



Safer and Supportive Salisbury

.....a local networking group delivering small practical projects that make a positive difference.....

ESPECIALLY FOR CARERS

Parkinson's UK information and support services remain open and available to people with Parkinson's and their families. Lucy Scott, Local Adviser can still be contacted by phone 0344 225 3696 or email adviser9.southwest@parkinsons.org.uk and can offer consultations remotely, by telephone and by video conference options. Helpline advisers are also ready to take calls if people have any concerns, questions, or need further advice. Confidential helpline 0808 800 0303. Calls are free from UK landlines and most mobile networks. Monday to Friday, 9.00am-7.00pm. Saturday 10.00am-2.00pm.

Personal care services and other support: suggestion from the **Age UK Wiltshire Living Well/Home from Hospital senior Support Worker** is to contact Red Jacket <http://www.redjacketuk.co.uk/services/> 01722 441463 who are still working and they normally offer a wide range of support not just personal care.

Age UK Wiltshire are offering Reassurance Calls and sending out a newsletter to keep everyone amused with puzzles, weekly challenges, etc. Registration is online at <http://www.ageuk.org.uk/wiltshire/> .

Alzheimer's Support Wiltshire are offering a telephone support service <http://www.alzheimerswiltshire.org.uk/Listing/Category/coronavirus-dementia-support> and a section for activities at home and Virtual Music and Movement. T: 01225 776481 or office@alzheimerswiltshire.org.uk

A Virtual Walk to Remember on 16th May

You too can do a Captain Tom! Alzheimers Support also tell us that as their fundraising takes a hit they are asking supporters who are able to take part in A Walk to Remember this year - but from the safety of their own home or garden.

"Your personal fitness challenge can be laps around the garden, press-ups in the living room, a stint on the exercise bike or even up and down the stairs. You'll be supporting people with dementia with every step!"

Some suggestions from **Alzheimer's Support** to help if the person you care for is not able to go to day care:

Keeping stimulated and active during lockdown is one of the hardest things for people. Possibly the carer might recreate the routines the cared for is used to at the day care centre. Perhaps singing to favourite songs, a movement session, board games or dominos, making a memory book, or a quiz - all things that the carer knows work and which the cared for enjoys. The carer could try doing things for 15 or 20 minutes and then have a break, so it is quite relaxed.

Alzheimer's Society have an 8 page booklet offering advice which is attached to this e mail.
Local support from 01722 326236

Specialist soft foods

Many people with Parkinson's or Dementia experience swallowing difficulties and there are Specialist firms delivering soft foods to your door for those with this problem. There are different textures to choose from. Always check with your doctor before changing diets.

Information about this how to get the right texture of food can be found on this website
<https://tinyurl.com/yamw98wf>

FINANCIAL MATTERS

A new Family Loan from Wiltshire and Swindon Credit Union (WASCU)

The current crisis has created financial pressures for many in the community. More people are needing to draw on small savings pots or expensive loan options such as payday lenders or even loan sharks. Whilst the announcement of a temporary payment freeze of up to 3 months on some loans and credit cards is welcome, for many, this doesn't go far enough. Hardship and financial challenges can have a serious detrimental impact on general mental health and wellbeing, causing stress and anxiety. This perhaps rings even more true for families where mums and dads will do everything in their power to ensure that 'family comes first'.

The Wiltshire and Swindon Credit Union (WASCU) has just launched a new Family Loan. Designed for parents receiving child benefit, it's a fair, fast and fixed way of accessing up to £500, using child benefit to repay the loan over 12 months. The scheme is designed to be

Fair - it's easy to qualify with a simple affordability check rather than a credit check

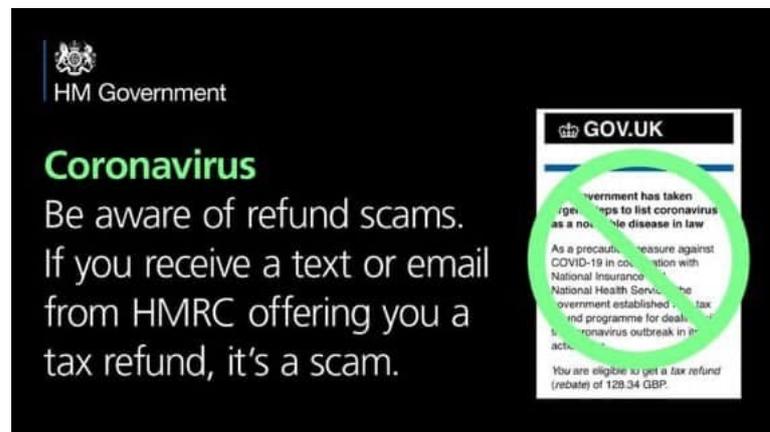
Fast - once your child benefit payment is set up, you can access the loan straight away

