

MALDON DISTRICT COVID-19 COMMUNITY PACK



MALDON DISTRICT
COUNCIL



Introduction

This pack has been produced to support Parish and Town Councils in the District, Community Organisations and residents during the ongoing COVID-19 situation.

Contents

Within this pack you will find the following:

- Useful links
- Aims and objectives
- Key contacts
- Community response
- How to livewell during COVID-19
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- Domestic Abuse and Safeguarding
- Financial and Business support
- Fraud and scams
- Social media support groups
- Volunteering or referring people
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- Supermarket info
- COVID-19 News

Useful links

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
- <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Aim

To increase community resilience and capacity throughout COVID-19. Also to enable local residents and communities to support vulnerable residents.

Objectives

- Identify, record and share resources and key contacts in the community
- Identify and document possible mitigation measures in relation to: shopping, medication, social isolation, bin collections, deliveries, medical appointments
- Identify and document vulnerable residents in the community

Key contacts

Community coordination:

- [Ben Page](#) - Strategic Theme Lead (Maldon District Council)
- [Sarah Troop Laskar](#) – Chief Exec (Maldon CVS)
- [Maldon District Council communications team](#) (for press enquiries)

Maldon District Community Coronavirus response: [01621 851 997](tel:01621851997)

Essex Welfare Service: [0300 303 9988](tel:03003039988)
/ www.essexwelfareservice.org

Essex Lifestyle Service (NHS): [0300 303 9988](tel:03003039988)



**MALDON COMMUNITY
CORONAVIRUS RESPONSE**

01621 851 997

8am - 8pm, 7 days a week

www.maldoncvcs.org.uk/corona

COVID-19 Community Response

Maldon and District CVS are a partner in the community response to the Corona virus and all funds received will go towards supporting vulnerable people affected by the outbreak.

If you are a resident, organisation or local business and would like to donate to the Maldon District COVID-19 community response please use the following details.

- **Maldon and District CVS**
- **Sort code: 60-83-01**
- **Account number: 20162384**
- **Please put Corona in the reference line**

A donation could support with the purchase of food supplies, personal protective equipment for volunteers or personal hygiene items needed by vulnerable residents.

Any support that you are able to give is greatly appreciated and will make a huge difference.

Registered charity number: **1086460**.



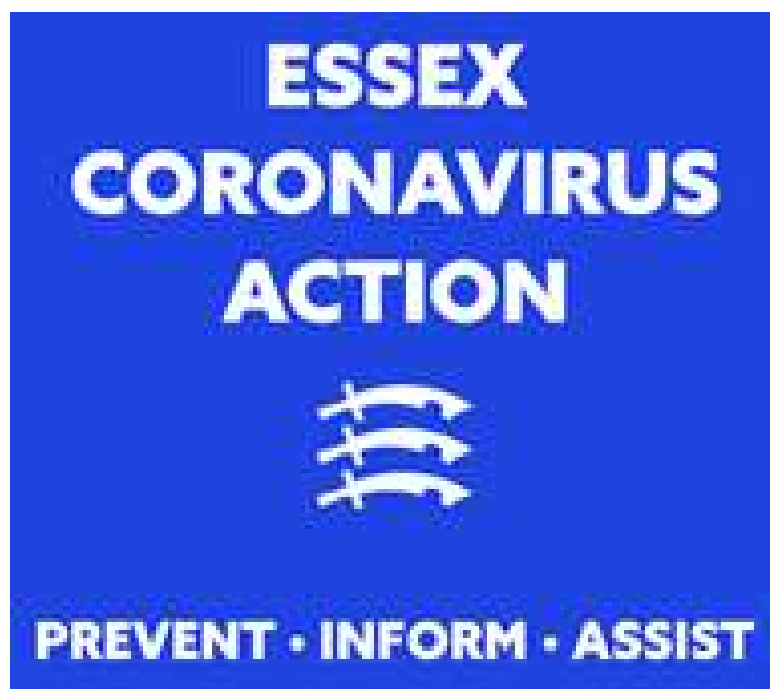
COVID-19 Community Response

Essex County Council has set up a new service to help vulnerable people in our community who are staying at home and are in need of support during this time.

The **Essex Welfare Service** is for people who are unable to access the support they need at this time from either family or friends, or from their local district area support groups.

The Essex Welfare Service is **not an alternative to existing services** which may be overwhelmed with extra demand resulting from the effects of the Government's stay at home advice.

Please call **0300 303 9988** or visit www.essexwelfareservice.org for more information.



