

'WHIT'S HAPPENING!'

MAIR STUFF WHICH MAY BE HELPFUL DURING
THE COVID 19 SITUATION!

**Social distancing and measures to control
the COVID19 pandemic are still in place and can
change so please follow reputable news
programmes or the daily COVID19 Scottish and
Westminster Government
updates or visit
www.gov.uk/coronavirus
www.gov.scot/coronavirus-covid-19**

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For now please stay home, protect the NHS, save lives, follow the new guidelines when they do emerge please, for all our sakes, we can do this when we do it together. Social distancing and measures to control the COVID19 pandemic are still in place and can change so please follow reputable news programmes or the daily COVID19 Scottish and Westminster Government updates or visit www.gov.uk/coronavirus or www.gov.scot/coronavirus-covid-19.



Reliable Information

Access to testing for COVID19

www.gov.scot/publications/coronavirus-covid-19-access-to-testing/

Guidance for home learning COVID 19

www.gov.scot/news/guidance-for-home-learning/

Your opinion matters

Scottish government want your ideas on what we can do to help mitigate the impact of COVID19 , for more information visit www.ideas.gov.scot/covid-19-a-framework-for-decision-making

Lickety spit Online Access Survey

docs.google.com/forms/d/e/1FAIpQLSfswVALLEXvkCtuVSwRfbvtu7pQ17-TBXWlidoh9A0IEsMEbA/viewform

Young people's survey on what Coronavirus lockdown has meant for you

www.surveymonkey.co.uk/r/YPlockdown

Tips on eating well during COVID 19

www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/eating-well-during-covid-19/

Information for charities

www.oscr.org.uk/news/charities-and-coronavirus-an-update-from-the-regulator/
Coronavirus emergency fund www.cafonline.org/charities/grantmaking/caf-coronavirus-emergency-fund

Scottish refugee council

www.scottishrefugeecouncil.org.uk/covid-19/

For more information if you think you may have COVID19

visit 111.nhs.uk/covid-19

Vitamin D advice for all ages

www.gov.scot/publications/vitamin-d-advice-for-all-age-groups/

Thinking of suicide?

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

The Samaritans Free Phone T: 116 123.

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Keep up to date with plans

Useful to read on we may move on from Lockdown by finding ways to disrupt community transmission of the virus. www.gov.scot/publications/coronavirus-covid-19-test-trace-isolate-support

wee changes can make a big difference

the 'emotional rollercoaster' of COVID-19 and social distancing

Anger

Different things can cause us to feel anger and we all have our own triggers which include feeling frustrated and powerless, threatened, or attacked. COVID19 lockdown may make us feel angry as we can't do the things we want, we may feel threatened by the virus, which may even lead us to be angry at people we don't think are social distancing. We may also use that anger in a way that's not helpful by arguing and being aggressive with those we live with as it all feels too much. However, anger can often lead to more problems.

Disgust

This is a strong emotion and one usually in response to revulsion at something which maybe contagious, well COVID19 is pretty contagious, but we cant see it, so instead we may be suspicious of strangers, angry at people who don't social distance and find even going shopping we worry, are we picking something up which maybe infected!



Fear

Anger and anxiety are often two sides of the same coin. One side is fight, the other is flight and both can be triggered when we feel threatened or trapped and COVID 19 lockdown can create these feelings.

Sadness

There are so many things happening just now, there is so much loss, from work, income, sense of security, routine, catching up with family and friends, to the grief of losing a loved one, which unchecked we feel can overwhelm us.

Shame

Often, we are too hard on ourselves, over what else we should have done, and never taking the time to congratulate ourselves on the things we did do. Some people maybe aren't going to see their GP when they need to as they feel guilty the NHS is needed for other people who are worse off, and as a result maybe putting their own health at risk. Or, something was said or done and now due to social distancing we don't think we can fix it as it needs sorted face to face and not over a phone, so we worry, get anxious, get angry and can feel even more unsettled.

Joy

Finding joy can help us overcome so many of the negative emotions we may have. Making a joy jar with affirmations which bring you joy can help. Actively look for something which makes you smile. If life is feeling tough, take joy in the fact you are still standing and play a song in your head which reminds you, your still here and there is still beauty in the world, even if sometimes we need to look a wee bit harder to see it.



Anticipation

We can learn to anticipate something nice, not only worry about the 'what ifs'. During lockdown, some options maybe limited, but, there are other possibilities we may not have realised. Build some anticipation into your day, have something to look forward to, learn to appreciate the simple things like a nice cuppa tea, feet up with a book. Sometimes it's good to revisit what we really value.

Surprise

Most of us love presents because we don't know what is in the parcel, it's a surprise. When we get into a routine during lockdown it can all feel a bit samey. We may not even want surprises, as we think they won't be nice ones!! Have fun playing the surprise game, putting something in a sock and asking someone to guess what it is, or, tidying those drawers you have meant to for ages, or, looking through old photo albums, or trying something new, like making homemade soup! While we need routine, predictability can be boring, so try something different, get out a board game instead of watching TV, or, start to write your story of the year 2020 and COVID 19, start your own time capsule. Plan a surprise for a future generation who missed this!



Trust

Trust is complicated, basically, if we think person A relies on the actions of person B to do C. Now, we also have trust in the institutions which serve us e.g. we send our children to school and they get an education. However, COVID 19 has put everything into a strange new world, no one could plan for. The danger is, we stop trusting each other, we stop trusting the institutions which serve us and rumour and myth and misinformation abound and only make matters worse. Sometimes we see what we look for. So maybe we focus on the efforts people and institutions are making to help get us through this. They won't be perfect; they will make mistakes. This is new territory not only for us but the world. If we keep the faith in each other, believe and trust there is a desire for us to get through this, we will maybe find we feel less anxious and have more pleasant surprises of how much love and kindness there still is in the world.



