

# MALDON DISTRICT COVID-19 COMMUNITY GUIDE



MALDON  
DISTRICT  
COUNCIL



Coronavirus cases are rising rapidly across the whole of the UK. We must act now to control the spread of the virus.

The single most important thing we can all do, to prevent the spread of coronavirus, is to stay home, protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection.

That is why, from **Thursday 5 November until Wednesday 2 December**, the Government is taking the following action:

- **Requiring people to stay at home, except for specific purposes**
- **Preventing gathering with people you do not live with, except for specific purposes**
- **Closing certain businesses and venues**

Find out more about the full range of measures that apply and what you need to know at [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus).

**NATIONAL  
COVID  
ALERT**



**STAY  
HOME**

**5 NOV – 2 DEC**

Find the latest  
guidance and  
exemptions at  
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**STAY ALERT**  
▼  
**CONTROL  
THE VIRUS**  
▼  
**SAVE LIVES**



## Looking after our mental health

There are some simple things that you can do at home to look after your mental and physical health from exercising to eating healthy.

We also know that sometimes you will need to speak to someone... that's why we have gathered some useful mental health resources you can access locally.

## Useful resources

**Every Mind Matters** - Expert advice and practical tips to help you look after your mental health and wellbeing from the NHS. Visit [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/).

**Young Minds** - Child and adolescent mental health services information for parents and carers. Visit [www.youngminds.org.uk](http://www.youngminds.org.uk) / **0808 802 5544**.

**Samaritans** - Confidential support for people experiencing distress or despair. Visit [www.samaritans.org.uk](http://www.samaritans.org.uk) / **116 123**.

**NHS 111 service** - Emergency mental health service, call **111** if you or someone you know needs urgent care.

## How to livewell during COVID-19

There are lots of things you can do at home:

- Eat a healthy diet
- Stay hydrated
- Avoid smoking, alcohol and drugs
- Spend time doing things you enjoy
- Stay connected with people (while observing social distancing)

The **NHS** has created lots of fun and useful exercises, visit [www.nhs.uk/livewell/exercise/](https://www.nhs.uk/livewell/exercise/).

[Go for a walk, run or cycle](#) if you are able to maintain social distance.

Plan for staying at home or indoors, take care of your mental health and wellbeing.

- Get regular sunlight and fresh air
- Plan for working / studying at home
- Find ways to relax

The [NHS Better Health scheme](#) can help you improve your wellbeing by making healthier lifestyle choices. You'll find the tools and support you need to quit smoking, get active, and lose weight.

For more Health and Wellbeing info in Essex, visit [Livewell Campaign](#).





## Live Well Link Well

[Live Well Link Well](#) is a free and confidential service providing practical or emotional support for non-medical needs.

Working with GP's across mid-Essex, they will help you access local support:

- **Make positive changes to your wellbeing**
- **Identify and find you local support**
- **Help develop personal goals**

Further support is available via the [Essex Wellbeing Service](#).

## Advice for shielding

**Get support if you're shielding** - if you have a medical condition which means you're classed as being clinically extremely vulnerable to Coronavirus, you are eligible for [Government support](#).

- **Get access to priority supermarket deliveries**
- **Ask for someone to contact you about local support options**
- **Update your personal details**

You can [register yourself, or on behalf of someone else](#).

## Getting out and about safely

You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household (children under school age, as well as those dependent on round-the-clock care, such as those with severe disabilities, who are with their parents will not count towards the limit on two people meeting outside).

Outdoor public places include:

- **Parks**
- **Beaches**
- **Countryside**
- **Public gardens and Allotments**
- **Playgrounds**

The Maldon District is an ideal place for [walking](#) and [cycling](#), with seventy-five miles of meandering coastline, nature reserves and diverse landscapes to explore.

The extensive network of footpaths and cycle routes will allow you to enjoy the open countryside and coastal areas while being able to maintain social distancing.

