citizens Advice Bureau (CAB)**

CAB provides free, confidential advice – Whatever your problem may be.

Financial, work related, relationships, housing. Staff and volunteers are trained to give advice and practical support on a wide range of everyday issues;

They will give the facts and possible outcomes of a situation to support decision making.

They can also offer practical support such as form filling, letter writing or negotiating with third parties.

Call their Leicestershire Advice-line on 0300 3302111 or contact the local Blaby Branch

<http://citizensadviceleicestershire.org/get-advice/blaby/>

## **Test and Trace**

Those people affected by Test and Trace in the District can access help via the Community Hub if they need help with shopping, prescriptions, etc.

## **Central England Co-op (Whetstone)**

The Co-op has teamed up with Blaby District Council to get vital food/essentials to vulnerable members of the local community. Blaby District Council can, gather orders and pass them onto the store. Co-op colleagues will then create a package and take payment from the customer over the phone before the Council delivers the goods to the customer.

Central England Cooperative will provide an updated order form identifying ring-fenced selection of goods, and costs on a weekly basis to a Council contact. Refer customer to the Community hub to arrange.

Visit - [www.blaby.gov.uk](http://www.blaby.gov.uk) or call - 0116 275 0555.

## Information about affected areas of the lockdown in the district (Protected Area)

The following areas of the district come under the Leicester Lockdown:

- Braunstone Town (including Fosse Park)
- Glenfield
- Glen Parva
- Leicester Forest East (The area East of the M1)
- Thorpe Astley

Resident's in the affected areas can access help via the Community Hub if they need help with shopping, prescriptions, etc.

[Leicestershire County Council](#) has released an approximate boundary of the area and has a "[postcode checker](#)" available for those who are unsure whether they will be affected.