How to livewell during COVID-19

Active Essex and the **University of Essex** want to know how life has changed for Essex residents during COVID-19.

That way, we all know how best to help each other. Please take a few minutes to complete their survey to tell them how the current situation makes you feel about your work, health, money and other people.

Times are changing and this is a new experience for many of us, so it is really important for us to know how you are.

You can find the survey at <https://bit.ly/StateofLife>.

Follow and support the campaign by searching **#ListeningToEssex** on social media.



How are you? Honestly, we want to know

How to livewell during COVID-19

Stay Active at Home - COVID-19 is causing distress to us all, through the current/potential health effects of the virus, or emotional and societal impacts of social distancing. You may feel that your mood and feelings change at this time which may result in feeling down, anxious, alone and irritable.

It is incredibly important that at this time, you avoid falling into the easy patterns of unhealthy behaviours that can make you feel worse; such as not exercising or eating convenient, junk food. Why not try some of these simple activities to help keep mentally and physically healthy.

Sitting exercises: <https://bit.ly/39H3P4U>

Strength exercises: <https://bit.ly/2wNW7ZD>

Flexibility exercises: <https://bit.ly/2X7GerM>

Balance exercises: <https://bit.ly/2UFjUUL>

Try a YouTube workout like '[PE with Joe](#)' from The Body Coach - Joe Wicks.

Go for a walk or do some gardening

Want to find out more information about looking after yourself at home and how to livewell? Visit **Active Essex** online at <https://www.activeessex.org/keep-active-at-home/>.



10 ways to #StayInWorkOut



Walking



Gardening



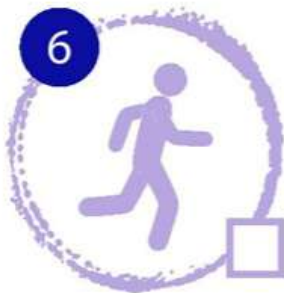
Seated exercise



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



How to livewell during COVID-19

Mental Health - MIND have produced a series of excellent [online resources](#).

Plan for staying at home or indoors, take care of your mental health and well being. Here are some ideas which may help.

- Connect with people,
- Decide on your routine
- Keep active
- Get regular sunlight, fresh air and nature as you can
- Plan for working or studying at home
- Find ways to spend your time
- Find ways to relax and be creative
- Keep your mind stimulated
- Take care with news and information if you're feeling anxious, claustrophobic or trapped

[Connect Well Essex](#) is a website that will help you to find local help and support, feel more involved in your community or make changes to improve your health and well being.

Provide are working on a newsletter to support organisations that have signed up to Working Well. This will include links to organisations with support documents, activities for self-isolating staff, HR support and information for small businesses; other useful information.

Contact lmowforth@nhs.net for more info.





HEALTHY EATING TIPS IN COVID-19

11 top tips to #EatWellAtHome

- MAKE A PLAN - BUY WHAT'S NEEDED
- USE FRESH PRODUCTS - NO WASTE
- HOME COOKED MEALS & SNACKS
- FOLLOW EAT WELL GUIDE - 5 A DAY
- BE AWARE OF PORTION SIZES
- SAFE FOOD HANDLING
- LIMIT SALT, SUGAR, FAT INTAKE
- CONSUME ENOUGH FIBRE
- STAY HYDRATED
- AVOID ALCOHOL
- ENJOY FAMILY MEALS

How to livewell during COVID-19

Eat Well at Home - Poor nutrition, be it not enough or poor quality food, can compromise immune function and increase infection risk.

COVID-19 has been caused by severe acute respiratory syndrome (SARS). This makes any efforts to prevent respiratory infection risks, reduce inflammation and strengthen overall immunity critical.

Vitamins and minerals are vital for strengthening the immune system. Several vitamins and minerals are essential; particularly **vitamin A, C, D, E, B2** (riboflavin), **B6** (pyridoxine), **B12** (cobalamin) and **B9** (folic acid) along with minerals like **Iron, Selenium, Zinc, Magnesium and Copper**.

The UK Government recommended intakes for these can be found online at <https://bit.ly/2UD4PBG>.

Eating a balanced diet will help reduce any vitamin and mineral deficiencies, particularly by eating 5 portions of fruit and vegetables a day (fresh, tinned or frozen). Visit <https://bit.ly/2wG4rKL> for more info.

Some people are at greater risk of vitamin and mineral deficiency. Including pregnant women, young children, teens (particularly females), older people, overweight people and those with critical illnesses. It is therefore more important than ever to eat well at this time.



