

Covid-19 bulletin # 15

May 2021

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



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Key Covid-19 messages

Government's roadmap to ease lockdown restrictions

With the government's lockdown roadmap running on schedule, it seems there are positive days ahead. It has been encouraging to see the return of non-essential shops and salons, as well as outdoor hospitality and leisure, and many indoor venues busy preparing for the next stage on 17 May.

Each milestone will depend on the success of previous rule-relaxations and may be revised should cases increase significantly.

There are four tests to progress Government's Covid – 19 roadmaps:

Before taking each step, the Government will review the latest data on the impact of the previous step against four tests. The tests are:

- The vaccine deployment programme continues successfully.
- Evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated.
- Infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS.
- The assessment of the risks is not fundamentally changed by new Variants of Concern.

Each milestone will depend on the success of previous rule-relaxations and may be revised should cases increase significantly.

Step 3 on the Governments Roadmap from 17th May:

- Outdoors, most social contact rules will be lifted - although gatherings of over 30 people will remain illegal.
- Outdoor performances such as outdoor cinemas, outdoor theatres and outdoor cinemas can reopen. Indoors, the rule of 6 or 2 households will apply - although we will keep under review whether it is safe to increase this.
- Indoor hospitality, entertainment venues such as cinemas and soft play areas, the rest of the accommodation sector, and indoor adult group sports and exercise classes will also reopen.
- Larger performances and sporting events in indoor venues with a capacity of 1,000 people or half-full (whichever is lower) will also be allowed, as will those in outdoor venues with a capacity of 4000 people or half-full (whichever is lower).
- In the largest outdoor seated venues where crowds can spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).
- Up to 30 people will be able to attend weddings, receptions and wakes, as well as funerals. Other life events that will be permitted include bar mitzvahs and christenings.
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What do Covid rules mean for holiday travel?

The **UK** government has introduced a **traffic light system** to support the safe return for international travellers. Decisions on red, amber and green list countries are taken by ministers informed by risk assessments provided by JBC alongside wider public health factors.

From 17 May, the 'Stay in the UK' regulation will cease and international travel will be allowed to restart, governed by the new traffic light system.

Portugal has confirmed that tourists from the UK will be able to travel to the country from Monday 17th May

The country's foreign affairs minister has said anyone arriving from 17 May must have had a negative PCR result within the previous 72 hours.

Existing travel restrictions on travel into the country from Britain will end on Sunday, the minister confirmed in a statement released by Portugal's tourist board, Visit Portugal.

The latest announcement will come as a relief for holiday firms which have reported huge demand for trips to Portugal following the publication of the green list.

Variants and mutations: The science explained

Prof Peacock, director of the Covid-19 Genomics UK consortium, said: "What's really affected us at the moment is transmissibility."

"Once we get on top of [the virus] or it mutates itself out of being virulent - causing disease - then we can stop worrying about it. Current vaccines were designed around earlier versions of coronavirus, but scientists believe they should still work against the new ones,

Prof Peacock said the vaccines approved for use in the UK appeared to work well against all existing variants of the virus in the country.

Carers network – free online & telephone activity group.

The Carers Network is continuing to run a busy programme of free online and telephone activity groups for local unpaid carers. These include new weekly telephone groups on food discussion, creative writing and poetry appreciation. Carers who do not have access to a computer or reliable broadband – or who are just put off from joining online Zoom sessions can call in and enjoy these activities.

Other online carer groups returning this year on Zoom also include Yoga, Art Classes and mindfulness – whilst we will also be delivering Pilates, Photography, Zumba and Group Exercise sessions.

All these free groups are a great way for unpaid local carers to relax, try new activities. catch up with fellow carers and have a break from their demanding caring role.

See the full calendar of activities here: <https://carers-network.org.uk/online-programme-of-events/>

London Borough of Hammersmith & Fulham

For the latest information and updates from the council, please visit: www.lbhf.gov.uk

For more information about COVID-19, please visit: <http://www.nhs.uk/conditions/coronavirus-covid-19>

The Hammersmith & Fulham Clinical Commissioning Group have circulated some useful audio clips on the current updated Covid-19 situation in London, tips and advice. The audio is interpreted into the below languages Please follow link to listen.

<https://sobus.org.uk/home/covid-19/>

LBHF business support

Pedal Gives Back in H&F

UNITED in Hammersmith & Fulham are partnering with Pedal Back Cycling to provide a 2-year bike matching scheme for those in need.