Wee Ideas

- Don't run from your emotions, we all have them, learn to control them
- Recognise while anger and fear sometimes have their place, there is no time that we should make others feel afraid of us, or, we become so anxious it takes over our life. If anxiety or anger are an issue for you speak to someone.

Scotland's Domestic Abuse and Forced Marriage Helpline 0800 027 1234

Breathing Space if you need to talk about your anxiety or mental health in general 0800 83 85 87

- Learn to forgive yourself and others, recognising when this is hard and seeking support
- Build some anticipation and surprises into your day
- Find joy in the simple things as even a wee smile a day can make a big difference

Often situations are what they are, it's our emotional response to the situation which determines the impact this may have. Sometimes it's natural to feel angry, sad, fearful. Learning to control our emotions though can lead to improved feelings of calm and wellbeing. Be kind to you and others, it can help when life is challenging and help us all to suffer less. If your emotions have you thinking of suicide, please speak to someone . Samaritans T: 116 123

Some things to maybe get involved with

Monday

Help us document coronavirus – Glasgow City Archives

What did you do during coronavirus granny? It's a moving question that may echo through the generations, just as we asked grandparents about their involvement in World Wars

Start a daily diary. It can be as simple or as detailed as you like. You can add sketches and drawings to your entries as well. What are you doing, feeling, seeing and even eating? How is the situation affecting you, your friends and family?" for more information visit www.glasgowfamilyhistory.org.uk/blog/Pages/Help-us-document-coronavirus.aspx

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

9.30-12.30 Drumchapel Cycle Hub affordable adults and children's bike hire and bike repairs/maintenance. There is also free use of helmets, family trailers, baby seats, etc. www.facebook.com/drumchapelcyclehub/ FREE for Keyworkers (NHS, carers, school staff) Cycling Support - Bike maintenance checks, minor repairs and bike hire (also includes helmet and bike lock).

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Weekday wow factor virtual disco www.facebook.com/weekdaywowfactor/ email weekdaywowfactor@gmail.com for more information

Mind and Draw Creative video exercise tutorial posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Tuesday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

Anne's Yoga Heart 11.30am - Chair-based class for all abilities, may include standing/ supported by chair - suitable for wheelchair users - plenty of options for all www.facebook.com/annesyogaheart

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

The Brothers in arms Thrive App www.brothersinarmsscotland.co.uk/apps/brothers-thrive/ Visit their website find out more about the App and how it can help you or the men in your life, make it part of a new daily routine



Wednesday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

9.30-12.30 Drumchapel Cycle Hub affordable adults and children's bike hire and bike repairs/maintenance. There is also free use of helmets, family trailers, baby seats, etc. www.facebook.com/drumchapelcyclehub/ FREE for Keyworkers (NHS, carers, school staff) Cycling Support - Bike maintenance checks, minor repairs and bike hire (also includes helmet and bike lock).

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

MS Argyll Kindly share video on face massage for self-care www.youtube.com/watch?v=hSQ4iU5G7lg&feature=emb_logo

General information around what is happening in Drumchapel why not check out www.facebook.com/theLOOPDrumchapel/ New things added all the time, maybe make checking it out, part of your new daily routine

1.30-3.30pm Virtual Menopause Cafe via Zoom Check out Eventbrite for dates, details and to reserve a place:

<https://www.eventbrite.co.uk/o/menopause-cafe-group-30042318388>

Anne's Yoga Heart 7pm - Family flow, suitable for beginners slow pace www.facebook.com/annesyogaheart

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 8.30pm Talking Group

Thursday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Anne's Yoga Heart 11.30am - wake up yoga - refreshing and energetic www.facebook.com/annesyogaheart

Check out some ideas for online fitness and fun www.facebook.com/FITBOXBOXERCISE/



Friday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

10.30-11.30am Riding The Dragon Women's Wisdom Circle with Melanie Santorini, via Zoom

Friday 15th May, See website for details www.melaniesantorini.org

11.30am Anne's Yoga Heart Feel Good Friday
Like the Facebook Page and Join 'Anne's Yoga Heart At Home' to access classes
www.facebook.com/annesyogaheart/

Zoom sing along For more information www.alliance-scotland.org.uk/blog/opinion/1-song-sing-along/

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 6pm Boxing training and at 7pm Fitness session

Mind and Draw Sharing artwork posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Saturday

North West Recovery Community
Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

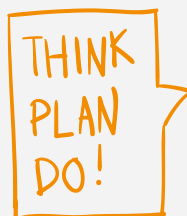
10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

COPE Scotland & Health and Social Care Alliance
Video on making affirmation jars
www.youtube.com/watch?v=TojdTlXoAKc

Mind and Draw 2pm-3pm live stream Creative session www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Learn a new language for free
www.duolingo.com

2-4pm Virtual Menopause Cafe via Zoom
Check out Eventbrite for dates, details and to reserve a place:
<https://www.eventbrite.co.uk/o/menopause-cafe-group-30042318388>



Sunday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

9.30-12.30 Drumchapel Cycle Hub affordable adults and children's bike hire and bike repairs/maintenance. There is also free use of helmets, family trailers, baby seats, etc. www.facebook.com/drumchapelcyclehub/ FREE for Keyworkers (NHS, carers, school staff) Cycling Support - Bike maintenance checks, minor repairs and bike hire (also includes helmet and bike lock).

Mind and Draw drawing challenge, posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Anne's Yoga Heart 8pm -Wind down - gentle flow followed by guided relaxation - options to use a chair for this class Like the Facebook Page and Join 'Anne's Yoga Heart At Home' to access classes www.facebook.com/annesyogaheart

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 2.30pm Talking Group and 8pm Quiz Night

Getting people online

A new £5 million programme will offer an internet connection, training and support, and a laptop or tablet to vulnerable people who are not already online during the response to coronavirus (COVID-19).