#EatWellAtHome

Best Food Buys during COVID-19



Long-lasting fresh fruit and vegetables



Frozen fruits and vegetables



Dried and canned pulses



Wholegrains and starchy roots



Eggs



Dried fruit, nuts and seeds



Canned vegetables



Canned fish



Long-life milk

How to livewell during COVID-19

What can you do at home?

- Eat a healthy, nutritious and balanced diet
- Don't forget your 5 a day and to follow the [eatwell guide](#) as best that you can
- Stay hydrated and drink 2-3 litres of water a day
- Avoid smoking, alcohol and drugs
- Spend time doing things you enjoy. This may include reading, cooking, other indoor hobbies, listening to music, or watching a film or TV
- Stay connected with your friends, family and work colleagues by getting in touch over the phone, by post or online. This is important in looking after your mental well being and you may find it helpful to talk to them about how you are feeling
- Keep your windows open to let in fresh air get some natural sunlight if you can, or get outside in the garden





Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

Families during COVID-19

Home-Start Essex will be continuing to support families and volunteers through this difficult time. They have a telephone support service for their current families and will continue to receive referrals, either from other agencies or self-referrals as more families become housebound.

They are looking to provide ideas and support for things families can do together whilst at home and will be linking into other organisations to support this initiative. They are also exploring ways to bring family groups together online through apps like Skype or Zoom to reduce the impacts of Social Distancing and Isolation and offer group support.

Their coordinators in Maldon will be supporting the initiatives taking place in the District, balanced against the needs they are currently providing for existing families and volunteers. Many volunteers have already approached local support groups in their communities to offer support as well.





Families during COVID-19

Child attendance to A&E - There has been a marked reduction in children attending A&E, a sign that some parents may be delaying seeking medical help for their children.

Much of this is due to the misunderstanding that all NHS services are focusing on coronavirus and normal services are not operating.

Self-isolation, social distancing, the fear of infection in hospital, are also things which may cause a delay in seeking help for a sick child. However, these delays could cause children to become more poorly than they should do.

It is important that parents know what to do if their child becomes unwell. A [contact sheet](#) has been approved by NHS England to help parents understand who to contact and when to seek help or advice.

Local medical professionals have also created a [helpful video](#) explaining to parents about the services available and when to seek help for their child.

These are just some of the resources available from the [Essex Safeguarding Children Board](#) website. As well as general information about the pandemic, there are specific [resources for families](#) including emotional wellbeing and home-schooling links and a [summary of changes to children and families support services in Essex](#).

Families during COVID-19

Virgin Care and **Barnardo's** provide a range of child and family services throughout Essex.

Due to the COVID-19 outbreak and to protect staff and the public, face-to-face contact will only continue where safe to do so. We are working hard to ensure we continue to provide you with a safe and high-quality service over telephone or CHAT Health in the first instance. Staff are still available to help you and we are still providing services.

The **Essex Child and Family Wellbeing Service** have created a resource hub to provide information and support for families, children and young people. The resources can be found at <https://bit.ly/3acVA0Z>.

Call us on **0300 247 0014**, visit our website (www.essexfamilywellbeing.co.uk) or contact us on [Facebook](#). You will be then directed to the most appropriate help source.

Support for unpaid carers

The Government have released guidance for anyone who cares, unpaid, for a friend or family member who, due to a lifelong condition, illness, disability, serious injury, mental health condition or addiction, cannot cope without their support.

Please visit www.gov.uk to find out how to access this support.



It's ok to not be ok.



MENTAL HEALTH SUPPORT DURING COVID-19



Campaign to end loneliness

For more detailed guidance and info, visit <https://www.campaigntoendloneliness.org/blog/coronavirus-and-social-isolation/>

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



Think of others,
consider your
actions & be
kind



Connect
and reach
out to your
neighbours



Make the most
of local online
groups



Support
vulnerable
or isolated
people



Share
accurate
information
and advice





Looking after our Mental Health

Find out what things you can do for yourself and others on: www.actionforhappiness.org. This includes 10 keys to happier living.

- **Giving** – Do things for others
- **Relating** – connect with people
- **Exercising** – take care of your body
- **Awareness** – live life mindfully
- **Trying out** – keep learning new things
- **Direction** – have goals to look forward to
- **Resilience** – find ways to bounce back
- **Emotions** – look for what's good
- **Acceptance** – be comfortable with yourself
- **Meaning** – be part of something bigger

Livewell Essex have put together [7 simple steps](#) to look after your mental health while at home.

