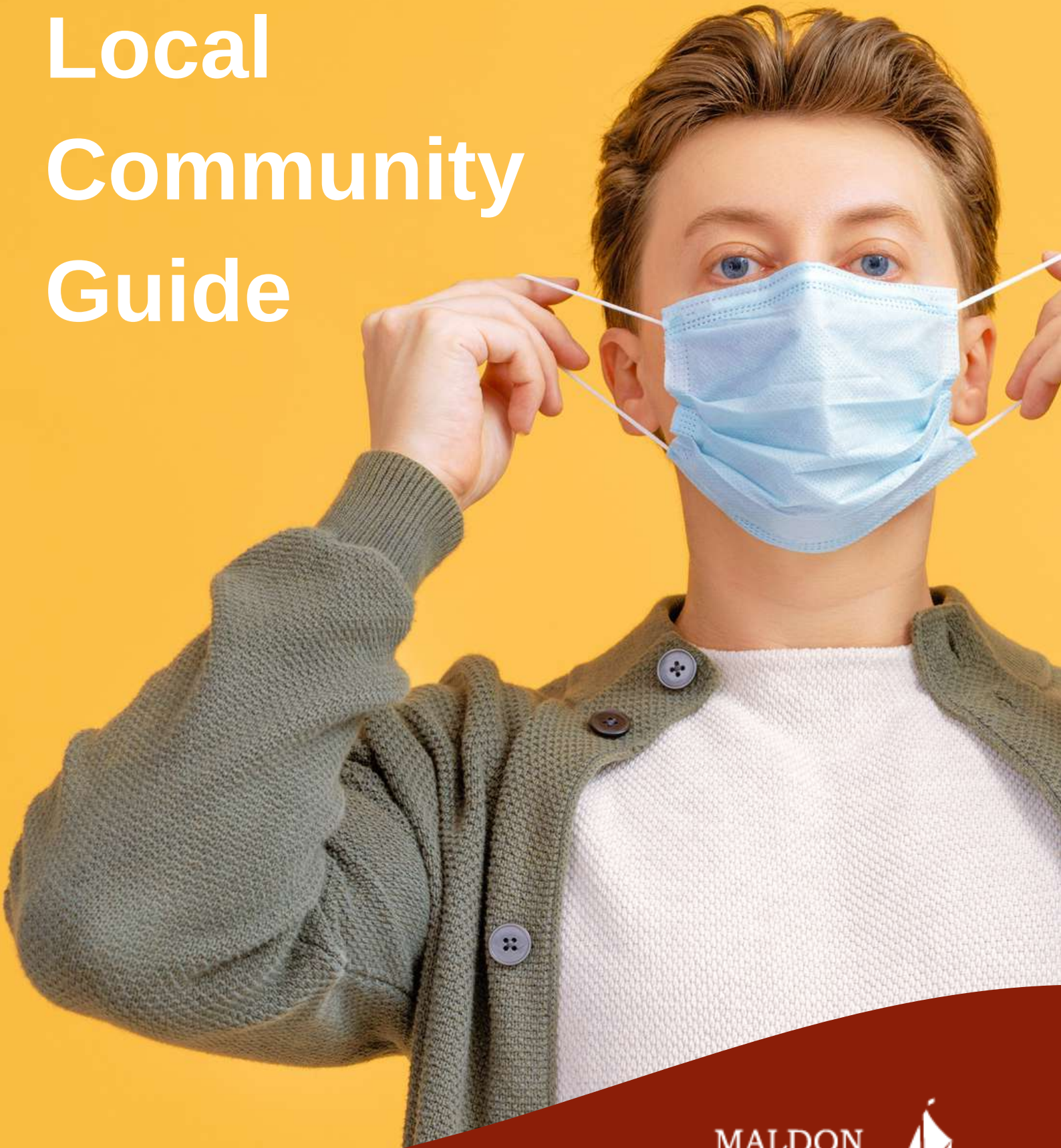


COVID-19

Local

Community

Guide



MALDON
DISTRICT
COUNCIL





Introduction

This guide has been produced to support Parish and Town Councils, Community groups and organisations, and residents during the ongoing COVID-19 situation.

We would like to thank our staff, councillors, residents and businesses for their continued hard work and support to help look after the Maldon District.

If you have any questions regarding the information in this guide, please let us know at www.maldon.gov.uk/contact.

Contents

In this pack you will find the following:

- Summary of the COVID-19 restrictions
- Mental Health and wellbeing support
- Staying safe and informed
- Getting help and medical care
- Financial support during COVID-19
- Volunteering opportunities
- Useful links and contacts

What does the roadmap out of lockdown mean?

The roadmap out of lockdown sets out the UK's phased return to life without COVID-19 restrictions.

A series of changes will take place between **March and June 2021**.

The first changes will take place on **March 8 2021**, these are available to view online at www.gov.uk/government/publications/covid-19-response-spring-2021.

The relaxation of COVID-19 restrictions is dependent on all of us following the rules, at all times.

