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DMCCCovid-19 Information Sheet

July 2020



Welcome to our second edition of our Covid-19 Special Bulletin. This time we have all been researching and collecting interesting and useful links to share with you, your volunteers and your members. We really hope that you will all find something which will help you plan for the future and keep your members safe and well at present.

Stay Safe. Stay Alert.

June Wildman, DMCC Chairman



Gov. Uk - Coronavirus outbreak FAQs: what you can and can't do after 4 July

The government has set out its plan to return life to as near normal as we can, for as many people as we can, as quickly and fairly as possible in order to safeguard livelihoods, but in a way that continues to protect our communities and our NHS.

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>



Coronavirus and the social impacts on young and older people in Great Britain



Indicators from the Opinions and Lifestyle Survey on the impact of the coronavirus (COVID-19) pandemic on young and older people in Great Britain.

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/datasets/coronavirusandthesocialimpactsoneyoungandolderpeopleingreatbritain>



NHS Test and Trace

This contact tracing website explains where you can help our efforts to stop the spread of coronavirus (COVID-19) and receive health advice to keep yourself and others safe This

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gives guidance, the official advice says that contact tracers will never ask for any payment, details of bank accounts or passwords or PINs – scams routinely ask for money in completely implausible ways. This system is also very new so most of us won't know what the procedure is. We humans will often be the weakest link in the system. This is the official link to the Gov website. <https://contact-tracing.phe.gov.uk/>



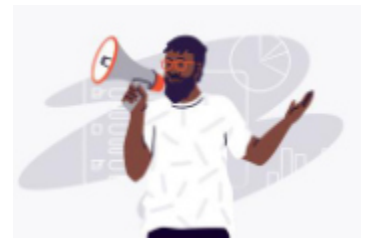
British Legion

British Legion provide lifelong support to our Armed Forces community and their families. From providing dedicated care homes for older veterans, to support for carers, to helping ex-serving personnel and their families to live safely at home – we're here to help people live on through life. The Legion is here to support you, and those you're caring for, get the help you need. From dementia support, to specialist nursing, to day care at our care homes, our teams are on hand to help. <https://www.britishlegion.org.uk/get-support/care-and-independent-living>



Eventbrite

Eventbrite has partnered with risk management and health experts to develop [Eventbrite's COVID-19 Safety Playbook for Events](https://www.eventbrite.co.uk/covid19-event-safety). <https://www.eventbrite.co.uk/covid19-event-safety>



We created these resources to empower you to plan ahead and execute safe, successful events, so we can gather together again. **These resources might help you:**

- Understand the risks of COVID-19 transmission at events and your role in identifying and managing those risks.
- Identify, effectively manage, and make informed decisions about transmission risks that may affect your event.
- Create a pre-event safety checklist addressing COVID-19 risks.
- Communicate your safety policies and procedures to staff and attendees, including their critical role and responsibility in having a safe

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Domestic abuse help for Older People

- If you are being abused, or if you have any concerns that an older person you know may be at risk of, or experiencing abuse, Police have dedicated domestic abuse officers who will help and advise you. Call 101 for help and guidance or email 101@devonandcornwall.pnn.police.uk. Always call 999 in an emergency.
- Alternatively, if you do not wish to report to the police, you may wish to contact Victim Support directly. Call your local Victim Support Team in Devon and Cornwall on 0300 303 0554. Lines are open 12pm-6pm Monday to Friday.
- **Alison Cockram, Team Manager for Splitz Support Service and co-chair of the South Devon SVDVA Forum, said:** "This toolkit was specifically designed to reach those later in life that find it difficult to access support to keep themselves safe. These situations can be made more difficult by Devon's rurality. More recently, further isolation has affected many due to the COVID 19 restrictions.
- "We would urge anyone who is feeling unsafe, whether due to a partner or other family member, to seek support. If this is particularly difficult then ask anyone that you trust to seek support on your behalf."
- The **toolkit** is available to download from the Splitz website: www.splitz.org/resources/talk-toolkits.html

Alzheimer's UK - Links to Exercise at home and Gardening tips

- Activity ideas: Exercise at home - Ideas for staying physically active at home during lockdown. <https://www.alzheimers.org.uk/dementia-together-magazine-junejuly-20/activity-ideas-exercise-home>
- Staying active during coronavirus: Gardening tips for people affected by dementia <https://www.alzheimers.org.uk/blog/coronavirus-gardening-tips-dementia>

HSE/Alzheimers Dementia Guidance leaflets Online leaflets available

<https://alzheimer.ie/wp-content/uploads/2020/04/Weekly-Activity-Planner-high-res.pdf>

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- A collection of online resources for people with dementia, families and carers
- A selection of meaningful activities for people with dementia, families and carer
- Weekly Activity Planner for people with dementia, families and carers (see attached that you might like to share with some that might benefit from a structure to their day).