Additional information is available on the [government website](#) about looking after your mental health.

Mental Health First Aid (MHFA) have launched a [My Whole Self toolkit](#), the digital centre piece of its new campaign for workplace culture change. The toolkit helps everyone to support their mental health while working from home.

Links for Deaf people including [British Sign Language videos and access to NHS 111 via a British Sign Language interpreter](#) and [information about Coronavirus in British Sign Language](#) can be found online.

Looking after our Mental Health

Public Health England have produced their [Every Mind Matters Campaign](#). Take their [online quiz](#) to receive a free plan, expert advice and practical tips.



Mid and North East Essex MIND are offering telephone counselling within their fee paying service. This is a confidential service which can be accessed by anyone over the age of 18 years. Whether you are currently looking for a counsellor or have found yourself in need due to the COVID-19 outbreak, you can speak to us on **01206 764 600** or visit their [website](#) for more information.

Online mental health support can be accessed by anyone living in Mid Essex experiencing symptoms of stress, anxiety or depression and anyone living with a chronic illness. Each user will be allocated modules tailored to their needs which they can complete in their own time with the help of our Silver cloud supporters. More information is [available online](#).

NHS Staff can access free mental health support apps during the COVID-19 outbreak. For more information and to see the apps available please visit <https://bit.ly/34GcQum>.





Looking after our Mental Health

From Wednesday 18 March, MIND will only be offering telephone appointments in line with government advice on social distancing.

If you are a current service user, you will be contacted by us in due course to make arrangements. Our Welcome Cafe's, activity groups or the Friendship group will not run until further notice.

Virgin Care and Barnado's Chat health service enables all 11-19 year olds to text their school nurse on **07520 615731** to discuss their mental health and receive confidential advice and support.

Live Well Link Well is a free and confidential social prescribing service that provides practical or emotional support of a non-medical nature. They can help you to access support with a range of areas of health and well being, including maintaining mental well being, supporting independent, looking after someone, getting out and about, and social isolation.

If you live in mid Essex and are over 18, you can contact the service without having to go through your GP. Call **0300 303 9988** (Monday to Friday from 8am to 7pm) or email livewell.linkwell@nhs.net.

If you are a health and social care professional who wants to refer someone, please use the contact details above.

Looking after our Mental Health

Futures in Mind is a social inclusion and recovery service for people who have been affected by substance/alcohol abuse and/or mental health illness.

Their services cover all of Essex with the exception of the unitary authorities in Southend and Thurrock.

All face to face contact has been stopped including all groups and activities. They are continuing to complete assessments by phone and aim to have weekly contact with all those who use the service.

Their website is being updated regularly and includes an online directory. This can be found at www.futuresinmind.org.uk.

Future in Mind is also keeping an up to date list of useful contact numbers and websites for mental health and drug reduction support.





**Maldon
& District**



During the COVID-19 outbreak we will not be able to see you face to face.

Please call, email or visit our website for free, confidential advice.



01621 857 774



bureau@maldoncab.cabnet.org.uk



www.citizensadvice.org.uk



National Mental Health support

Mental Health Foundation provides information, guidance and support for anyone with mental health problems or learning disabilities. Visit www.mentalhealth.org.uk for more info.

No Panic is a voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). They offer a course to help overcome your phobia or OCD. Call them on **0844 967 4848** (daily, 10am-10pm). Calls cost 5p per minute plus your phone provider's Access Charge or visit www.nopanic.org.uk.

OCD Action provides support for people with OCD. Includes information on treatment and online resources. Call them on **0845 390 6232** (Monday to Friday, 9.30am-5pm). Calls cost 5p per minute plus your phone provider's Access Charge or visit www.ocdaction.org.uk.

Rethink Mental Illness offers support and advice for people living with mental illness. Call them on **0300 5000 927** (Monday to Friday, 9.30am to 4pm) or visit www.rethink.org.

Samaritans provides confidential support for people experiencing feelings of distress or despair. Phone: **116 123** (free 24-hour helpline) or visit www.samaritans.org.uk.

National Mental Health support

You can call **NHS 111** if you or someone you know needs urgent care, but it's not life threatening.