Adults can be referred by trusted local organisations and must be in receipt of benefits.

Please see following link for more information:

[Pedal Gives Back in H&F – UNITED : UNITED \(unitedhf.org\)](https://www.unitedhf.org/)

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>

Support from the H&F Business Desk

Do you need to cut through council red tape? Find out about local business networks? Get advice on setting up in the borough?

Email us business-support@lbhf.gov.uk or call and leave a message at the H&F Business Desk on 020 8753 5585. We're here to help you directly, or point you to someone who can.

NHS information

NHS England calls up 36 and 37 year olds for jabs

NHS England is extending the coronavirus vaccine roll out to 36 and 37 year olds from Tuesday morning. Invites are being sent out by text message to the cohort over the next 48 hours.

Ministers are urging everyone who is eligible to book an appointment without delay. Public health officials are growing more concerned about the spread of the variant linked to a surge in cases in India, particularly in hotspots such as Bolton.

“To anyone who feels hesitant about getting the vaccine, just look at what’s happening in Bolton,” health secretary Matt Hancock said this week.

Most people in Bolton who had been hospitalized with Covid-19 had been eligible for the vaccine but had chosen not to take it, Hancock said. Some were in intensive care.

More than 30m people in England have received a first dose, according to the NHS, equivalent to two thirds of the adult population. More than one third of adults have had both doses.

Important message about the Astra Zeneca vaccine

More than 28.5 million doses of the Covid-19 Vaccine AstraZeneca have now been given across the EU

It found 242 cases of clotting and 49 deaths across the UK up to the end of April.

This is much lower than the hundreds of cases that would be expected to have occurred naturally in the general population.

People under the age of 40 are to be offered an alternative to the Oxford-AstraZeneca vaccine in the UK as a precaution, after a review of all the latest evidence by vaccine advisers and safety experts.

The UK's medicine regulator - the MHRA - says the benefits of the vaccine still outweigh the risks for the vast majority of people.

People should still go and get their Covid-19 vaccine when invited to do so. ·

Help us help you get the treatment you need. If you have any coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test and stay at home

While everyone is being told to stay at home, it can be hard to know what to do if you're unwell.

- For help from a GP – use your GP surgery's website, use an online service or app, or call the surgery.
- For urgent medical help – use the NHS 111 online service, or call 111 if you're unable to get help online.
- For life-threatening emergencies – call 999 for an ambulance.

If you're advised to go to hospital, it's important to go.

If you are worried about an urgent medical concern Contact NHS111

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 the NHS website. [nhs.uk](https://www.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

NHS covid recovery platform

Has been launched recently at 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

Mental health

Maintaining healthy relationships with people you trust is important for your mental wellbeing.

Think about ways to stay in touch with friends and family – by phone, messaging, video calls or social media.

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/ or 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/>

Some tips on keeping a healthy mind

Pause. Breathe. Reflect.

Take some slow breaths: in through your nose, then slowly breathe out.

Slow breathing is one of the best ways to lower stress, because it signals to your brain to relax your body.

Notice how you are feeling and what you are thinking, without judgment. Instead of responding or reacting to those thoughts or feelings, note them, and then let them go.

Connect with others

Talking to people you trust can help. Keep in regular contact with people close to you. Tell them how you are feeling and share any concerns.

Keep to a healthy routine

Do:

- Get up and go to bed at similar times every day.
- Keep up with personal hygiene.
- Eat healthy meals at regular times.
- Exercise regularly. Just doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.

- Take regular breaks from on-screen activities.

Don't:

Don't use alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.

Be kind to yourself and others

Don't expect too much of yourself on difficult days. Accept that some days you may be more productive than others.

Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information from trusted sources at specific times of the day.

Helping others can be good for you too. If you are able to, offer support to people in your community who may need it.

Reach out for help if you need it

Don't hesitate to seek professional help if you think you need it. A good place to start is your local health worker. Help-lines can also be a source of support.

COVID-19 Grants

Funding to Help Marginalised Individuals Re-engage with Education, Training, & Employment (London) [New](#)

Deadline Alert: The deadline for applications is 11.59pm on the 4th June 2021.

In response to the impact of Covid-19 on the London economy and on disadvantaged and marginalised communities, the UK Government is seeking to fund projects that support individuals to re-engage with education, training, or employment.