Eligible digitally excluded people will be identified by local authorities and third sector organisations and offered a device with a mobile internet data package, which will be delivered to their homes. A 'digital champion' will provide phone and online support for an initial period of six months. For more info: www.gov.scot/news/getting-people-online/



Services and supports

Asylum and Refugees

www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/

www.scottishrefugeecouncil.org.uk/covid-19-refugee-support-fund/

Abuse and protection from abuse

It is recognised during lockdown and the social isolation measures, the increased incidence of domestic abuse. This piece maybe helpful: www.news.gov.scot/news/support-for-victims-of-domestic-violence-during-covid-19-outbreak

It is really important people feel safe. For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language

sdafmh.org.uk/ **Domestic abuse and forced Marriage Helpline** T: 0800 027 1234 or email helpline@sdafmh.org.uk

Male victims of domestic abuse helpline
T: 0808 800 0024 W: abusedmeninscotland.org

It is also important at this time as always, that children are protected. This link maybe helpful www.celcis.org/news/news-pages/public-urged-look-out-signs-child-abuse-or-neglect-during-coronavirus-crisis

It is also important with children online more that they are safe **NSPCC** offer some useful tips www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/

COVID19 Adults with incapacity guidance
www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance

Cyber safety

As a result of the significant rise in COVID-19 related scams, over the next few months, the Scottish Government Cyber Resilience Unit will share important information from trusted sources http://www.neighbourhoodalert.co.uk/images/site_images/58727_Cyber_Resilience_Notice_COVID_19_03.04.2020.pdf



Fearless campaign

Fearless Scotland have launched a campaign encouraging children and young people to be alert to signs of abuse and neglect in their families and communities.

www.fearless.org/campaigns/harm-neglect
Problems with your neighbours and anti-social behaviour

Issues with neighbours and antisocial behaviour

W: www.your-place.net/my-home/my-safety/anti-social-behaviour

Police Scotland share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers

The Police Scotland online child sexual abuse campaign, #GetHelpOrGetCaught launched on the 14th April 2020. Here you can find out more about online child sexual abuse, how to report it, as well as information for victims, their families and perpetrators. www.scotland.police.uk/whats-happening/campaigns/2020/child-sexual-abuse/

Stop it now Helping prevent childhood sexual abuse

Helpline W: 0808 1000 900
www.stopitnow.org.uk

UNICEF How to keep your child safe online while stuck at home during the COVID-19 outbreak
www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19

Children, young people and Families

3D Drumchapel

T: 0141 944 5740

Facebook: en-gb.facebook.com/3DDrumchapel/
includes general support around challenges of COVID19 give them a ring as they want to support local families at this time.

Boredom Busting Resources from Chatter pack

W: chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2kwzYajBW6p6fcB4do_5496AKG8lOYESLISq3AmGBtPMLToEZmRY93Jk

Childline

T: 0800 1111

W: www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus

Child contact and COVID 19 answers to common questions

www.scottishwomensrightscentre.org.uk/news/covid-19coronavirus-info/child-contact-during-coronaviruscovid-19/

Contact for families with disabled children

T: 0808 808 3555

W: contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children

COVID19 guidance on Supporting Children and Young People's Mental wellbeing

www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing

COVID 19 Impact on education

www.gov.scot/publications/statement-covid19-managing-impacts-scottish-education

Differabled Scotland

Parent to parent, peer to peer support for parents whose children have additional support needs

W: www.differabledscotland.co.uk

F: www.facebook.com/differabledscotland/

Families outside

The Scottish Prison Service has suspended visiting due to COVID-19.

Families Outside continues to provide support to families affected by imprisonment through:

- **Helpline Freephone 0800254 0088**
- **Webchat** www.familiesoutside.org.uk
- **Text FAMOUT to 60777**
- **Email** support@familiesoutside.org.uk

Their Regionals Teams are also providing support, albeit remotely. Please note opening times are Monday – Friday 9am – 5PM.

Families Outside Peer Support Group, has been temporarily suspended at this time although support continues to be available through Tracey Burns, Group Work & Peer Support Manager;
Mob: 07384 469 640;

Email: tracey.burns@familiesoutside.org.uk

If you or someone you are working with needs support, please do contact them

How to help an addicted parent

www.childrenssociety.org.uk/advice-hub/how-to-help-an-addicted-parent

Ideas for activities

www.first5california.com/activity-center.

Licketyspit is a family drama-led play and children's theatre charity based in Glasgow. To take part: Families can join the Children & Families Network at: www.licketyspit.com/families/network or contact ruby at cfn@licketyspit.com or via text **07413 800 342**. You can find all of Licketyspit's online content for imaginative play at home at www.licketyspit.com/families/coronavirus

Parent Network Scotland (Drumchapel)

www.facebook.com/parentnetworkscotland/

Susan's (Drumchapel Hub) Facebook is under **Susan PNS** and her twitter handle is **@SusanMcKellar1** for any parents who may want a bit of support during this time. You can also contact Susan on susanm@pns.org.uk also maybe follow PNS on twitter **@pns2018**

Papyrus is a specific young people's suicide prevention charity.

