

# Covid-19 bulletin #11

## December 2020

Visit: <http://sobus.org.uk/covid-19>



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## Key Covid-19 messages

As we all emerge from Lockdown II and get to grips with the regulations and restrictions of Tier 4, it's heartening to know that the possible end to the Covid-19 crisis is in sight, with the very welcome news that an effective vaccination will shortly be available.

The other factor that is just as important - and this was a point made earlier by England's chief medical officer Prof Chris Whitty - is adherence to the regional tier restrictions in the lead up to Christmas and afterwards.

Doing this, he says, will minimise the risks.

### London has been placed in tier 4, what does this mean?

A strict new lockdown in London, the South East and east of England could last for months, Matt Hancock said.

Millions of people across the UK have seen their festive plans severely restricted or scrapped.

On Sunday, the number of recorded daily infections in the UK reached an all-time high of 35,928 new cases.

The figure is nearly twice the number of cases - 18,447 - reported a week ago. However, it is thought the infection rate was higher during the first peak in spring, with testing capacity too limited at the time to detect the true number of daily cases.

"Most of the new cases reported are concentrated in London and the South East, although it is too early to tell if this is linked to the new variant." A growing number of countries have banned travel from the UK.

**The government does not want to cancel Christmas but it is "our duty" to act as a new coronavirus variant is "out of control", the health secretary says.**

### **What are the rules for Christmas?**

People in tier four areas of England cannot travel elsewhere and are only allowed to celebrate Christmas with members of their own household and support bubbles. Elsewhere in England - and in Scotland and Wales - joining other households in "Christmas bubbles" is now allowed on Christmas Day only. In Northern Ireland one day between 23 and 27 December is allowed.

### **What are the Covid rules in England?**

All areas of England have been placed in one of four tiers, depending on factors such as how fast Covid is spreading and pressure on hospitals. People in tiers one to three should not travel into the new tier four areas. Across all tiers people should now "stay local".

There are exceptions in all tiers for child care and support bubbles.

## **Frequently asked questions**

### **Who will receive the vaccine first?**

The first groups that are eligible are care workers from nursing homes, employees working in disability care and home care, and residents of nursing homes and institutions for people with intellectual disabilities. Eventually, the COVID-19 vaccination will be available to everyone.

Read more about [Vaccine against COVID-19](#).

**When am I a close contact of someone who has COVID-19, and therefore need to go into quarantine.**

If you were less than 1.5 metres apart from someone with COVID-19 for longer than 15 minutes

If someone with COVID-19 coughs or sneezes in your face

If you have been in contact with someone who has COVID-19, but are not a close contact, you do not have to follow any exceptional rules. However, do monitor your health.

## **How do I find out if I am a close contact of someone who has COVID-19?**

If the person with COVID-19 reports the infection to the Municipal Public Health Service (GGD), in which case the GGD will contact you

If your own contacts notify you about their infection

If you have installed the CoronaMelder app, you could be notified.

## **What should I do if I am a close contact of someone who has COVID-19?**

Follow the rules and stay home for 10 days after your last contact with the infected person.

Do not go to work, do not go shopping and do not use public transport to travel.

Monitor your health closely.

If you develop symptoms that could indicate COVID-19, then get tested.

No symptoms for 10 days? Then you can go outside again after that.

## **What role do secondary school students play in the spread of the virus?**

There is an increased number of infections at all ages. That includes children, teens and young adults. Yet children play a minor role in spreading the novel coronavirus. COVID-19 is less common in children and they spread the virus less often. The number of infections in children and how contagious they are does increase as they get older. The virus is often spread outside of school, during intensive contact in their free time with friends or classmates. Infection at school and in the classroom is limited. Education is important for the well-being, development and health of children and young people. In addition, children play a limited role in spreading the novel coronavirus. That is why secondary schools can stay open.

## **I have schoolchildren. How likely am I to get infected?**

The novel coronavirus is mainly spread between adults and from adult family members to children. The spread of COVID-19 among children or from children to adults is less common. In general, the younger the children, the less significant the role they play in spreading the virus. Even at home, it is important to follow the basic recommendations as much as possible, such as hygiene rules, and to get children older than 13 years tested if they show any symptoms.