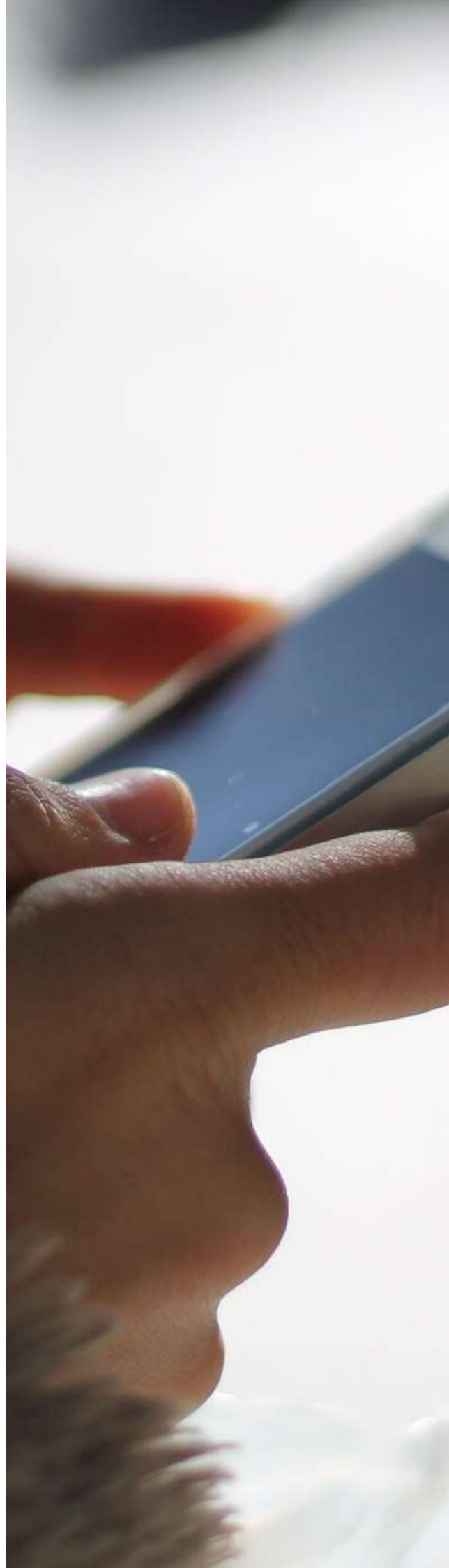
- If you have an existing mental health problem and your symptoms get worse
- If you experience a mental health problem for the first time
- If someone has self-harmed but it does not appear to be life threatening, or they're talking about wanting to self-harm
- If a person shows signs of possible dementia
- If a person is experiencing domestic violence or physical, sexual or emotional abuse

MIND telephone lines will remain open Monday to Friday 9am–5pm on **01206 764600**. Alternatively you can send us an email enquiries@mnessexmind.org.

Anxiety UK provides support if you have been diagnosed with an anxiety condition. Call **03444 775 774** (Monday to Friday, 9.30am-5.30pm) or visit www.anxietyuk.org.uk.

Bipolar UK helps those people living with manic depression and bipolar disorder. Visit www.bipolaruk.org.uk for more info.

Men's Health Forum offers 24/7 stress support for men by text, chat and email. Visit www.menshealthforum.org.uk for more info.