W: papyrus-uk.org

T: 0800 068 41 41 Text: 07860 039 967

Email: pat@papyrus-uk.org

Parenting across Scotland

Links to useful material for families:

www.parentingacrossscotland.org/info-for-families/coronavirus

Pregnant and new parents

www.parentclub.scot

The Coronavirus and helping children with autism

www.acamh.org/podcasts/coronavirus-autism-a-parents-guide

Respite support for children with additional support needs

www.dsscotland.org.uk/blog/2020/04/30/respitesupport-for-families-of-children-with-additional-support-needs/

Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. They have created a package to help support children and young people at a time when they are likely to be spending more time online. Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. www.thinkuknow.co.uk

Triple P

Top Ten Tips Facebook posts

en-gb.facebook.com/triplepparenting

Parenting During COVID-19 - the Triple P Parenting Guide

www.triplep-parenting.uk.net/uk-en/triple-p

How to manage when you're all at home

(including working from home)

www.triplep-parenting.uk.net/uk-en/blog-and-videos/blogs-and-news/post/at-home-all-day-with-your-kids-a-challenging-task-but-you-don-t-have-to-be-perfect

Get the full Parenting During COVID-19 Parenting Guide

Watch video blogs, and download the Top Ten Tips 2-page poster here:

www.triplep-parenting.uk.net

Young Minds' Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition.

www.youngminds.org.uk Parent helpline;

T: 0808 802 5544



Death and Grief

COVID 19 is bringing many challenges and pain to many people including the death of a loved one. Sadly, people are also dying for other reasons but with social distancing there are restrictions on how many people can attend the loved one's funeral. This can make the loss even more painful.

It is worth also speaking to your faith community, while social distancing applies, we can still connect by phone. These are also some services which maybe helpful to know of at this time. As with everything just now, things can be affected by COVID19, however, services are doing their best to be there for people even if for now, that is by phone:

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

T: 0800 096 6606

(Support following the death of a pet)

Bereavement advice

W: www.bereavementadvice.org

Child bereavement UK

www.childbereavementuk.org/

Good life, good death, good grief:

www.goodlifedeathgrief.org.uk/content/support_with_covid19/

Families affected by Murder and Suicide (FAMS)

T: 07736 326 062SOBS

Bereaved by Suicide

T: 0300 111 5065

The Lullaby Trust

T: 0808 802 6868 (Bereavement support/ following the death of a baby/young child)

This link may also be helpful: Information for people experiencing a sudden bereavement

www.suddendeath.org/guides-for-suddenly-bereaved-people

For guidance on funerals in Scotland during the COVID19 pandemic visit : **www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services**

The Scottish Social Services Council resource to support care providers who are providing support to people with palliative and end of life care needs **news.sssc.uk.com/news/new-resource-to-support-social-service-workers-have-conversations-about-death-and-dying?utm_medium=email&utm_source=govdelivery**

COPE Scotland have a piece on their website, maybe helpful at this time **www.cope-scotland.org/index.php/latest-blog/coping-with-loss**

Emergency services websites and COVID19

Loss of energy, water or Gas

www.mygov.scot/loss-of-electricity-water-or-gas

Police Scotland

www.scotland.police.uk/about-us/covid-19-policescotlandresponse/

Scottish Ambulance service

www.scottishambulance.com

Scottish Fire and Rescue service

www.firescotland.gov.uk/your-safety/covid-19.aspx

Scottish Society Prevention of Cruelty to Animals

[#">www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets #](http://www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets)



Employment, Business, Information for employers

Skills Development Scotland have a job hub for those whose job has been affected by Coronavirus. There are currently a number of fixed term vacancies with immediate starts. There is high demand in a number of sectors, new posts will be added daily. **www.myworldofwork.co.uk/has-your-job-been-affected-covid-19-coronavirus**

Employability in Scotland

W: www.employabilityinscotland.com

COVID 19 support for employers and employees

www.acas.org.uk/coronavirus

Find business support in Scotland

W: findbusinesssupport.gov.scot

RIDDOR - Reporting Coronavirus

The Health & Safety Executive (HSE) has issued details of when and how organisations should report coronavirus incidents under RIDDOR (the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013).

A report must only be made under RIDDOR, relating to coronavirus, when:

- an unintended incident at work has led to someone's possible or actual exposure to coronavirus. This must be reported as a dangerous occurrence
- a worker has been diagnosed as having COVID-19 and there is reasonable evidence that it was caused by exposure at work. This must be reported as a case of disease.
- a worker dies as a result of occupational exposure to coronavirus.

Annual Leave

- The Government temporarily amended the Working Time Regulations 1998 (WTR) to allow carry forward of up to 20 days accrued holiday leave. This will allow leave to be taken some time in the next two years. 20 days from the 2020/21 entitlement can be used over 2021/22 and 2022/23.
- This is beneficial for employers who are concerned about staff returning to work after the lockdown with significant annual leave entitlement to use before the end of the year.
- It will be necessary to carefully manage annual leave over this year and the next two years to ensure no one loses their entitlement.
- Remember, if someone leaves the organisation for any reason, they must be paid all annual leave accrued and not yet taken.

Self-Certificates & Fit Notes

Organisations with fewer than 250 employees, can reclaim up to 14 days of Statutory Sick Pay for staff unable to work because they are ill with coronavirus or have been advised to self-isolate.

When it comes to evidence of illness or needing to self-isolate, use discretion about what evidence, if any, being asked for. GPs will not be able to provide fit notes at this time. Staff can get an Isolation Note from NHS 111 online if they have symptoms, or if they live with someone who has symptoms which should be accepted as sufficient evidence.

New App from NHS Scotland enables you to get an isolation note to give your employer as proof you need to stay off work because of COVID-19 – You DON'T need to get a note from your GP;
www.111.nhs.uk

Homeworker Health & Safety

For any staff working from home temporarily as a result of the coronavirus outbreak, HSE has advice for employers to follow.

Employers have a legal responsibility for the health, safety and wellbeing of all staff including homeworkers. A homeworker is defined as anyone who works more than 50% of the contracted within their own home.

