

LRF

**Northamptonshire
Strategic
Coordination Centre**

**Date: 24/06/2020
Issue 17**

Community Resilience Update

The Northamptonshire Health and Care Partnership (NHCP) Wellbeing Festival

The NHCP Virtual Wellbeing Festival is open to all public and health sector organisations. Health and wellbeing is important to all of us and even more so due to the COVID-19 pandemic. We know key workers across the county have been working tremendously hard during this time and the wellbeing festival is an opportunity for all our staff to relax and find some time for them, have some fun as well as look after their wellbeing.

Taking place on Monday 29 June right through until Friday 3 July 2020 you will be able to join in a variety of activity sessions, hear from some colleagues you may know, join in some live events as well as hear from some fantastic keynote speakers all week too!

More information can be found at: www.wellbeingfestival.live



The poster for the Virtual Wellbeing Festival features a central illustration of a colorful tent in a grassy field. The text is arranged around and over this illustration. At the top left, it says 'Northamptonshire Health and Care Partnership'. The main title 'VIRTUAL WELLBEING FESTIVAL' is in large, bold letters, with 'VIRTUAL' in purple, 'WELLBEING' in green, and 'FESTIVAL' in blue. Below the title, it states '29 June to 3 July 2020'. A paragraph of text reads: 'We are delighted to invite staff from Northamptonshire public and health sector organisations to a week of online wellbeing activity!'. Another paragraph says: 'We are working in exceptional and different times so it's important to look after our health and wellbeing. Our virtual festival will help you do just that! Join in for an exciting week, packed with keynote speakers and taster activity sessions outlined on the right.' A third paragraph asks: 'It's online and free so why not join in? Look forward to seeing you there! Visit the website below to find out when and how to join in the week.' The website 'WWW.WELLBEINGFESTIVAL.LIVE' is prominently displayed. At the bottom left, there is a small box with text: 'Northamptonshire Health and Care Partnership (NHCP) is a partnership of our county's health and care organisations. We're not a new organisation but a new way of working together towards a positive lifetime of health, wellbeing and care in our community. Find out more: www.northamptonshirehccp.co.uk'. On the right side, a vertical list of activities is shown, each with a small icon: DISCO DIVA, CLUBBERCISE, TAI CHI, YOGA, PILATES, MINDFULNESS, ART THERAPY, CRAFTING SESSION, ABC RELAXATION, ACTION FOR HAPPINESS, BAKING FOR WELLBEING, RUNNING FOR HEALTH, PERSONAL STORIES, LOOKING AFTER YOUR BACK, BALLROOM DANCING, LATIN DANCING, BARRE - ADULT BALLET, PT/CIRCUITS, SLEEP THERAPY, and MENOPAUSE.

Northamptonshire Health and Care Partnership

JOIN US AT OUR **VIRTUAL WELLBEING FESTIVAL**
29 June to 3 July 2020

We are delighted to invite staff from Northamptonshire public and health sector organisations to a week of online wellbeing activity!

We are working in exceptional and different times so it's important to look after our health and wellbeing. Our virtual festival will help you do just that! Join in for an exciting week, packed with keynote speakers and taster activity sessions outlined on the right.

It's online and free so why not join in? Look forward to seeing you there! Visit the website below to find out when and how to join in the week.

WWW.WELLBEINGFESTIVAL.LIVE

Northamptonshire Health and Care Partnership (NHCP) is a partnership of our county's health and care organisations. We're not a new organisation but a new way of working together towards a positive lifetime of health, wellbeing and care in our community. Find out more: www.northamptonshirehccp.co.uk

LOOKING AFTER YOUR HEALTH AND WELLBEING IS IMPORTANT TO US

- DISCO DIVA
- CLUBBERCISE
- TAI CHI
- YOGA
- PILATES
- MINDFULNESS
- ART THERAPY
- CRAFTING SESSION
- ABC RELAXATION
- ACTION FOR HAPPINESS
- BAKING FOR WELLBEING
- RUNNING FOR HEALTH
- PERSONAL STORIES
- LOOKING AFTER YOUR BACK
- BALLROOM DANCING
- LATIN DANCING
- BARRE - ADULT BALLET
- PT/CIRCUITS
- SLEEP THERAPY
- MENOPAUSE