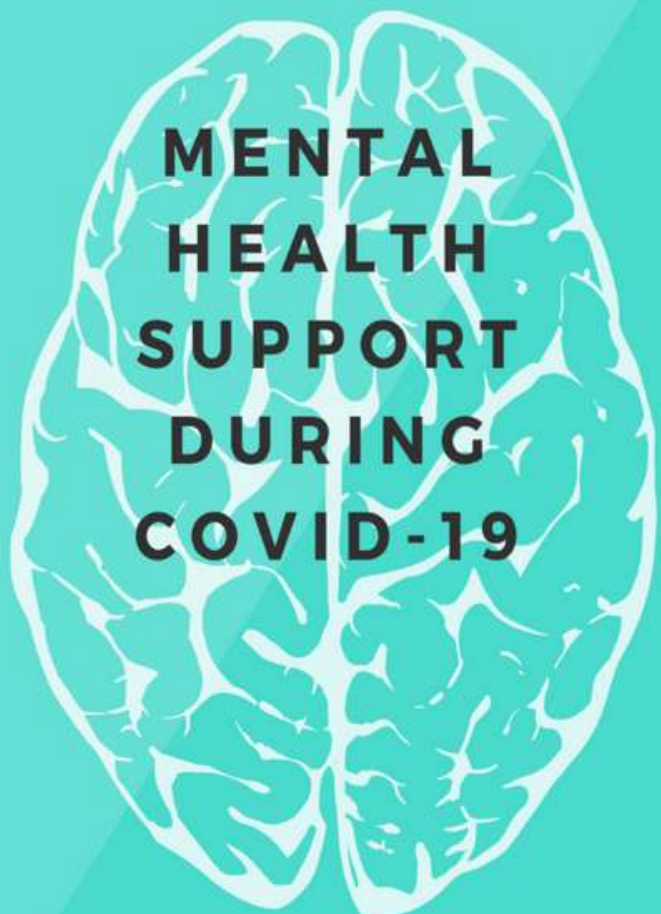
National Mental Health support

SANE offers emotional support, information and guidance for people affected by mental illness, their families and carers. Call SANEline on **0300 304 7000** (daily, 4.30pm to 10.30pm).

Textcare provides comfort and care via text message, sent when the person needs it most. Visit www.sane.org.uk/textcare for more info.

Peer support forum offers a central support forum anyone affected by mental illness. Visit their website www.sane.org.uk/supportforum or www.sane.org.uk/support for more info.

SHOUT Crisis provides 24/7 anonymous text support for when you feel you can't cope. Text "SHOUT" to **85258** for non-judgemental support or visit <https://www.giveusashout.org/> for more info.



Support for young people

MIND telephone lines will remain open Monday – Friday 9am – 5pm on **01206 764 600**. Alternatively you can send us an email at enquiries@mnessexmind.org.

CALM is the Campaign Against Living Miserably, for men aged 15-35. Call **0800 58 58 58** (daily, 5pm to midnight) or visit www.thecalmzone.net.

PAPYRUS young suicide prevention society. Call **0800 068 4141** (Monday to Friday, 10am to 10pm, 2pm to 10pm on weekends and bank holidays) or visit www.papyrus-uk.org.

YoungMinds offers information on child and adolescent mental health, services for parents and professionals. Call **0808 802 5544** (Monday to Friday, 9.30am to 4pm) or visit www.youngminds.org.uk.

Essex Youth Service provides Children and Young People Early Intervention Mental Health Services (CYP MHEIS). They are also running [daily online activities](#) for people aged 13-19 years or up to 25 years for those with additional needs. For more information and support, call **0300 300 1600** from 9am-5pm, Monday – Friday.

KOOTH offers young people free, safe and online support. To find out more info and support options please visit their website at <https://www.kooth.com/index.html>.



**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**

Domestic Abuse

Self-isolation will have a direct impact on anyone experiencing domestic abuse. If you are experiencing domestic abuse, you can talk to someone.

Compass is available 24hrs a day, for callers to speak with a trained member of staff who will complete an assessment and ensure contact is made with the most appropriate support service.

There is an easy to use online form for both the public and professionals wishing to make a referral. You can contact them on 0330 333 7444, enquiries@essexcompass.org.uk or by visiting <https://www.essexcompass.org.uk/>.

Next Chapter provides free and confidential services to support people who are experiencing or have experienced domestic abuse. Their website contains useful information, explains the types of abuse and common warning signs together with practical advice about staying safe and obtaining support.

For all new referrals to Next Chapter, contact Compass on 0330 333 7 444 or visit <https://www.thenextchapter.org.uk/>.



COMPASS

Domestic Abuse

Women's Aid have launched an online message service open **Monday - Friday 10am-12pm**. To talk to someone, please visit <https://chat.womensaid.org.uk/>.

If you think you might be in danger, **call the police immediately on 999**.

There is a system in place for victims of domestic abuse who might be afraid of further danger and escalation of harm if they are overheard when calling **999** in an emergency.

When you call **999**, the operator will ask which emergency service is required. If you are unable to speak, press **55** and the operator will transfer your call to Essex Police as an emergency.

women's aid
until women & children are safe

SETDAB

Southend, Essex
& Thurrock Domestic
Abuse Board



Stay Safe at Home

These are very challenging times for us all, and while the governments advice is to stay home, for some people, home is not a safe place. If you are living with domestic abuse and feel even more isolated and at risk please remember there is help available.

Stay Safe at Home is a new initiative to raise awareness of five common risk people may face at the moment.

- Domestic abuse
- Child abuse
- Accidental fires/fire safety
- Fraud
- Bogus callers

Support the campaign on social media by using #ProtectingandServingEssex, #StaySafeAtHome and #StayHomeSaveLives More information can be found at <https://bit.ly/2VeEdZe>.