Therefore, you should continue to:

- **Follow social distancing rules**
- **Work from home where you can**
- **Walk or cycle where possible and avoid busy times and routes on public transport**

Find out more about the measures at www.gov.uk/coronavirus.





HM Government



From **29 March**, the 'stay at home' rule will be lifted, however you should continue to work from home where possible.



Looking after your 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/.

Young Minds - Child and adolescent mental health services information for parents and carers. Visit www.youngminds.org.uk / 0808 802 5544.

Samaritans - Confidential support for people experiencing distress or despair. Visit www.samaritans.org.uk / 116 123.

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



HM Government

NHS



From **29 March**, you can gather with either 2 households or up to 6 people outdoors, including in private gardens.

Livewell during COVID-19

There are lots of things you can do at home to keep healthy. Remember, it is important to look after your physical health including exercise and diet.

If you're not sure how to get started, we have gathered some useful resources you can access locally.

Useful resources

NHS Livewell - Offers expert advice and fun activities to help you get active at home. Visit www.nhs.uk/oneyou/every-mind-matters/.

Active Essex - Hosts a series of fun and accessible home exercise and wellbeing sessions. Visit www.activeessex.org/keep-essex-active/ / 03330 131620.

Essex Wellbeing Service - Provides wellbeing services including practical help, specialist advice and emotional support. Visit www.essexwellbeingservice.co.uk/ / 0300 303 9988.



10 ways to #StayInWorkOut



Walking



Gardening



Seated exercise



Circuits



Standing up activity breaks



Running, jogging, sprinting



Online exercise class
(app, social media, youtube)



Body weight strength exercises



Throwing and catching



Stretching (pilates, yoga, body balance)

UK government recommendation is 150 minutes of moderate intensity exercise or 75 minutes vigorous intensity per week

3x 60s with 60s rest

For more ideas about health and wellbeing projects in the Maldon District, please visit www.essexmap.co.uk or contact livewell.linkwell@nhs.net

For examples of the above visit: <http://bit.ly/KeepActiveAtHome> and www.placesleisure.org/blogs/home-workouts

 @MaldonDistrictCouncil @livewell
@ActiveEssex @PlacesLeisure @SportEngland
 #livewell #StayInWorkOut #KeepActiveAtHome

For more information, please visit www.maldon.gov.uk/coronavirus





COVID-19 Vaccine

The vaccine is safe and effective. It gives you the best protection against coronavirus.

More information is available at www.nhs.uk/conditions/coronavirus-covid-19/.

Getting help during COVID-19

The best place to get accurate health information is at www.nhs.uk.

Alternatively, contact your GP surgery online or by phone. Visit www.nhs.uk/service-search/find-a-gp to find the details of your GP surgery.

Volunteering during COVID-19

The **Maldon District Volunteer Centre** can help you to find volunteering opportunities in the local area.

Visit www.maldoncvcs.org.uk or call **01621 851891** to find out more.

Vaccine scams

Reports have been received of scam vaccination text messages and emails.

These can look convincing so be careful and **if you suspect a message to be a scam:**

- Don't click on any links
- Don't give out any personal or bank details
- Report it to **Essex Police** on **101** or at www.essex.police.uk

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.





HM Government



From **29 March**,
outdoor sports facilities
such as tennis and basketball
courts will reopen.





Food Banks

If you are struggling to make ends meet or need additional food supplies, there are food banks available that can help you.

Elim Maldon Food Pantry

- Elim Pentecostal Church, 17 Wantz Road, Maldon, CM9 5DB
- <http://elimmaldon.org.uk/maldon-food-pantry/>
- 01702 543184

Danbury Mission

- Danbury Mission, 54 Maldon Road, Danbury CM3 4QL
- <https://danburymission.org.uk/foodbank>

Dengie Food Pantry

- URC Church Southminster Burnham Bakery, 76 Station Road, Southminster CM0 8HF
- <https://www.facebook.com/Dengie-Food-Pantry-Food-Bank-100408298274586/>
- 01621 776821

Financial support during COVID-19

Financial support is available for those affected by COVID-19.

What can I do?

[Financial support if you're off work due to COVID-19](#)

[Help if you've lost your job](#)

[Financial support if you're self employed and getting less work or no work](#)

Government guidance and support:

[Getting financial support](#)

[Help with redundancy and finding work](#)

[Working safely](#)

[Working from home](#)

[Childcare and caring responsibilities](#)

[Annual leave and sick leave](#)





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 links

Maldon CVS COVID-19 helpline:

www.maldoncv.org.uk/corona/ /
01621 851997

Maldon District Council:

www.maldon.gov.uk/coronavirus/ /
01621 854477 (Weekdays 10am-4pm).

Essex County Council:

www.essex.gov.uk/topic/coronavirus.

Essex Welfare Service:

www.essexwelfareservice.org / 0300
303 9988

Essex Lifestyle Service (NHS):

www.midessexccg.nhs.uk/livewell/ess-ex-lifestyle-service / 0300 303 9988

Essex Business Support:

www.essex.gov.uk/support-for-businesses



Produced by Maldon District
Council Communications Team

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