Figure 1 Virtual Wellbeing Festival

Support Line

We continue to receive calls from members of the public who need help, so please promote the number where you can to anyone who needs assistance – and help to support Northamptonshire’s vulnerable residents. You can email customerservices@northamptonshire.gov.uk or the dedicated support line number is:

0300 126 1000 (option 5)

SUPPORT LINE NUMBER



0300 126 1000

customerservices@northamptonshire.gov.uk

#NorthantsTogether

Figure 2 Telephone Line

#NorthantsTogether

If you are helping someone in need and have a Twitter or Facebook account, please post about your role using the hashtag #NorthantsTogether just like this example tweet from Armajit Singh Atwal.

#NORTHANTS TOGETHER

Figure 3 Northants Together



Don't forget, we would love to see pictures of you helping those in need especially if you're wearing your pink hi-vis!

Please always ask for permission before posting pictures of others and make sure that people are practising social distancing in any images you send us.

Figure 4 #NorthantsTogether tweet

Virtual active parks team



Figure 5 Country Parks

Have you been feeling isolated, lonely or frustrated that you are currently cut off from the natural world?

Join a new, VIRTUAL, friendly group set in our local country parks.

The Northamptonshire Country Parks team are very aware of how lucky we are to be able to be out and about in the fresh air exploring nature and experiencing all the activity that goes on in our local Country Parks.

Understanding the benefit of being exposed to nature and the outdoors on both our general health and our mental well-being, the team are very keen to share their outdoor experiences with those of you that live locally but currently find you are not physically able to get outdoors to explore the parks in person. That may be due to health issues or other restrictions created by the COVID-19 pandemic.

Via the magic of modern technology, you are invited to join a new NATURAL MINDS virtual social group. These groups will be very informal with plenty of opportunity for interactive chat and questions. Each session will include a demonstration of some sort of nature based activity, some of these you may be able to try yourself at home. The first session will be exploring the humble nettle, demonstrating how to make nettle cord and nettle tea. During the sessions the team will also bring you news of anything exciting that's been happening in the parks – perhaps a sighting of an unusual animal or show you what the rangers have been up to! The session is interactive and you are welcome to share your own nature experiences and the team will be responding to your nature questions as we go along.

If you are interested in giving your mental health a boost and virtually joining with other likeminded people then please email Steve for more information on stjackson@northamptonshire.gov.uk

These groups will be small, informal and for people feeling socially isolated living locally to Northamptonshire, so please do check you fit the criteria before getting in touch.

Natural minds session themes

Date	Session	More info
Friday 3 rd July 10.30am	Be nice to nettles	Discovering more about this stingy weed and demonstrating how to make nettle cord.

Tuesday 28 th July 10.30am	Bish, Bash, Bosh	Getting creative using natural materials and a very therapeutic technique called HapaZome (please note, no actual creative talent required!)
Friday 21 st August, 10.30am	Alder Elder	Finding out more about these native trees and learning how to make jewellery, whistles and other items from this natural material.

The Posties Foodbank Update

A message from Kevin, a local Moulton resident and Crow Lane Postman:



“Great news. The Posties Foodbank, with tremendous support from Moulton Parish Council, has been awarded £500 by the Tesco's COVID 19 Communities Fund. The foodbank to date, has relied on donations from the general public and Moulton residents in particular have been very generous, however this additional funding will help us support many more families throughout Northampton.”
Kevin, Crow Lane Postman

Figure 6 Posties foodbank

At the start of the crisis, the Crow Lane depot set up a foodbank for people in need (vulnerable and shielding, those now out of work, those self-isolating etc.) led by postie Alan Mistry. As key workers they can get to every address in NN2, NN3, NN6, and NN7 dropping off supplies as part of their daily deliveries, including Moulton.

Please let Kevin know if:

- You become aware of anyone in need in these postcode areas and Kevin or the regular postman/woman will deliver a food parcel
- If you would like to make any donations to the foodbank: non-perishable items only for example, tinned-soup, pasta sauce, baked beans, chick peas, kidney beans, tomatoes, vegetables, tuna, rice pudding, pasta, tea, coffee, UHT milk, toiletries, cooking oil, cartons of fruit juice.