## **When do I have to stay home if I have symptoms?**

Stay home if you have cold symptoms (such as a nasal cold, runny nose, sneezing, sore throat), coughing, shortness of breath, elevated temperature or fever, or sudden loss of smell and/or taste (without nasal congestion).

## **When am I contagious if I have the novel coronavirus?**

You may already be contagious shortly before you start showing symptoms. If you shout or scream, small droplets containing the virus could fly into the air from your nose and mouth. This could also happen as a result of sneezing and coughing. Other people could become infected if they inhale those droplets, or get them in their mouth, nose or eyes, for example via their hands.

## **Are pregnant women more likely to become infected with the novel coronavirus?**

Based on the current knowledge, pregnant women do not seem to have a higher risk of becoming infected with the novel coronavirus; this means that they do not appear to be more susceptible to the novel coronavirus than women who are not pregnant. As always, it remains important to follow the current measures.

[Read more about.](#)

**Effective treatments for COVID-19 will continue to be vital to manage the virus even as vaccines are rolled out in the UK and globally**, including for those who cannot be vaccinated, for example because they are immunocompromised. Finding effective treatments will reduce risk to lives and serious illness for people who do contract the virus and support the return to normal life.

A strengthened programme of **community testing** will allow us to identify and isolate people who do not have symptoms but are unintentionally spreading the virus. In addition, the government will also roll-out rapid, regular testing nationally to NHS front-line staff, social care and other high-risk or critical settings.

Testing capacity for those with COVID-19 symptoms has increased almost five-fold in six months, from 100,000 a day at the end of April to 500,000 a day by the end of October, with plans to go even further by the end of the year. **This is available to citizens in every part of the UK.** The government is working to improve turnaround times for these tests despite the increase in scale and logistical complexity in the expanded network.

We know that you have done an incredible amount to help protect your family and friends but we are all going to need to carry on doing our bit for some time to come.

# London Borough of Hammersmith & Fulham

For the latest information and updates from the council, please visit: [www.lbhf.gov.uk](http://www.lbhf.gov.uk)

## LBHF business support

Hammersmith & Fulham Council will continue to support local businesses through this turbulent time as we work with local business leaders to drive our local economy to be bigger, better and safer than ever before. For information and support available to local businesses, please visit:

<https://www.lbhf.gov.uk/business/coronavirus-covid-19-advice-and-support-local-businesses>

## NHS information

### Could you donate plasma to help treat coronavirus patients?

NHS Blood and Transport is [opening a further 14 convalescent blood plasma donation centres](#) to urgently collect plasma for coronavirus treatment trials and potential use in hospitals. They are encouraging you to [come forward](#) if you have had confirmed or suspected coronavirus.

Blood plasma is a liquid that makes up about half your blood volume. After a virus, your plasma contains antibodies that help fight infection. A transfusion of plasma from someone who has recovered from coronavirus may help people who are still ill.

### NHS North West London says 'Help us Help You' this winter

This winter, the NHS in North West London is reminding residents of the range of healthcare services available to help them.

With coronavirus restrictions continuing to impact our day to day lives, we are aware that this winter will be unlike any other. Although coronavirus has changed how some NHS services are delivered, we want our local residents to know that no matter what your concern may be, our NHS services are still available for your use. Our services are safe to use and we are here to help.

Here's a list of things you can do locally, online and over the phone that will help you stay well this winter:

### Call your GP

**If you are feeling unwell** or have symptoms of any illnesses that you are worried about, your GP practice is still here for you. Our GPs are now offering telephone, online

and video consultations so that you can easily access the right help and advice without having to travel. If medically required, face to face appointments are being provided. Whatever your concerns, please don't wait until it gets worse, call your GP practice.

[Watch our video all about online consultations here.](#)

## Contact NHS111

### If you are worried about an urgent medical concern

contact NHS111 either online by visiting [www.111.nhs.uk](http://www.111.nhs.uk) (for people aged 5 and over only) or dial 111 on your phone. Doctors, nurses, paramedics and fully trained advisors are available 24 hours a day, 365 days a year. You can ask questions about your symptoms and find out when and where to get help. If medically necessary, NHS111 can make direct appointments with a variety of health services, including your GP, Urgent Treatment Centres, A&E, specialised mental health crisis services, dental services and pharmacists for urgent repeat prescriptions and advice.