Issues to consider include:

- lone working, isolation, and contact
- working with display screen equipment (DSE)
- stress and mental health

For organisations which do not have Homeworking Policy and Risk Assessment or they have not been reviewed recently. There are groups who can help e.g. GCVS for the third sector www.gcv.org.uk

Finance and money advice

Social security Scotland and COVID 19

www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19

Citizens Advice Bureau will only be operating an email advice service via their website at
www.glasgowcentralcab.org.uk

Drumchapel Citizens Advice Bureau

T: 0141 944 2612
www.drumchapelcab.org.uk/

Drumchapel Money Advice Centre

T: 0141 944 0507
www.dmac.btck.co.uk/

Ethnic Minorities Law Centre (Glasgow Wide)

T: 0141 204 2888

GHA – for help with benefits & Fuel advice

0808 169 9901

GAIN network helpline

T: 0808 801 1011 Mon- Fri 9am-8pm
and Saturday 10am to 2pm

There is also useful information for those with cancer or long-term health conditions:
www.gain4u.org.uk

Glasgow North West Advice bureau

T: 0141 948 0204
www.gnwcab.org.uk/

Govan Law Centre: (Glasgow-wide service)

T: 0141 440 2503
W: govanlawcentre.org
WhatsApp: 07564 040765



Home Energy Scotland

if worried about energy bills

T: 0808 808 2282

Tenants rights during COVID 19

www.mygov.scot/housing-local-services/renting-property/

Universal Credit support

T: 0808 169 9901

Please check out www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/ If you can't afford to top up your prepayment meter during to challenges presented by COVID 19

Citizens Advice Scotland has launched a new national advice helpline to boost the network's service during the coronavirus crisis. The helpline is free to call on **0800 028 1456** and will initially operate open from 9am till 5pm, Monday to Friday www.cas.org.uk/news/launch-scotlands-citizens-advice-helpline

Some other useful numbers

HMRC

0300 456 3565

Mortgage payment assistance line

0808 145 0437 (Bos Halifax & Lloyds)

Telephone banking

0345 300 0000 (Lloyds)

0345 721 3141 (Bos)

0345 720 3040 (Halifax)

If you are experiencing any challenges with finances at this time, please seek advice from your own bank, or lender or one of the money advice services to see what support maybe available to you at this time.



Help during the COVID 19 outbreak

Support for those high COVID19 Risk

The service will offer help to those **who do not have family or existing community support and cannot get online** and who are:

- Over 70,
- Disabled,
- Require the support of mental health services,
- Are pregnant
- Receive a flu jab for health reasons.

This service is in addition to localised support already available for people who have received letters advising them to shield themselves. However, any of those in the shielding category who are not yet receiving assistance, **who do not have family and cannot get online can access support via this new helpline. T: 0800 111 4000**

Anyone not in these categories but still looking for support should visit **www.readyscotland.org/coronavirus**

For more information visit

W: www.gov.scot/news/support-for-those-at-high-covid-19-risk/

There are many groups seeking to offer support at this time, these are some examples we know of:

Drumchapel COVID 19 Working Group

E: drumchapelcovid19@gmail.com

Glasgow Helps

T: 0141 345 0543

glasgowhelps.org

G13/G14 Community Support Hub

T: 0141 952 6485

Glasgow Mutual Aid

T: 0141 280 7025

Ready Scotland

www.readyscotland.org/coronavirus

Viral Kindness Scotland

T: 0800 054 2282



Drumchapel COVID 19 Working group

Wanted to share this list of places where support maybe available during the COVID 19 outbreak. They ask can you please phone the contact numbers listed to access each service.

Also, visit www.urbanroots.org.uk/freefood

This has a map online which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow. All foodbanks and meals are free or pay what you can unless stated otherwise.

Please note that situations are changing rapidly just now, and services may have to change their way of working at short notice.

Area	Organisation	Contact	Service Providing
Drumchapel	Drumchapel Food bank	0141 944 3335	Food parcels, nappies, pet food etc. Can deliver if self-isolating or unable to get out.
Drumchapel/ Knightswood	Well Fed Glasgow	0141 944 2006	Food parcels, option of delivery or pick up. Can provide frozen food if access to freezer.
Drumchapel/ Knightswood	Drumchapel COVID 19 Working Group	07873 635 569 Tracey 077807 273 840 Michael 07900 431 986 CLLR Kerr	Volunteer service helping local vulnerable and isolated individuals. Food shopping and delivery, prescription collections, phone call check in, signposting to other resources when required. Call any of the noted mobile numbers to be linked in with support.
All of North West Glasgow (including Drumchapel etc)	Glasgow Golden Generation	0141 353 0720	Food parcels and essential items delivered to vulnerable/isolated older adults.
Knightswood	Knightswood Community Meal Service	0141 954 7554	Hot Meal Service. Delivered 3 x per week to individuals (Mon/Wed/Fri afternoon.) Free service for elderly and vulnerable individuals with no other support available.
Drumchapel	Drumchapel Asian Forum	07988 097771 (Frank)	Food parcels for isolated and vulnerable individuals.
Drumchapel	3D Drumchapel	0141 944 5740	Food Parcels/Nappies & Wipes etc for vulnerable young families. Currently awaiting funding to allow support to more families but are still accepting requests for support at this time.
All Areas	The Food Train	0141 423 1722	Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.



COVID19 Drumchapel Cares

Some agencies who can help or put you in touch with others you are not alone.

Information on COVID 19 www.gov.scot/coronavirus-covid-19

Stressed and need to talk?

COPE Scotland

T: 0141 944 5490

(Leave a message, someone will call back)

or text: 07763 743 296

E: admin@cope-scotland.co.uk

Issues of recovery?