The posties are picking up donations and giving food parcels out when requested in these areas of Northamptonshire.

You can bring donations to the Crow Lane Royal Mail Depot, Northampton NN3 9BX or regular posties in NN2, NN3, NN6, and NN7 are happy to pick up any donations from residents' door steps. So if you would like to do this please put a small note on the donation box/bag stating that it's for the posties foodbank.

In case there is no post for you on that day, it might be a good idea to check during the day to see that the food has been taken unless you are happy to leave outside overnight.

For any more information, Kevin's email is: mills.kevin@btinternet.com

Little Harrowden support group



A few days before the lockdown officially started, a group of kind hearted villagers set up the Little Harrowden support group. Leaflets were posted through each door detailing the support they could offer. Over the past few months volunteers have carried out various tasks for vulnerable members of the community such as:

- grocery shopping
- collecting medication
- posting letters

Figure 7 Little Harrowden Support Group

Perhaps the most touching act has been an incredibly simple gesture. A lady the group supported mentioned she was lonely. So volunteers in the support group take it in turns to ring her each day for a friendly chit chat. She celebrated her birthday in May and they gave her a box of chocolates and card. The joy on her face was priceless and the gift brought tears to her eyes.

VE day was celebrated in style with several street parties throughout the village (social distancing was adhered to of course). The community spirit has given the village the strength to keep calm and continue!

Even though this pandemic has been life changing, small acts of kindness have made a huge difference to people's spirits. Everyone in the village greets one another when volunteers pass during our daily walks. These testing times has definitely brought the community together.

Army of volunteers provide support to Finedon's residents

Finedon Support Team (FST) was set up by a group of community volunteers to respond to the pandemic in March. In a few short weeks that group has recruited over 100 volunteers, who are supporting over 100 households in Finedon with prescription collections, essential shopping and welfare calls.

The fantastic work of this group of volunteers doesn't stop there: between them they delivered over 10,000 leaflets to homes which provide essential information for how people can access help during the pandemic. As well as this, they have co-ordinated 'stay at home coffee mornings' and have made connections with local professionals such as counsellors, tutors and healthcare workers.

FST has established a charity, receiving a grant from Northamptonshire County Council in order to provide leaflet printing, hot meals, taxis and financial help with groceries to some of their most vulnerable users.

The core team of trustees meet via Zoom several times a week to catch up on what's happening in each sector, make sure all of their volunteers are ok, and update any safety information. All volunteers have been given ID badges, health and safety instructions, and PPE.

Mel, a trustee of Finedon Support Group, said:

"I wanted to support our community and is it good to know that people have benefited directly and immediately from our support, as a relatively newcomer to Finedon I have met loads of new people, both volunteers and residents.

"From a very negative situation we have been able to have a positive impact which ultimately enhances our community. I am delighted to be able to help during these difficult times."

Keep calm and Cobbler on



Northampton Town Football Club and the Northampton Town Community Trust are supporting the local community through the coronavirus outbreak through the 'Keep Calm and Cobbler On' programme of events.

Figure 8 Cobblers community work

The following work is being undertaken:

1. The club's Community Trust have set up a phone call based befriending service for older and vulnerable people in the community - initially they have been engaging with current programme participants from Extra Time Hubs (older adults) and Every Player Counts (disability & mental health) to test but this will be ramped up to the disability football club and the club's fan base in the coming days. The service will check in and see what support is needed and arrange daily/weekly calls where preferred. This could be a general chat or signposting to information.

V I R T U A L
EXTRA TIME HUBS
C O F F E E C L U B


NORTHAMPTON TOWN F.C.
COMMUNITY

Are you over the age of 55 and free on a Friday morning? Do you want to do some interactive games and quizzes, or do you just want to have a chat?

Then come and join us! Every Friday morning from 10:30 am we will be hosting our virtual Extra Time Hubs Coffee Club on Zoom!

If you would like to get involved, then please get in touch! Email us at Community@ntfc.co.uk and we can get you involved!