WATCH OUT FOR SCAM MESSAGES

Don't click on links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.



STAY SAFE AT HOME

#ProtectingandServingEssex

Child protection and safeguarding

The **Essex County Council Children & Families Hub** will remain in operation with no changes to threshold decisions.

The Priority Line (for children at risk of immediate danger) remains open alongside the Consultation Line.

Call **0345 603 7627** and ask for the Children & Families Hub. Please also state if you are a member of public or a professional.

Members of the public will speak to a Family Adviser who will discuss and identify the right services that will help to meet the family's needs.

Professionals will have to state if they call for the Consultation Line (a Social Worker will give advice but not record the call) or the Priority Line (because an immediate response is necessary).

Requests for service should be made online at <https://www.essexeffectivesupport.org.uk/>.

The online Request for Information portal will remain active for the time being but will be reviewed as circumstances change and develop.



Essex County Council

Financial support and advice

Maldon District Council is committed to supporting businesses in the District through this challenging period and we are working with our partners to provide advice and assistance as required.

We are also taking decisions that will maintain the viability and sustainability of the Council over the coming months, to ensure we continue to deliver vital services.

Debt and financial advice - If you have any worries about debt or want to talk to someone about financial advice, please go to https://www.maldon.gov.uk/info/20087/benefits/9609/other_debt_and_financial_advice where you can find links to useful organisations who can provide support.

Universal Credit - For information, eligibility or questions about Universal Credit, please visit <https://www.gov.uk/universal-credit>



Fraud and scams

There has been an increased rise in scams and fraudsters offering support to older and vulnerable people. These scam have included asking for cash up-front for services like getting your shopping while you are self-isolating.

If you think you have been the victim of a scam, **speak to your bank immediately** and report any fraud to **Action Fraud** on **0300 123 2040**.

There has also been reports of people posing as NHS and emergency workers claiming to sell Coronavirus testing kits and vaccines.

If you think it could be a scam, **do not give them any money or let them into your home**. If you are unsure, ask to see their ID card for proof that they work for the NHS or emergency services.

If you think that it is a scam, call **Essex Police** on **101** or **999** if an emergency.

You can get further information on dealing with scams and fraud by calling the **Consumer Service Telephone number** on **0808 223 1133** or contact **Maldon Citizens Advice** on **01621 857 774**.



YOUR POLICE FORCE IS HERE FOR YOU!



CATCHING CRIMINALS

VISIBLE POLICING



HELPING PEOPLE

HELPING BUSINESSES



#ProtectingandServingEssex

 **ESSEX POLICE**
Protecting and serving Essex

CORONAVIRUS FRAUDS ARE INCREASING

Watch out for scam messages:
Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details

Shopping online: If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. Where possible, use a credit card to make the payment, as most major credit card providers insure online purchases.

Protect your devices from the latest threats:
Always install the latest software and app updates to protect your devices from the latest threats.

Fraud prevention advice can be found here: actionfraud.police.uk

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk

STAY AT HOME

PROTECT THE NHS



Stay Safe

Please keep up to date with government advice to protect the NHS and save lives
gov.uk/coronavirus

Local Facebook support groups

Maldon COVID-19 Action group:

<https://www.facebook.com/groups/covid19maldon/>

Essex Community Action:

<https://www.facebook.com/groups/essexcoronavirusesupport>

Neighbourhood Coronavirus Support Network (NCSN):

<https://www.facebook.com/groups/NCSNInfo/>

Useful social media channels

- Maldon District Council Facebook
- Maldon District Council Twitter
- Maldon District Council website
- Maldon Youth Strategy Group
- THINK family network
- Neighbourhood watch group
- Essex Child and Family Wellbeing Service Facebook page

Other useful channels

- Parish and Town Clerk email distribution
- Livewell partner network
- Shared via appropriate business groups (Strategic Lead – Prosperity)
- Maldon Children's Advisory Board
- Responsible Authorities Group
- Maldon Man Cave – COVID-19 support groups
- [The Essex Map](#) - Map of local business and resources available in Maldon District





Volunteering or referring people

Whilst the whole of the UK is applauding, extremely grateful and proud of the volunteer networks which have been rapidly set up, it is vitally important that volunteers are protected themselves from COVID-19 and also potentially spreading it further.

There is a certain risk to volunteers who may be exposed or at increased risk of contracting COVID-19. Volunteers must always protect themselves by doing the following:

- Wear Personal Protective Equipment (PPE) if provided
- Adhere to and promote social distancing guidelines and ensure they do not put themselves at risk

Therefore, it is crucial to be mindful of the government advice so please read the [Community volunteers during COVID-19 outbreak](#) safeguarding fact sheet for more information.