### Speak to a pharmacist:

**If you have a minor health problem** the fastest way to get advice is to visit your local pharmacist. Pharmacists are highly trained medical professionals who can help with a wide range of issues – from stomach bugs, to coughs and colds and minor injuries like strains and sprains. You can also find out more about treating minor health conditions on [nhs.uk](http://nhs.uk).

### Get your flu vaccination

**With both coronavirus and flu circulating this winter** getting a flu jab is especially important. The flu vaccine is available for free to those most at risk – if you are pregnant, aged 65 or over, if you have a long-term health condition or are a carer. If you are eligible for a free flu vaccination, your GP practice will contact you directly by letter or text to arrange it. Book your vaccination at your GP practice or local pharmacy as soon as you are contacted.

## Mental health

**If you are stressed, anxious or experiencing low mood** you can access wellbeing and psychological support from a North West London Improving Access to Psychological Therapy (IAPT) service. You can refer yourself or speak to your GP or another healthcare professional for a referral. For more information visit [www.westlondon.nhs.uk/service/iapt/](http://www.westlondon.nhs.uk/service/iapt/) or [www.talkingtherapies.cnwl.nhs.uk/](http://www.talkingtherapies.cnwl.nhs.uk/).

**For further information visit:** <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

## **NHS covid recovery platform**

Has been launched recently at [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk) which is a self-help resource for people particularly recovering from an inpatient / ITU admission.

As you know recovering from COVID-19, you may still be coming to terms with the impact the virus has had on both your body and mind. The COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery.

## **NHS Wellbeing Webinars**

Healthy London Partnership's [Coping Well During Covid](#) webinars are developed specifically to support anyone feeling anxious about coronavirus and how it is impacting them, their loved ones or their work. Each 60-minute webinar is led and delivered in a clinically led way by Emily Gardner, Cognitive Behavioural Therapist, East London NHS Foundation Trust.

The team have recorded three key webinars professionally which are now published on the Thrive LDN website, covering:

- [Managing Anxiety](#)
- [Managing Low Mood](#)
- [Working From Home and Staying Well](#)

Please do consider how these new webinars, and [others](#) from the initial series, could be used both within your organisation and shared across your networks. There is suggested copy in the toolkit and key digital messages to support this.

## **Additional guidance on mental health and wellbeing**

As part of ThriveLDN's coordination role, they are producing [additional guidance](#) on the mental health and wellbeing aspects of coronavirus (COVID-19) for London. Colleagues within the Thrive LDN team are currently updating this, considering both forthcoming Tier 2 measures but also taking into account early findings from community insights work. We expect to be able to share this with you early next week.

## **COVID-19 Grants**

A number of Community Foundations and other organisations have launched funding programmes to assist local organisations in responding to the challenges of the Coronavirus Pandemic. Below you will find a list of organisations and the types of funding they have made available.

## **Apply now for the Local Restrictions Support grant**

Grants applications are now open for businesses which have had to close due to Covid-19 national lockdown restrictions, through the Local Restrictions Support Scheme.

Two other grants will also be available through the scheme; one for businesses impacted by Tier 2 restrictions and one for those eligible for additional discretionary support. These will be open for applications in the near future.

Make sure to check your eligibility and the evidence you'll need to provide before you apply so that your application can be processed as soon as possible.

We are supporting the Hammersmith and Fulham Coronavirus Community Response Appeal, launched with our partner United in Hammersmith and Fulham. The Appeal has already reached its initial target of £50,000. Applications for grants of up to £1,000 can be made [online](#).

London Funders are also coordinating a London wide emergency fund which will be distributing £5m; applications can be made [here](#).

## **Trust for London Announces New Application Deadline (London)**

The Trust for London has announced that the next closing date for applications is the 2nd February 2021 at 1pm.