Alcoholics Anonymous

T: 0800 9177 650

Gamblers Anonymous Scotland

T: 0370 050 8881

Narcotics Anonymous Scotland

T: 0300 999 1212

Domestic abuse

Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234

sdafmh.org.uk

Abused men in Scotland

T: 0808 800 0024

abusedmeninscotland.org

Young people

Young Minds

youngminds.org.uk

Need a bit of help?

Drumchapel COVID 19 Working Group

E: drumchapelcovid19@gmail.com

Glasgow Helps

T: 0141 345 0543

glasgowhelps.org

G13/G14 Community Support Hub

T: 0141 952 6485

Glasgow Mutual Aid

T: 0141 280 7025

Viral Kindness Scotland

T: 0800 054 2282

Men's mental health

Brothers in Arms

brothersinarmsscotland.co.uk

Men Matter Scotland

facebook.com/MenMatterScotland

facebook.com/mindthemen

Mind the Men

facebook.com/mindthemen

Living with long term conditions

CHSS Advice Line Nurses

T: 0808 801 0899

ALISS Search Engine

www.aliss.org

Support for parents

3D Drumchapel support with children food & goods available

T: 0141 944 5740 | facebook.com/3DDrumchapel

Parent Network Scotland

facebook.com/parentnetworkscotland

Parent Line

T: 08000 28 22 33

Food

Drumchapel Foodbank

T: 0141 944 3335

Fun stuff

glasgowlife.org.uk/Glasgow-life-goes-on

Mind and Draw

facebook.com/mindanddraw

Thinking about suicide?

The Samaritans | **Free Phone:** 116 123

Shout | **Text:** SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Worried about money and fuel costs?

Drumchapel Citizens Advice Bureau | **T:** 0141 944 2612 | **E:** bureau@drumchapel.cab.casonline.org.uk

Drumchapel Money Advice | **T:** 0141 944 0507 | **E:** admin@d-mac.org.uk

GAIN Network Helpline | **T:** 0808 801 1011

GHA – for help with benefits & fuel advice | **T:** 0780 581 3488

Universal credit support line | **Freephone:** 0808 169 9901

Helplines

Alcoholics anonymous

T: 0800 9177 650

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Childline

T: 0800 1111

Child Bereavement UK

T: 0141 352 9995

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

Emergency Homelessness:

T: 0800 838 502

Families affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer support group

(supporting families affected by imprisonment)

Text FAMOUT 60777 or

Freephone 0800 254 0088

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline:

T 0808 8020 133

Glasgow Community Response helpline

to answer your queries. You can contact them by telephone on **0141 345 0543** or by email at **helpline@gcvs.org.uk**

Glasgow helping hero's

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

The Lullaby Trust

T: 0808 802 6868 Bereavement support/ following the death of a baby or young child

NA

T: 0300 999 1212

NHS 24

T: 111

One parent Families Scotland Helpline:

0808 801 0323

Parent line

T: 08000 28 22 33

The Samaritans

Free Phone T: 116 123

Rape Crisis

0808 802 999 is the national number
Glasgow and Clyde number is **0808 800 0014** Monday to Friday
11am--4pm during COVID 19

Relate

W: www.relate.org.uk

site also shares advice and tips on keeping relationships healthy during self-isolation and social distancing

Silverline (older people)

T: 0800 4 70 80 90

Shout (an affiliate of crisis text line)

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Spark Relationship Counselling and Support

T: 0808 802 0050

Universal Credit Helpline:

T 0808 169 9901

Victim Support

T: 0345 603 9213



Mental/Emotional Health and stress management

Anxiety UK

W: www.anxietyuk.org.uk

Text service 07537416905



Brothers in arms Thrive App

www.brothersinarmsscotland.co.uk/apps/brothers-thrive/ Visit their website find out more about the App and how it can help you or the men in your life, make it part of a new daily routine

Campaign to look after your mental health clearyourhead.scot

COPE Scotland

T: 0141 944 5490 when you call leave a message and your phone number so that someone can phone you back. When COPE phones, the number shows as withheld.

Email: admin@cope-scotland.org will be replied to within 24 hours where possible. Website offers online wellbeing information:
www.cope-scotland.org

Iriss

For tips and information for staff resilience as well as the wider public www.iriss.org.uk/resources/reports/resilience-resources

How to look after your mental health www.mentalhealth.org.uk

Healing for the heart

www.healingfortheheart.co.uk

Help for key workers during COVID19 pandemic www.basw.co.uk/help-key-workers-scotland

Lifelink Glasgow Counselling service

T: 0141 552 4434

W: www.lifelink.org.uk

Due to COVID 19 restrictions at the moment all counselling will be delivered via telephone or video sessions

Mental Health and wellbeing for staff

learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff

NHS Greater Glasgow and Clyde has pulled together a number of resources to support the physical and mental health of staff.
www.nhs.uk/your-health/health-issues/covid-19-coronavirus/for-nhs-ggc-staff-staff-support-and-wellbeing/

Perinatal and Infant mental health find services near you

www.inspiringscotland.org.uk/perinatal-mental-health-services/

SAMH Mental Wellbeing and COVID-19 www.samh.org.uk

Older Adults

The Age Scotland helpline

is a free, confidential phone service for older people, their carers and families in Scotland. The helpline is free to call and available Monday - Friday 9am-5pm on 0800 12 44 222.

The Good Morning service

T: 0141 336 7766 / www.goodmorningservice.co.uk

Pets

This can be a challenging time also for pets, the following websites may offer some advice. Please also at this time be extra considerate of someone who is using a guide or assistance dog. A guide dog has not been trained to know to keep people 2metres away from the person they are protecting and the person with sight loss may not be able to see you, so please, be considerate. If we treat others, the way we want treated more of us will come through this.