Figure 10 Extra time hubs


NORTHAMPTON TOWN F.C.
COMMUNITY

"We have been able to adapt our existing projects to meet the changing needs of our community groups at this time. We are continuing to support our schools, older or more vulnerable adults, young people and partners with a range of online or virtual social, educational, physical and wellbeing activities, the feedback so far has been extremely positive!"

Anna Letts on how Northampton Town FC Community Trust has adapted to the current situation.

ntfccommunity.co.uk

Figure 9 Anna Letts

2. The club have set up a free mental health first aid hotline for teachers in partner schools to support and provide them with coping strategies at this very uncertain time. Partner schools have been advised of this and can arrange call slots with a qualified mental health first aid instructor. For more information on this please contact anna.letts@ntfc.co.uk.

3. The club are supporting their network of mental health first aiders who have been trained over the past few months by sending out tips and advice for supporting other staff within their school or business. Their role as the appointed person for wellbeing and mental health support is very much needed right now, particularly supporting staff remaining in schools working with vulnerable and key worker children. A 'toolkit' of ideas is being provided to help deal with stress, uncertainty, anxiety, resilience and coping strategies.

4. The club have offered spare coaching staff to attend for additional hours (where possible) in partner schools free of charge from normal contract costs to support the gaps and issues they are facing with staffing.

5. The club are developing online content to support families, older adults and vulnerable people to stay mentally and physically active over the coming weeks. Further details will be shared shortly.

6. The club are now delivering our Fit Cobblers (men's health) programme digitally using Google Hangouts for the participants to check in and continue the healthy lifestyle programme on a weekly basis. So far the group have lost almost 50kg between them and we are keen to help them to continue on their journey.

The club are continuously looking at how they can support and these are just the first things they've identified as being able to support with. The community are also asked to please share ideas of how the club can further support by emailing: community@ntfc.co.uk

Northampton Town Chairman Kelvin Thomas said: "We are exceptionally proud of the work we do day in, day out in the local community as we are of our Community Trust and as a club at the very heart of our community, it is only right we do all we can to support as many people as possible at this difficult time.

"No praise can be too high for the club and Community Trust's staff who are offering these fantastic services to help those in need of our support.

"If anyone feels we can be of support or they need the club's assistance, please do email community@ntfc.co.uk as we are working to bring additional measures of support in over the coming weeks."

Keep Calm And Cobbler On

Are you self isolating on your own? Do you need someone to talk to? Get in touch! We would love to have a chat!

Are you self-isolating on your own or do you know someone who is? Get in touch with us. We would love to give you a call to have a chat! Please don't think you are alone, we are here for you, and we want you to know that.

Northampton Town Football Club and Northampton Town FC Community Trust will do all we can to help you in this period of uncertainty. At a time of need we know it is vital to know that you can rely on others, which is why we will be doing everything that we can.

Get in touch with us now! Email Community@ntfc.co.uk

#KeepCalmAndCobblerOn

#PROUDTOBE

NORTHAMPTON TOWN F.C. COMMUNITY

Figure 11 Keep calm and Cobbler on

Key Locality Specific Information

The Community Resilience Hub are working with fantastic Local Community Resilience Teams in the Boroughs and Districts. These are:

Corby	communityresilience@corby.gov.uk
Daventry	communityresilience@daventrydc.gov.uk
East Northants	communitydevelopment@east-northamptonshire.gov.uk
Kettering	communitys@kettering.gov.uk
Northampton	forums@northampton.gov.uk
South Northants	healthy.communities@southnorthants.gov.uk
Wellingborough	communitysupport@wellingborough.gov.uk

Key Public Messaging

CORONAVIRUS ADVICE

If your symptoms are mild you must not to leave your home. This is called self-isolation.

- Anyone with symptoms must self-isolate for 7 days from when their symptoms started.
- Anyone who does not have symptoms must self-isolate for 14 days from when the first person in your home started having symptoms.

Read more about [when to self-isolate and what to do](#).

Stay Alert

Latest government guidance on social distancing advises the following:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly

Full details available [here](#).