Fixed - the loan has a simple fixed monthly interest rate of 3% (42.6% APR)

To find out more about the Family Loan, WASCU's range of savings and loans options or for more about how Credit Unions help support the local community, please visit www.wascu.co.uk or get in touch via email at office@wascu.co.uk and phone on 01793 522216

But beware scams

There are many scams going round at the moment - telephone calls, internet websites, phishing emails, fake support groups. Do not give out your personal details or financial information unless you are sure it is not a scam. If you receive a text or email from HMRC offering you a tax refund, it is a SCAM



Meals, Food Parcels and Shopping

Age UK Wiltshire Hot Meals

We are pleased to report good feedback on this service: good quality 2 course meals delivered pretty much to time. To order speak to the Information & Advice team in the first instance on 0808 196 2424 who can have a chat and pass details onto the dedicated team. Alternatively you can email communitymeals@ageukwiltshire.org.uk. At that time they will ask about dietary requirements, any impairment needs e.g. In a wheelchair, hard of hearing, visual impairment.

Unwanted food parcels and getting supermarket deliveries – the advice from HM Government

If you no longer require these parcels in future, please help us to prioritise deliveries for those most in need by revisiting [this website](#) and re-register, selecting 'yes' in answer to the question: 'Do you have a way of getting essential supplies delivered at the moment?' Alternatively, you can refuse the next parcel by letting the delivery driver know, and it will be redelivered to another clinically vulnerable person on need. If you miss the driver, you can donate surplus food to the Trussell Trust Food Bank, using one of the NHS Volunteers to collect it from you.

Do you need a supermarket delivery slot?

When you register online as needing support, the Government will share your data with supermarkets (Asda, Sainsburys, Tesco, Ocado, Waitrose, Morrisons, Iceland). Please check individual supermarket websites for more information.

There is a phone number to contact Tesco if you think you might be entitled to a priority slot - 0800 917 7359.

Waitrose in Salisbury is currently closing at 7pm Monday to Saturday



Have we been here before?

There are pictures from the 1918 flu pandemic on the web that including the photo and poem below, written in 1869, and reprinted during the 1919 Pandemic. How much of it do you think applies in 2020?

This is Timeless...

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.

And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves

They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

Health and Well Being

Emergency Dental Care Clinic open in Salisbury

If you have an emergency dental need which needs attention please call 111 and you will be assessed over the phone and given an appointment. Please note this is NOT a walk in centre.

The NHS Volunteer Responder Scheme

NHS Volunteer Responders have been mobilised to help support vulnerable individuals who are self-isolating. Referrals for volunteer support can be made by the following:

GPs / social prescribing link workers / practice nurses concerned about an at risk or vulnerable

individual they have advised to self-isolate

Hospital discharge teams

Community pharmacists

NHS 111 and ambulance trusts

Community health trusts needing volunteer support for patients leaving hospital

Local authorities

NHS Volunteer Responders can be asked to help individuals with tasks such as delivering medicines from pharmacies; driving patients to appointments; bringing them home from hospital, and regular phone calls to check they are ok.

Referrals should be made via the NHS Volunteer Responders referrers' portal. Here <https://www.goodsamapp.org/NHsvolunteerresponders>

Prescription collection

Charles Woodd of the Harnham local support group adds to the advice on prescription collection we included in Update 7:

"I think it is important to add that the pharmacy may ask for the patient's date of birth. This is certainly on the CCG protocol, and when I have collected my prescriptions I have been asked that. So it is important for volunteers to be given that information just in case."

Facemasks for local volunteers

Carol Kite of Salisbury Makers Hub set itself to produce wash bags for the NHS and care homes in the area. It has been an amazing 2 weeks and over 1000 have been made and allocated.

We have also made a number of cloth facemasks and we are in a position to offer sets to local teams of volunteers who are going about shopping and delivering medicines etc. The Wilton team have already requested a set from us as they heard about us from one of the ladies they were supporting.

If any other Salisbury team would use them then I am very happy for them to contact me with their requests, These are the basic 2 layer cloth masks designed as an added protection from spreading the virus alongside social distancing and hand washing. They are particularly useful when social distancing is more difficult.

Contact e mail: prettyusefulmakes@gmail.com and we are asking for requests to all come through there so they can be dealt with in order.

Guidance on Children and young people's mental health and wellbeing

For parents and carers supporting a child or young person, there's updated guidance on ways to help look after children and young people's mental health and wellbeing during COVID-19. This includes supporting those with additional needs and disabilities.

The guidance is also available in an easy read version for people with learning disabilities.