Each year the Trust awards around £8.5 million to community and voluntary organisations for new and innovative projects that address the root causes of London's social problems. In particular, the Trust wants to support work which falls under its seven funding programmes. These are:

- Good homes & neighbourhoods
- Better work
- Decent living standards
- Shared wealth
- Pathways to settlement
- Connected communities

### **Useful Documents:**

[Funding Guidelines](#)

[Covid-19 Information for Applicants](#)

[Online Application Form](#)

## **Housing Charity Crisis Launches Emergency Grant (UK)**

Crisis has established an emergency grants fund to support local groups who are financially affected by additional demands on their resources and who have expanded their provision to meet the current needs of those experiencing homelessness across the UK. Two types of grants are available:



- Awards up to £5,000 for short-term responses to the coronavirus emergency (projects within 3 months), following a limited/fast-tracked application process (payments made in advance)
- Awards up to £50,000 to fund long-term needs and potential expansion or change in service delivery, following a full application process (payments in advance, but potential for staged payments over a specified period)

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**The funding is available to:**

- Local organisations across the UK (i.e. providing specific services in a set number of locations – not national or sub-regional)
- Registered charities who provide services to those experiencing homelessness
- Funding to be restricted to assistance needed to cope with the impact of coronavirus, and not simply to meet wider funding gaps
- Funding could be to meet additional demand or reduction in staffing or other resources caused by impact of coronavirus

For any of the grants, applicants must complete the relevant application form below and email this back to [bestpractice@crisis.org.uk](mailto:bestpractice@crisis.org.uk)

[Up to £5,000 grant application form](#)

[Up to £50,000 grant application form](#)

<https://bit.ly/2VsltDu>

## **Prince's Trust and NatWest Launch Enterprise Relief Fund (UK)**

The Prince's Trust and NatWest have launched a £5million grant fund for young entrepreneurs affected by coronavirus. The Fund is available to entrepreneurs aged 18-30, who can apply for grants and tailored support from today.

Grants can be used to maintain core business operations during the crisis, as well as meet any existing financial commitments, such as paying for essential equipment or settling invoices from suppliers. In conjunction with these grants, the initiative will also offer one-to-one support and guidance to applicants who need it.

To be eligible, businesses must have started up in the last four years and be run by someone aged 18 to 30. Young people who are in the process of starting a business and don't have any other source of income during the crisis are also eligible to apply for a grant.

Applications can be made at any time.

## **Allchurches Trust (UK)**

Name of Fund: Hope Beyond. In response to the coronavirus, the All churches Trust is making funding available to churches, Christian Charities, cathedrals and Christian denominational bodies to enable them to meet changing needs within their communities and to adapt to challenges and opportunities presented by the pandemic. Applications can be made at any time.

<http://www.allchurches.co.uk/what-we-fund/hopebeyond/>

## **Association of Mental Health Providers (UK)**

Name of Fund: Mental Health Response Fund

The Department of Health and Social Care has made £5 million available to support voluntary and community sector (VCS) mental health providers which are experiencing an increase in demand for their services due to coronavirus.

<https://amhp.org.uk/mental-health-response-fund/>

## **Comic Relief (UK)**

Name of Fund: Capacity Building Grants Scheme

Charities, voluntary and community organisations, social enterprises and CIC's in England which have been negatively impacted by Covid-19 can apply for grants of up to £1,000 to help them rebuild their capacity to meet the needs of their local community.

<https://www.groundwork.org.uk/apply-for-a-grant/national-grants/comic-relief-community-grants/comic-relief-apply-for-capacity-grant/>

## **Joseph Rowntree Charitable Trust (UK)**

In response to the coronavirus crisis, the Joseph Rowntree Charitable Trust is making at least £5 million available in funding for its second phase of support for the period May to December 2020. Funding will include emergency grants for current grantees who are facing immediate financial crisis; 12-month grant extensions for current grantees with ongoing projects; and grant increases to enable current grantees to meet costs associated with adapting activities in order to sustain work.

<https://www.jrct.org.uk/new-funding-opportunities>

## **Social Investment Business (UK)**

Name of Fund: Resilience and Recovery Loan Fund

The Resilience & Recovery Loan Fund (RRLF) is a new £25 million fund for social enterprises and charities who are experiencing disruption to their normal business model as a result of COVID-19.