This call for proposals seeks to support projects in the London LEP area that address the impacts of Covid-19 on the groups most adversely affected, for example:

- women,
- over 50's,
- those with health problems,
- long term unemployed,
- and BAME communities.

Funding of approximately £27 million is made available by the European Social Fund.

For any questions about the Call Specification or ESF Online Full Application Guidance, please contact esifcalls@london.gov.uk

<https://bit.ly/2Ponv9R>

Funding to Support London's Recovery from the Covid-19 Pandemic (Greater London) *New*

Deadline Alert: Expressions of Interest must be submitted by midday on the 15th June 2021.

The Mayor of London has launched, in partnership with the Design Council, a new open innovation programme that places design-led innovation at the heart of London's recovery from Covid-19.

Public bodies, charities, businesses, social enterprises and educational institutions can apply for a share of £500,000 from the Designing London's Recovery programme to help them respond to three key challenges.

These are:

- Helping Londoners into good work;
- Building strong communities;
- Green New Deal and High Streets for All.

Successful applicants will form multi-disciplinary innovation teams that will work with the Greater London Authority boroughs and communities to co-design and test solutions with expert coaching, mentoring and support to address the city's most pressing challenges.

The programme is funded by the London Economic Action Partnership and delivered in partnership with the London Office for Technology and the Design Council.

<https://www.london.gov.uk/what-we-do/civil-society/grants-and-funding>

Volant Trust - Covid-19 Response Fund (UK / International)

The closing date for applications is the 31st July 2021.

The Volant Trust has announced that it will open its Covid-19 Response Fund. The Trust is accepting applications from registered charities, community interest companies, community organisations or social enterprises in the UK and internationally that demonstrate a strong focus on alleviating social deprivation and helping vulnerable groups who have been particularly impacted by the Covid-19 pandemic.

Funding is available to support running and core costs as well as for medical equipment and the production or distribution of PPE will also be considered.

There are no funding levels indicated at the award of grants will be at the discretion of the Trustees.

<https://www.volanttrust.org/how-to-apply-covid-19/>

Funding to Support Grassroots Organisations During the Coronavirus (UK)

Applications can be made at any time and trustees meet every 2 months to consider applications.

In response to the coronavirus, The Alpkit Foundation are prioritising funding to support projects that demonstrate an immediate impact on those affected by the crisis.

Grants are available to grassroots organisations serving those affected by the outbreak. Funding can provide support for activities which might include:

- Being active in the local community to help elderly or vulnerable people
- Minimising the impact of self-isolation for those in quarantine and need access to food, medicines or social care
- Supporting foodbanks and increasing the number of meals on wheels' deliveries to support the elderly
- Supporting those who are homeless or in temporary accommodation
- Bringing adventure indoors and overcoming the obstacles that prevent us benefitting from going outdoors

<https://alpkit.com/blogs/foundation/adapting-to-the-coronavirus-crisis>

£100 million Programme of Loans and Investment for Organisations Affected by the Coronavirus (UK)

No deadline stated.

Charities and, social enterprises in disadvantaged areas facing financial hardship and disruption to their trading due to the coronavirus will be able to apply for emergency funding from a £100 million programme of loans and investment.

The emergency package is made up of a [£25 million Resilience and Recovery Loan Fund](#) to provide emergency loans with no fees or interest for the first twelve months; £29 million for smaller, emergency loans to small businesses in more deprived areas; and up to a further £50 million over the coming months for existing and future investments as needed.

Applications to the Resilience and Recovery Loan Fund are expected to open in mid-April, with the first loans completed by the start of May.

Further details on the programme will be available shortly.

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.

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.

Government Announces £16.5 Million Youth Covid-19 Support Fund (UK)

The Department for Digital, Culture, Media & Sport has announced an emergency funding package to protect the immediate future of grassroots and national youth organisations.

£16.5 million will be available through the Youth Covid-19 Support Fund for grassroots youth clubs, uniformed youth groups, and national youth and umbrella organisations across the UK. The funding will be allocated from the government's £750 million package of support, of which more than £60 million has already been provided to organisations working with vulnerable children and young people.

Further details, including eligibility and how to apply, are due to be announced soon.

[Apply for Funding](#)

<https://www.centralengland.coop/community-covid/>

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/>

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 Crowd funder.

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

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>.

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