Please ensure that you follow [social distancing measures](#) at all times.



## Staying safe during COVID-19

The **NHS COVID-19 APP** is free to download and is the simplest way to help protect those we love.

The app has several tools to protect you, including:

- Contact tracing
- Local area alerts
- QR venue check-in

Find out more about the app at [www.covid19.nhs.uk](http://www.covid19.nhs.uk).



## Stay up to date on social media

To reduce mis-information and rumors, follow the Twitter accounts below for factual COVID-19 advice and updates.

**Public Health England** - @PHE\_UK

**NHS England** - @NHSEngland

**Essex County Council** - @Essex\_CC

**Maldon District Council** - @MaldonDC

## Getting help during COVID-19

The best place to get accurate health information is the [NHS website](#).

You can also check your GP surgery's website. Lots of GP surgeries have online services where you can get advice and support.

[Find your GP surgery](#) to get its website details.

If you need to contact your GP, **do not go into the surgery in person**. You can:

- **Visit the GP surgery's website**
- **Call your GP surgery**

Your GP will then give you advice about what to do.

Changes have been made to make sure it's safe for you to have the **flu vaccine at GP surgeries and pharmacies**. This includes social distancing, hand washing and wearing protective equipment.

You can also visit friends and family staying in **Essex Partnership University Trust** inpatient facilities.

For more information about this, visit [www.eput.nhs.uk](http://www.eput.nhs.uk).





## Policing during COVID-19

**Essex Police** are still responding to emergency and high-priority calls.

If it's not an emergency or urgent, please use contact them online at [www.essex.police.uk](http://www.essex.police.uk) instead of calling.

You can [tell the police about a breach of the coronavirus rules online](#).

Please make sure you understand what is and is not allowed before you get in touch with them.

Essex Police particularly want you to tell them about large gatherings of people obviously from lots of different households.

If there is a problem, Essex Police want to resolve it by communicating clearly and encouraging people to behave responsibly.

As a last resort they can enforce the coronavirus law by taking people home and by fining them.

Find out more about [coronavirus and police powers](#).



## Volunteering during COVID-19

**The Volunteer Centre – Maldon and District** can help you to find out more about volunteering in the local area.

They have a database of over **100 volunteering opportunities** in a range of fields.

[Find out more](#) about how they can help you to find the volunteering role that is right for you.

Don't know where to start? [One to one support](#) can help you think about what you might like to do and identify activities or volunteering roles.

They can help with:

- **Supported visits**
- **Completing forms and documents**
- **Talking about anxieties you may have**

They can also assist in the promotion of volunteering vacancies and give guidance on volunteer management.

Visit the [Maldon and District CVS website](#) for more info.





## Local Facebook support groups

**Maldon COVID-19 Action group:**  
<https://www.facebook.com/groups/covid19maldon/>

**Essex Coronavirus Action group:**  
<https://www.facebook.com/essexcoronavirusaction>

## Useful contacts

**Maldon CVS COVID-19 helpline:**  
[www.maldoncv.org.uk/corona/](http://www.maldoncv.org.uk/corona/) /  
01621 851997

**Maldon District Council:**  
[www.maldon.gov.uk/coronavirus/](http://www.maldon.gov.uk/coronavirus/) /  
01621 854477 (Weekdays 10am-4pm).

**Essex County Council:**  
[www.essex.gov.uk/topic/coronavirus](http://www.essex.gov.uk/topic/coronavirus).

**Essex Welfare Service:**  
[www.essexwelfareservice.org](http://www.essexwelfareservice.org) / 0300  
303 9988

**Essex Wellbing Service (NHS):**  
[www.essexwellbeingservice.co.uk/](http://www.essexwellbeingservice.co.uk/) /  
0300 303 9988

**Essex Business Support:**  
[www.essex.gov.uk/support-for-businesses](http://www.essex.gov.uk/support-for-businesses)



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