It is available here: <https://tinyurl.com/u46o5pw>

New LOCAL children and young people's mental health service

A children and young people's mental health (CAMS) helpline has been launched by Oxford NHS Health Trust in Bath and North East Somerset, Swindon and Wiltshire. The helpline will operate 24 hours a day, seven days a week.

Anyone concerned about a child or young person's mental health (or the child or young person themselves) can phone the helpline and speak to mental health experts who will provide advice, guidance and support over the telephone. The helpline should not be used for life threatening situations (when emergency services should be notified by phoning 999). The helpline will also help to reduce pressure on NHS 111, who are having to manage an increasing number of Covid-related calls.

Here is how to contact the service:

9am – 5pm on a weekday 01865 903777, 5pm – 9am on a weekday or on weekends 01865 901000 Another useful source of support
<https://www.onyourmind.org.uk/>

Keeping Children Involved and Active

Sport England is sponsoring the Move Crew Programme

Move Crew to help children stay active

New activity missions are available from 8am every day

ukactive and Nike have teamed up to launch Move Crew, a brand-new programme to help children stay physically active while they are off school.

<https://ukactivekids.com/movecrew/>

It allows children to take part in daily 'activity missions' created by school staff members, coaches and elite Nike athletes like Dina Asher-Smith.

New missions are available each day at 8am and are designed to help children reach 60 minutes of daily physical activity through fun at home activities.

Additionally from Wiltshire Council you can download this Lockdown Feel Good Activities Pack

<http://www.wiltshire.gov.uk/leisure-active-communities>



You can still visit our Museum!

The Salisbury Museum's latest exhibition - Pick & Mix [@pickandmixtsm](https://www.instagram.com/pickandmixtsm) is an Instagram exhibition developed by the museum, exploring 800 years of Salisbury's history through objects and community voices. Each object tells a unique story about the city and the people who have lived in it. The exhibition features selected items from the museum's collections and those submitted by the public. This is a first step towards redisplaying the museum's History of Salisbury Gallery with help from The National Lottery Heritage Fund and the community. Which objects or themes would you like to see on display in the new gallery?



Visit [@pickandmixtsm](https://www.instagram.com/pickandmixtsm), like your favourite objects, and say what they mean to you. And if you have an object or photograph that tells a story about Salisbury - either its past or its present - send the museum a picture or video to include in the exhibition. Visit <https://pickandmixtsm.wixsite.com/info> to find out how.

Helplines

Age UK Wiltshire telephone befriending service. Email enquiries@ageukwiltshire.org.uk or call 0808 196 2424 <https://www.ageuk.org.uk/wiltshire/>

Independent Age Helpline 0800 319 6789 <https://www.independentage.org/get-support/call-helpline>

Silver Line 24/7 telephone support service for older people <https://www.thesilverline.org.uk/>

Scope offers befriending to parents and carers of children and adults with disabilities

<https://www.scope.org.uk/helpline/>

British Lung Foundation listening ear service <https://www.blf.org.uk/>

Macmillan Cancer Care helpline 0808 808 00 00, 7 days a week, 9am to 5pm

<https://tinyurl.com/yb9dx68h>

Macular Society telephone befriending service 0300 3030 111 <https://www.macularsociety.org/advice-and-information-service>

Samaritans 116 123 <https://www.samaritans.org/>

CALM Helpline for men open 5pm to midnight seven days a week. National number: 0800 58 58 58 <https://www.thecalmzone.net/help/helpline/>

Mens Health Forum 020 7922 7908 <https://www.menshealthforum.org.uk/>

No Panic helpline for young people 0300 606 1174 <https://nopanic.org.uk/the-no-panic-helpline/>

Action for Happiness monthly coping calendar to help you through the current crisis. <https://www.actionforhappiness.org/>

Non-Urgent Passenger Transport: to Salisbury District Hospital

Under normal circumstances patients would be subject to an eligibility criteria, during COVID, this has been relaxed. If patients need to attend appointments at one of the acute hospitals they can book 7 days in advance by contacting PTAC on 01278 727410. Please be aware that as the COVID situation improves the eligibility criteria will be re-implemented, currently we do not know the timescale for this.

Alternatively, patients can contact the NHS Volunteers directly on 0808 196 3646 (8 am to 8pm) where community groups may be able to offer support.

If someone has an emergency and needs to attend A&E, they should call 999.

Are you missing your copy of the Salisbury Journal?

The Salisbury Journal are offering you the chance to have a free home delivery, so you can have your local newspaper delivered safely to your door.

To order free home delivery of the Salisbury Journal each week please call 0800 953 0227

Thank you from the SaSS update team of Helen, Liz and Anne to Irene for her kind words in the Salisbury Journal. Our message stays the same:

Share the update with anyone who would find it useful

Send us anything you think we should include to anneinbemerton@gmail.com

And above all – STAY SAFE!