

Hello everyone.

Safeguarding



During July I will be starting to send out links for the new Safeguarding e training while I still have a captive audience, the WiSE team are piloting the system for me for me over the next few weeks.

And of course I could not have a communication without mentioning Corona Virus.

Test and trace

If you are contacted by NHS Test and Trace and told that you have been exposed to an infected person then you must self-isolate for 14 days. If you develop symptoms, you should book a test as soon as possible and your household should also self-isolate.

Find out how to get a test and isolate at www.nhs.uk/coronavirus.

However.....

The Government's easing of coronavirus restrictions is great news for some of our outdoor attractions! I have attached some links which may be of interest (right click on link and copy hyperlink into browser to view)

https://www.visitleeds.co.uk/a-z-of-visiting-leeds/?utm_medium=email&utm_source=govdelivery

<https://www.carersleeds.org.uk/wp-content/uploads/2020/06/Taster-online-New-logo.pdf>

Information and guidance relating to opening of shops in Leeds City Centre

https://news.leeds.gov.uk/news/further-information-and-guidance-issued-ahead-of-shops-reopening-in-leeds-city-centre?utm_medium=email&utm_source=govdelivery

Hope you are all keeping well, safe and busy. As always if there is anything that you need help with please don't hesitate in contacting the WiSE office on 01937 588994 or info@w-ise.org.uk.

CAROLE

July Update



Hi

Hope you are all keeping safe, healthy and busy, I even ordered the sun for you.

I just wanted to take an opportunity to share with you a snapshot of work across the hubs between 11-17 May in response to Covid-19. In addition to these figures the Helpdesk are taking and average of 300 calls per day in reset of referrals.

Out of 33 wards our hub (we cover two) WiSE has been the sixth most active and, of course, we have also kept our usual services going in unique ways including three members of staff supporting our friends over the telephone. It's a remarkable achievement by everyone involved.

Facemasks:

As facemasks are going to be the new normal for some time I have included some information how to wear and make a facemask.

: <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering>

Scam alert update:

Update from West Yorkshire Trading Standards on Covid-19 related scams can be found here: <https://www.dropbox.com/s/Okpes0aw7b1nh6r/Edition%206%20WYTS%20Coronavirus%20Scam%20Alert.pdf?dl=0>

To help support everyone at home, Active Leeds team has launched online resources for all ages, including home workout tutorials, guidance and information, and fun challenges to try at home. We're sure there'll be something that will work for you and help you to be 'Healthy At Home'!

https://active.leeds.gov.uk/healthy-at-home?utm_medium=email&utm_source=govdelivery

And don't forget if there is anything that you need help with please don't hesitate in contacting the WiSE office on 01937 588994 or info@w-ise.org.uk.

CAROLE

June Update

Community Care Volunteering in numbers

Between 11-17 May, Community Hubs in Leeds
have delivered a total of...

6,750

people supported by
Community Hubs
across Leeds



885

food parcels and hot
meals delivered

595

food shopping
collections and
deliveries made





WiSE

Wetherby in Support of the Elderly

Hello

No change to the WiSE Team activities, still busy working in partnership with Leeds City Council as a Hub for the Corona Virus crisis as well as continuing with activities to keep in touch with our own WiSE Friends population.

More than 10,000 food parcels have been delivered to vulnerable people in Leeds as part of an unprecedented emergency food distribution programme.

Working with our partners from across the public, private and third sectors—including food and hunger charity FareShare—Leeds City Council is now delivering hundreds of parcels every day to families and individuals that are shielding, self-isolating or vulnerable and in need of support.

[Your NHS is still here for you](#)

It's important that you're aware of any changes to your body and that if you notice anything different, you contact your GP practice. Unexplained symptoms can sometimes be an early sign of cancer or another underlying health condition.

You should call 999 for life-threatening emergencies and you'll be treated in a safe, low risk environment. Please don't put your health at risk.

https://www.leedscg.nhs.uk/health/campaigns/hereforyou/?utm_medium=email&utm_source=govdelivery

Things to do

I have attached a link to a number of virtual activities that might interest you

- <https://www.leeds.gov.uk/leisure/libraries/heritage-online>
- <https://www.leeds.gov.uk/leisure/libraries/online-resources>
- Virtual Walks round Roundhay Park
https://www.youtube.com/watch?v=O_96oe4-cgM
- Something for the Grandkids
<file:///C:/Users/Carole/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/JCOSBOW7/LEAFED~1.PDF>

I am hoping things might be a little different the next time I am in contact with you, but please don't forget if there is anything that you need help with please don't hesitate in contacting the office on 01937 588994.

I hope you all manage to have some kind of VE celebration on Friday including scones, cakes, bubbly and everything else that goes with a great British picnic



See Easter publication below



Volunteer Update

Thursday 9 April 2020

Hello, hope you are keeping safe and well.

The sun is coming out this weekend and many of us would be heading for the park to hang out, or meeting up with friends and family. Of course, right now we can't do that.

We are getting lots of information sent to the Office so I have pulled an article that might help you keep positive or at least away from chocolate, cake and alcohol.

(Of course I do not include myself in that last sentence)

The Big 5

Leeds List have produced 5 headline things you can do to look after your mental health during the Covid-19 lock down.

https://leeds-list.com/discussion/how-to-look-after-your-mental-health-during-the-lockdown/?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn

If any of you have any creative ideas for keeping busy let me know and I will share. So far people seem to be doing their daily exercise, looking after neighbours, knitting, reading and gardening. I am about to start sewing scrubs for NHS if I can find material and my pattern gets here.

If you have Facebook there is Wetherby in Support of the Elderly line dancingso you can try it in private.

Here in the office the WISE Team are continuing to work with Leeds CC Community Care co-ordinating all referrals for Wetherby and Harewood vulnerable people, not just the elderly, plus we are continuing to keep in touch with our own WISE friends, who do not have a Befriender , to just have a chat and make sure they are all ok.

Hope you manage to have a good weekend

Carole