<https://www.sibgroup.org.uk/resilience-and-recovery-loan-fund>

## **Emergency Funding for Charities Financially Impacted by the Covid-19 Crisis (UK)**

Grants of up to £1,000 are available to small and medium sized charities, CICs and registered societies in the UK which are struggling to manage the financial impact of

Covid-19 either because of increased demand for their services or from loss of income. The Sylvia Waddilove Foundation UK - Covid-19 Emergency Fund will provide support to organisations which are in a critical position, and operating in one of the following categories:

- Education relating to non-domestic animals (this includes animal husbandry, veterinary science, animal welfare and surgery, and organic farming). Applications concerning domestic animals like dogs and cats are not accepted
- Visual and performing arts;
- Medical research;
- The relief of disability or severe illness;
- The accommodation of those in need.
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Funding can be used to cover costs such as staff costs and other overheads, and changes to working practices e.g. laptop purchase and protective equipment.

To be eligible for funding, the organisation's income must be no more than £500,000 and have free reserves of no more than £100,000.

Applications can be made at any time.

#### **Useful Link:**

[Application Form](#)

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<https://www.pwwsolicitors.co.uk/charity-grants/13-the-sylvia-waddilove-foundation-uk>

### **England-wide schemes**

#### **Grants of up to £100,000 Available for Community Facilities (England)**

Registered Charities, churches, Parish Councils, Local Authorities and CASC registered sports clubs can apply for grants of between £2,000 and £100,000 for the provision, maintenance or improvement of community facilities.

This can include:

- Village Halls and Community Centres;
- Public Play Areas;
- Publicly available Multi use games areas;
- Skate parks and BMX tracks;
- Sport and recreation grounds including pavilions and clubhouses with full public access;
- Churches – community spaces only;
- Nature Reserves;
- Public gardens, parks, country parks and woodlands with at least dawn to dusk access;
- Museums.

The funding is being made available through the FCC Community Action Fund and is available to projects located within 10 miles of an eligible FCC Environment site.

The next funding round will be open between the 16th December 2020 and 5 pm on the 3rd March 2021.

### **Useful Links:**

[Application Guidelines](#)

[Apply](#)

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<https://fcccommunitiesfoundation.org.uk/funds/fcc-community-action-fund>

### **Barrow Cadbury Trust (England)**

Name of Fund: COVID-19 Support Fund

The Barrow Cadbury Trust has re-opened the COVID-19 Support Fund. The fund provides emergency response funding to organisations suffering acute financial difficulties as a result of the pandemic and operating within the Specialist Migration Sector.

<https://www.barrowcadbury.org.uk/what-we-do/programmes/covid-19-support-fund/>

### **National Lottery Community Fund (England)**

Name of Fund: Coronavirus Community Support Fund

The fund which is being administered through the National Lottery Community Fund has two key objectives. To increase community support to vulnerable people affected by the COVID-19 crisis; and to reduce temporary closures of essential charities and social enterprises, ensuring services for vulnerable people impacted by COVID-19 have the financial resources to operate, and so reduce the burden on public services.

<https://www.tnlcommunityfund.org.uk/funding/covid-19/learn-about-applying-for-emergency-funding-in-england>

### **National Lottery Community Fund (England)**

The National Lottery Community Fund has launched a £45 million programme to fund charities, community groups and social enterprises working with people disproportionately impacted by the coronavirus. This includes BAME and other communities experiencing health inequalities and people experiencing homelessness.

<https://www.tnlcommunityfund.org.uk/news/press-releases/2020-07-13/45million-of-national-lottery-covid-funding-for-expert-partnerships-to-support-the-most-vulnerable-communities>

## **Sport England (England)**

Name of Fund: Active Together Programme

Sport England has committed another £1 million to combating the impact of coronavirus by match funding money raised by sports clubs and community activity groups through the fundraising platform Crowdfunder.

<https://www.sportengland.org/news/%C2%A31-million-crowdfunding-support-clubs-and-organisation>

## **Youth Music Network (England)**

Name of Fund: Emergency Fund

Youth Music have launched an Emergency Fund for music-making organisations affected by the coronavirus. Through this fund grants of up to £10,000 are available.

<https://network.youthmusic.org.uk/youth-music-launches-emergency-fund>

[\*\*Click here for Sobus latest Funding alert\*\*](#)