Shielding

Individuals with very specific medical conditions (have organ transplants, specific cancers, severe respiratory diseases, have genetic conditions that increase risk of infection, are on immunosuppression therapies that significantly increase risk of infection or are pregnant with an underlying heart condition) to continue shielding and to do everything they can to stay at home until the end of June when the government will begin relaxing advice.

From Monday 6 July, those shielding will be able to spend time outdoors in a group of up to six people, including those outside of their household, while

maintaining social distancing. Those who are shielding and live alone or are single parents with children will also be able to create a 'support bubble' with one other household of any size, following the same rules that are already in place for the wider population.

From 1 August, the shielding advice will relax further, allowing those shielding to visit shops and places of worship, provided they take particular care to maintain social distancing and minimise contact with others outside their household.

Support for those shielding will be extended to the end of July – this includes the delivery of food and medicines.

Further information can be found [here](#).

Coronavirus Testing

People who have coronavirus-like symptoms are being tested to see if they currently have the virus. Testing has now been expanded to everyone.

Social care workers and residents in care homes (with or without symptoms) are now being tested, as well as NHS workers and patients without symptoms where there is a clinical need. [Full details here](#).

Staying Social



Regular social media (all partners)

Please regularly retweet:

<https://twitter.com/NHSEngland> - NHS England and NHS Improvement

https://twitter.com/PHE_uk - Public Health England

<https://twitter.com/mycountycouncil> - Northamptonshire County Council

<https://twitter.com/NorthantsEPTeam> - Northamptonshire Emergencies

<https://twitter.com/ourNHCP> - Northamptonshire Health and Care Partnership

Other accounts to keep an eye on and retweet as necessary:

Health

<https://twitter.com/NorthantsPH> - Northamptonshire Public health

<https://twitter.com/NHSNene> - Northants CCGs

<https://twitter.com/NHSCorby> - Corby CCGs

<https://twitter.com/NHFTNHS> - NHFT

<https://twitter.com/KettGeneral> - Kettering General Hospital

<https://twitter.com/NGHnhstrust> - Northampton General Hospital

Borough & District Councils

<https://twitter.com/KetteringBC> - Kettering Borough Council

<https://twitter.com/DaentryDC> - Daventry District Council

<https://twitter.com/NorthamptonBC> - Northampton Borough Council

<https://twitter.com/CorbyBC> - Corby Borough Council

<https://twitter.com/SNorthantsC> - South Northants Council

<https://twitter.com/ENCouncil> - East Northants Council

<https://twitter.com/BCWboro> - Wellingborough Council

Police/Fire/EMAS

<https://twitter.com/NorthantsPolice>

<https://twitter.com/northantsfire>

<https://twitter.com/EMASNHSTrust>

Voluntary Sector

https://twitter.com/N_Watch - Neighbourhood watch Twitter

<https://www.facebook.com/ourwatch/> - Neighbourhood watch – Facebook

www.facebook.com/northantssar - Northants Search & Rescue

<https://www.facebook.com/northantsacre/> - Northamptonshire Acre

Corby Voluntary Community Service (CVCS) - accesscorby@yahoo.co.uk

Mobile: 07758 383186

Daventry Volunteer Centre (DVC) - www.daventryvolunteers.org.uk

Telephone: 01327 300614 or Mobile: 07793 011491

Kettering Voluntary Network (KVN) - Mobile: 07912480537

sean.silver@groundwork.org.uk

<https://www.facebook.com/Kettering-Voluntary-Network-123308457746720>

Nene Valley Community Action (NVCA) (covering Wellingborough) -

www.nvca.org.uk

Telephone: 01933 313526 or email: info@nvca.org.uk

South Northants Volunteer Bureau (snvb) - www.snvb.org.uk

Telephone: 01327 358264 or email: info@snvb.org.uk

Voluntary Impact Northamptonshire (VIN) - www.voluntaryimpact.org.uk

Telephone: 01604 637522 or email: Info@voluntaryimpact.org.uk

Follow the Numpties

- Wash Your Hands: <https://youtu.be/JvpWZ4WC0GA>
- Social Distancing: https://youtu.be/DzviaBb_pVo