Advice for animal owners From the Government

www.gov.scot/publications/coronavirus-covid-19-advice-for-animal-owners/

From Scottish Society for prevention of cruelty to animals

www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets

Advice for people who use a guide dog

www.guidedogs.org.uk/coronavirus/Services

Physical Health

Alzheimer's Scotland

www.alzscot.org/sites/default/files/2020-04/Coping%20with%20stress%20-%20families%20and%20carers%20-lan%20FINAL.pdf

Asthma UK Speak to an asthma expert nurse on their helpline

T: 0300 222 5800

W: www.asthma.org.uk/coronavirus

Versus Arthritis

W: www.versusarthritis.org/news/2020/april/coronavirus-covid-19-what-is-it-and-where-to-go-for-information/

Our Glasgow office is closed, all staff are working from home and can be contacted by email:

scotland@versusarthritis.org

Our Free Helpline 0800 5200 520,

Our Online Community: <https://community.versusarthritis.org/> and virtual assistant https://www.versusarthritis.org/get-help/arthritis-virtual-assistant/?gclid=EAlaIqobChMIvsCrwLWa6QIVNYBQBh2sawzhEAAyASADEgKEbfD_BwE

British Heart Foundation

W: www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health

Charles Bonnet Syndrome

T: 0303 1239999

www.charlesbonnetsyndrome.uk

MacMillan Cancer support

Tel: 0141 287 2903 or

E Mail: macmillan@glasgowlife.org.uk for cancer information, help to access financial support, or even just to talk about how you're feeling

W: www.macmillan.org.uk/coronavirus

Chest Heart and Stroke Scotland

T: 0808 801 0899

W: www.chss.org.uk/coronavirus

Chronic Pain

W: www.nhs.uk/your-health/health-services/chronic-pain

Crohn's and Colitis UK

www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice

Cystic Fibrosis Trust

W: www.cysticfibrosis.org.uk/life-with-cystic-fibrosis/coronavirus/staying-home-and-shielding

Diabetes UK

W: www.diabetes.org.uk/about_us/news/coronavirus

Epilepsy

www.epilepsyscotland.org.uk/training/talkepilepsy-sessions/coronavirus-covid-19-and-epilepsy/

Fibromyalgia

www.fmauk.org/latest-news-mainmenu-2/articles-1/55-medicalandtrials/1348-coronavirus

Menopause

www.nhs.uk/conditions/menopause

National Eczema Society

W: eczema.org

Primary Immunodeficiency UK

W: www.piduk.org

Sarcoidosis UK

W: www.sarcoidosisuk.org

Sign Health

W: signhealth.org.uk/videotags/covid-19

Health video library on range of conditions and issues for people who use British Sign Language



Places of worship

Places of worship are also subject to the guidelines on social distancing; however, many are offering guidance on how you can still stay connected, if we have missed any places of worship please let us know and we shall add these to the next edition. While we cannot list every single place of worship in every community, we wanted to share sources where you may find out what is happening in your local community:

Archdiocese of Glasgow

www.rcag.org.uk

Ahmadiyya Mosque

www.facebook.com/baiturrahmanmosqueglasgow/

Baptists Church

www.baptist.org.uk/Groups/337630/Coronavirus.aspx

Central Mosque Glasgow

centralmosque.co.uk/coronavirus-covid-19-announcement

Church of Scotland

www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus

Glasgow Buddhist centre

www.glasgowbuddhistcentre.com

Glasgow City Free Church

www.glasgowcityfreechurch.org

Glasgow Reform Synagogue

www.grs.org.uk

Glasgow Gurdwara

www.glasgowgurdwara.org

Greek Orthodox Church Glasgow

www.greekcommunitystluke.scot

Hindu Temple Glasgow

www.hindumandirglasgow.org

Jehovah's Witnesses

W: www.jw.org/en

Methodist Church

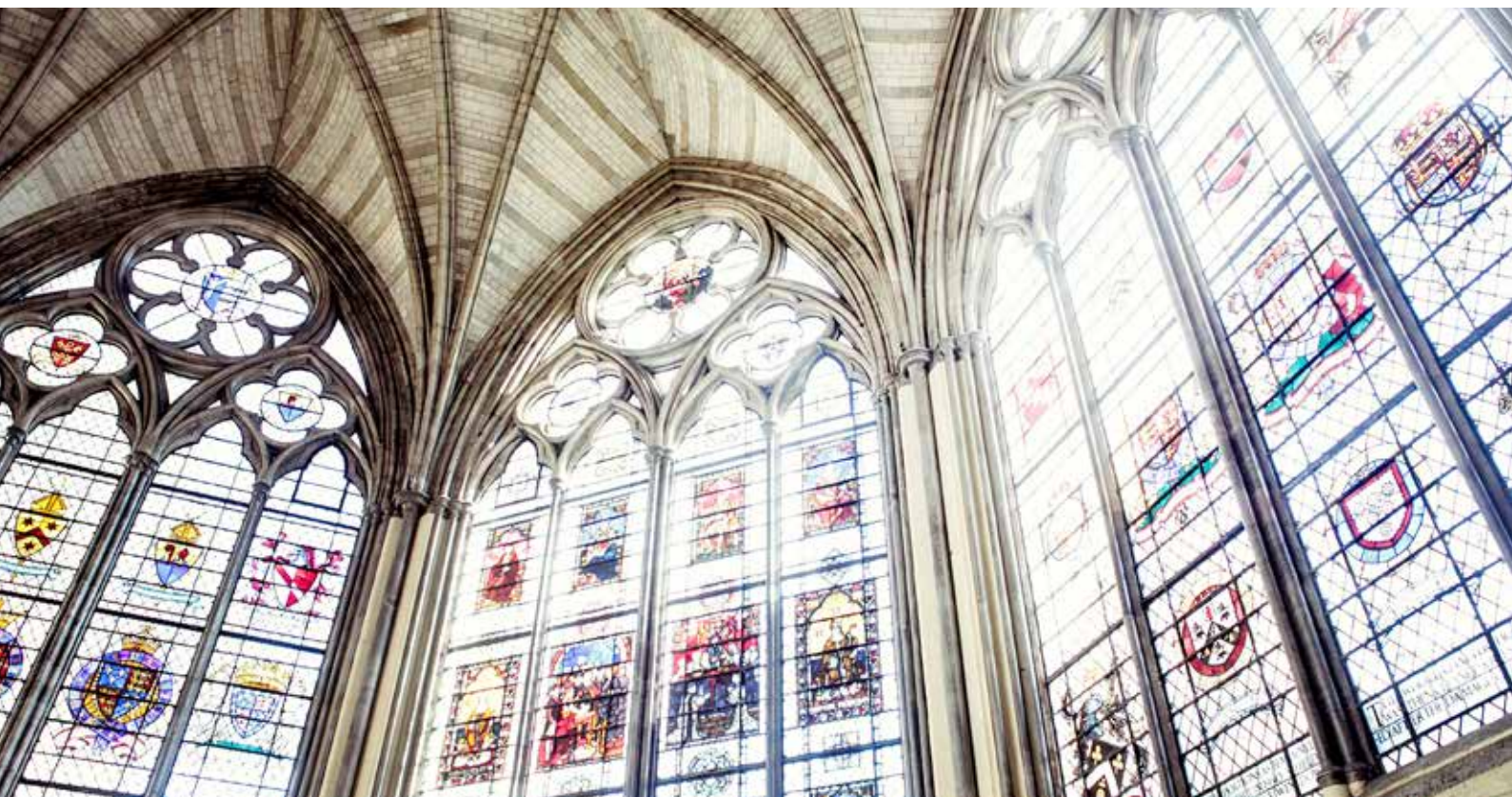
www.methodist.org.uk/about-us/coronavirus/official-guidance/

Orthodox Synagogue

www.jscn.org.uk/small-communities/garnethill-synagogue/

Quaker religious society of friends

www.quakerscotland.org/glasgow



Recovery services

Alcoholics Anonymous
0800 9177 650

Al anon (for families affected)
0800 0086 811

Al a teen (for teenagers affected)
<https://al-anon.org/newcomers/teen-corner-alateen/>

ADDaction
0808 178 5901

Cocaine Anonymous
0141-959-6363

Drink Wise Age well
<https://drinkwiseagewell.org.uk/about/where-we-work/glasgow/>

Family addiction support service
0141 420 2050

Gamblers Anonymous
0370 050 8881

Glasgow Council on Alcohol
T 0808 802 9000 and 0141 353 1800 for hub

Glasgow helping hero's
T: 0800 731 4880

Homeless Addiction Team
0141 552 9287

Marie Trust Counselling service
0141 221 0169

Narcotics Anonymous
0300 999 12 12

North West Recovery Communities
www.nwrc-glasgow.co.uk

Turning Point (Homelessness service)
0800 652 3757
www.turningpointscotland.com/glasgow
for more info on other services

Simon Community
0800 027 7466

Scottish Families affected by Drugs and alcohol
08080 101011

Sexual health services

Sexual Health Support and Advice

Waverley Care offers HIV, hepatitis C and sexual health support and advice. They will be continuing to provide support to people who need it by phone, text, and email, and through their live chat service.



TASTY RECIPE FOR SWEET OR SAVOURY (REPES)

INGREDIENTS-

MAKES 12 (REPES)

- 4 oz plain flour sifted
- pinch of salt
- 1 egg and approx. 1/2 pint of milk
- Little oil for cooking

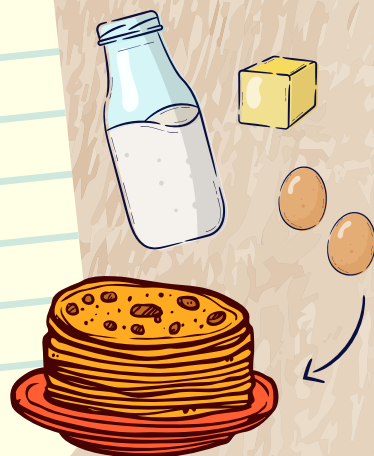
METHOD

- Wooden spoon, jug or bowl, medium frying pan or if have one a crepe pan
- In a large Pyrex jug or bowl a well in the centre of the flour and salt, break egg with a little of the milk and slowly mix and beat well until all the milk is used. The batter can be kept in the fridge for days if you only want to make a few at a time
- Keeping an even heat on the medium frying pan or crepe pan add a tiny amount of oil, once heated add a spoonful of mixture and swirl over covering the pan. Keep your eye on the bottom of the crepe, after about a minute, when golden brown (you can maybe check with your spatula, flip over to other side and cook in the same way. Enjoy either savoury or sweet filling, like wrap around a banana and drizzle with chocolate sauce as a treat Yummy!!

For more ideas on recipes during the COVID19 lockdown maybe visit www.squaremeal.co.uk/restaurants/news/jamie-keep-cooking-and-carry-on-episodes-when-is-it-on_9740

Gluten free pancakes
www.bbcgoodfood.com/recipes/gluten-free-pancakes

Vegan pancakes
www.bbcgoodfood.com/recipes/easy-vegan-pancakes







Please stay at home, help protect the NHS & CARE sector and save lives

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COPE Scotland
www.cope-scotland.org
 @COPEScotland