We will continue to supply more advice and support guidance for volunteers during COVID-19.

If there is any additional information which you feel should be added, please contact ben.page@maldon.gov.uk.

Volunteering or referring people

It is recognised over the coming months that the call upon volunteers will be drastically increased for a variety of support mechanisms.

Volunteering - If you know someone in the Maldon District who would like to volunteer to support vulnerable/ identified residents, organisations/ charities or general help during COVID-19 please visit <https://bit.ly/33z2H1T>.

If you have signed up to volunteer via the Essex County Council Volunteering form we will be integrating and coordinating those volunteers as well.

Refer yourself or on behalf of someone else for volunteer support by visiting <https://bit.ly/2UnqItZ>.

If you would like to **donate locally** please refer to corona in the subject and visit <https://bit.ly/3beeju0>.

A big thank you from all partners who are supporting this coordinated response. Whether you can give time, money or resource it is well needed and greatly appreciated.





Food donations

The [Dengie Food Pantry](#) are in need of the following items:

- UHT Milk (Blue and Green)
- Tea, coffee and sugar
- Cereals and biscuits
- Tinned goods (Rice pudding, custard, fruit & veg (i.e peas/carrots/beans (Not kidney), potatoes), meat products (not hot dogs))
- Jarred food (Jam, pasta sauce, Ketchup and brown sauce)

The pantry (URC Church, Southminster) is open **Wednesday 10am-12pm** and on **Sat/Sun/Mon 9-10am** for donations. A voucher is required from Peabody, Citizens Advice or your doctors surgery. For more information call **01621 776 821**.

The [Salvation Army Church](#) in Maldon is the nominated location for food donations. If you would like to donate, call **01621 851 997** to arrange drop off or collection of donations.

If you need an emergency food parcel, **01621 851 997** from **8am or 8pm**. **The Maldon Food Bank** (Elim Church Maldon) is open **Wednesday 9:30am - 1pm**. Vouchers are not required at this time.

The Food Standards Agency have provided [food safety information](#) for individuals or groups wishing to prepare meals at home for their communities.

Supermarket information

Many supermarkets have changed their opening times specifically for vulnerable residents and key workers.

Please see current supermarket opening times in Maldon District below:

- **Aldi** - Sunday 9:30-10am reserved for NHS/Emergency workers along with priority at checkout from 10am
- **Asda** - NHS ID card holders can shop before 9am
- **Co-op** - Mon-Sat 8-9am / Sunday 10-11am reserved for vulnerable customers and NHS staff
- **Iceland** - First hour for elderly and disabled customers and their carers
- **Lidl** - Normal hours
- **M&S** - First hour on weekdays is reserved for NHS/Emergency workers, elderly and more vulnerable customers. Mon and Thurs opening hours for elderly customers
- **Morrisons** - Mon-Sat 7-8am reserved for NHS ID card holders. 10% discount available to NHS ID holders until July 12.
- **Tesco** - Mon, Wed, Fri 9-10am for elderly and vulnerable shoppers. Sunday 9am for NHS staff



Supermarket information

Tesco priority slots for vulnerable customers - Tesco have reserved thousands of home delivery slots for their most vulnerable customers, who the Government have identified as [needing extra help](#).

Tesco are contacting these customers to let them know that they are prioritising home delivery slots for them.

In addition, they are expanding their home delivery and Click+Collect capacity.

The priority delivery slots will have an 8-hour delivery window from 10am-6pm or 2pm-10pm.



TESCO



SARK HAVE BEEN OFFERING FREE MEALS TO VULNERABLE RESIDENTS AND SUPPORTING THE SALVATION ARMY WITH FOOD DONATIONS.

SARK HAVE BEEN VERY SUPPORTIVE TO THE LOCAL COMMUNITY. WELL DONE TO ALL OF THE SARK TEAM.

A HUGE THANK YOU TO ALL OF THE RESIDENTS, COMMUNITIES AND LOCAL BUSINESSES WHO HAVE DONATED TO THE MALDON DISTRICT COMMUNITY CORONAVIRUS RESPONSE. THE TOTAL AMOUNT THAT HAS BEEN DONATED HAS NOW REACHED OVER £3,000



GOOD NEWS IN MALDON DISTRICT DURING COVID-19



Produced by Maldon District Council
Communications Team