Stagecoach – Journey Assistance Cards – Face covering.

Who can apply for Face Covering Journey Assistance Cards See [government guidelines](#) and on our [Face Coverings FAQs page](#) for more information on who is exempt from wearing a face covering.

<https://www.stagecoachbus.com/>

The requirement to wear a face covering does not apply if you have a reasonable excuse not to, including if:

- you have a physical or mental illness or impairment, or a disability that means you cannot put on, wear or remove a face covering
- putting on, wearing or removing a face covering would cause you severe distress
- you are someone who relies on lip reading to communicate

Daily Creative Distractions

A charity in North London produces and sends out 'Daily Creative Distractions' packs by post or via email to clients requesting them. They do this on a monthly basis and you can see what they were for June. These activities have been created by older and younger neighbours across The Cares Family's communities and in partnership with our staff teams. They include ideas for how people can continue to be creative together, think of one another, and laugh – even in times of challenge and even from afar.

<https://files.thecaresfamily.org.uk/thecaresfamily/images/AloneTogether-June.pdf>

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Local information



Honiton Memory Café - 10th party

Honiton Memory Cafe celebrated its 10th Birthday on May 21st 2020. We had planned a party with a special cake and didn't want to disappoint, so decided to arrange cream tea and cake delivery to all 88 members and volunteers to their homes so we could all think of each other at this difficult time and to let them know they are not forgotten.

Many thanks to those willing volunteers who helped with the deliveries.
Min Rennolds, Co Ordinator.



RAMM Exeter

RAMM have created an educational activity pack – although aimed at children it is suitable for all ages. There are packs to consider: WW2 – Exeter Blitz and Roman Devon

<https://rammuseum.org.uk/schools/online-learning/ww2-exeter-blitz/>

<https://rammuseum.org.uk/schools/online-learning/roman-devon/>



The Box on the Box, Plymouth

This is a free entertainment service for care homes and now opened up to DMCC Memory Cafés that started on Wednesday 10th June at 2pm from The Box Plymouth (formerly Plymouth City Museum and Art Gallery). Each session lasts between 30 and 45 minutes.

This brings you a reminiscence session live-streamed direct to your home. Join each week to watch footage direct from their film archives showing life in Plymouth and the South West over the past 100 years, with live commentary from expert curators. If you would like to take part you will need to send an email to: theboxlearning@plymouth.gov.uk saying how many you have that would want to watch and if they want to watch separately on their own device or as a group. Once signed up they will send a link directly to your email each week.

<https://www.theboxplymouth.com/>

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Carer's UK Consultation paper

Update on Carer's Leave consultation and briefing from Carers UK

*Consultation closes by **3 August 2020**; please can you respond and encourage carers to respond, to help give carers new workplace rights?*

The Government, through the Department of Business, Energy and Industrial Strategy, is currently consulting on a proposal to give employees a week of unpaid leave each year to provide unpaid care. We want to encourage and support a large and positive response with a wide range of evidence from organisations across the sector, and from employers more widely.

The Government is interested in hearing from all kinds of interested parties: employers, individual unpaid carers, trade unions, representative organisations, charities, professional bodies, medical or social care providers researchers and academics. This consultation covers England, Wales, and Scotland. Northern Ireland devises its own legislation.

The deadline for responding to this consultation is **3 August 2020:**

- You can respond online here: <https://beisgovuk.citizenspace.com/lm/carersleave>
- Or email a response to: labourmarketparticipation@beis.gov.uk

Carers UK view:

We have welcomed Government's intention and pledge to introduce Carer's Leave for employees in paid employment, as a vital step in helping both business and families and friends providing care to disabled, older and ill relatives and friends to continue working. Government has said that they intend this right to be one week's unpaid leave. Whilst Carers UK recognises that this would still deliver positive benefits, we believe this would be even more effective if this was paid. We also believe that Government should commit to staged increases to 10 days paid leave, with a longer period of unpaid leave of up to six months.

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We believe that during and post-COVID-19 this is more important than ever for families, businesses, and the economy. At a time when the NHS and social care system are under extreme pressure, family support has been relied on more than ever.

We need you to take action as soon as possible. The consultation closes [on 3 August 2020](#).

- Promote and follow our tweets.
- Respond as an organisation.
- Publicise to carers, especially working carers and ask them to respond. You could do your own personal response.
- Encourage employers you are in touch with to respond.

Find out more:

- [To access our briefing for Affiliates re. this consultation, please click here.](#)
- If you have any questions or comments about this consultation, please do not hesitate to contact john.perryman@carersuk.org.