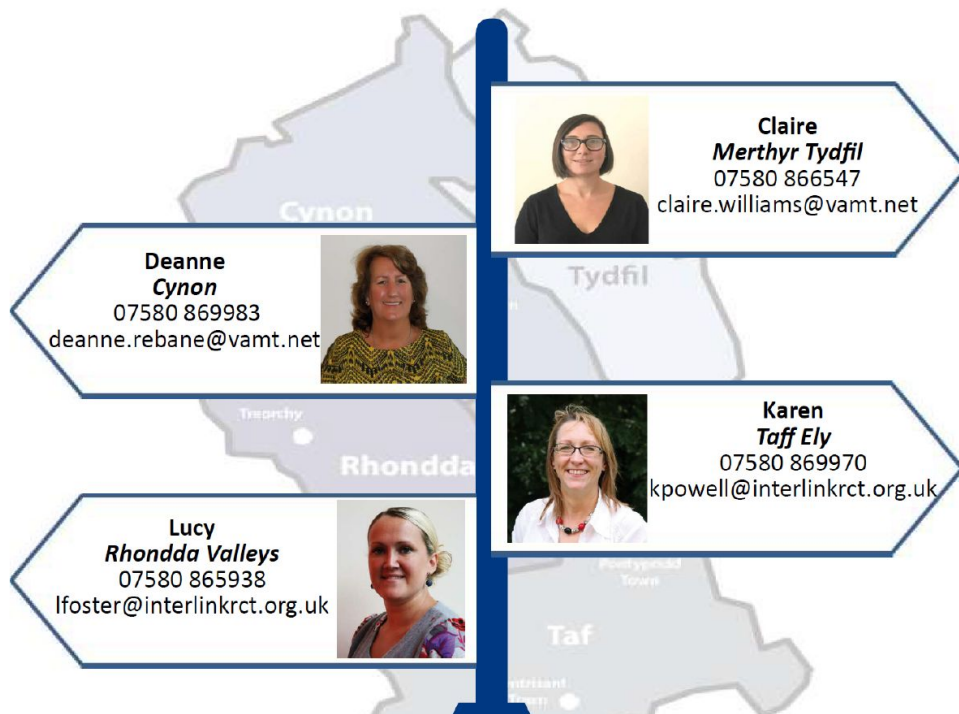


April 2020

COMMUNITY COORDINATOR BULLETIN



Information about coronavirus, including the latest guidance is available on the Welsh Government, Public Health Wales and Cwm Taf Morgannwg University Health Board websites:

<https://gov.wales/coronavirus>

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

<https://cwmtafmorgannwg.wales/latest-information-on-novel-coronavirus-covid-19/>

Despite the Covid 19 outbreak, our service will still be available, however we will be working from home.

Your Rhondda Coordinator Lucy can be contacted via email on: lfoster@interlinkrct.org.uk or telephone: 07580 865938

Your Cynon Coordinator Deanne can be contacted via email on: deanne.rebane@vamt.net or telephone: 07580 869983

Your Taf Coordinator Karen can be contacted via email on: kpowell@interlinkrct.org.uk or telephone: 07580 866970

Your Merthyr Coordinator Claire can be contacted via email on: claire.williams@vamt.net or telephone: 07580 86657

Due to the high number of calls we are receiving, if there is no answer please leave your name and contact number and we will get back in touch with you as soon as possible.

We are working closely with community groups / organisations, third sector organisations and statutory bodies to ensure that there is support available within your local area. Some of the services we can help with are shopping, collecting medication and telephone befriending.

Please contact us for any advice, support or assistance you require.

Age Connects Morgannwg

Due to the evolving Coronavirus (COVID-19) situation, we will not be offering face to face support from our public Information offices until further notice.

You can still contact us by telephoning 01443 490650 and by choosing one of the following options:

- Option 1 – Nail-cutting Service
- Option 2 – Community Services and Support
- Option 3 – Information and Advice
- Option 4 – Volunteering

You can also email us at information@acmorgannwg.org.uk

We are likely to receive a high and increasing volume of calls/emails over the next few weeks so please bear with us, we will do our best to call you back within 24 hours of your call.

If you have an appointment already booked with us over the next few weeks, we will contact you to make other arrangements to help you.

We will NOT be accepting any new appointments for our Nail-cutting Service until we have been advised it is safe to do so.

Telephone Befriending – Telephone befriending for those feeling lonely whilst in

self isolation.

If you know of someone that would benefit from this service, please email Helen Davies the Reaching Out coordinator helen.davies@acmorgannwg.org.uk

The 'New' **DWP** landing page for Coronavirus and claiming benefits

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Online Singing For Lung Health Sessions

Under the circumstances with the developments of COVID 19 we are now offering online singing sessions for people with chronic respiratory conditions. Currently the session goes live on Wednesdays at 11am to 12pm.

If there are any of your contacts or patients that are able to access this service we would welcome them to be involved by joining the Cynon Valley singing for lung health group on Facebook here

<https://www.facebook.com/groups/556418124753749/>

Then we can add them to the FB messenger group for the video call.

This gives those who cannot physically get to the sessions but can get online the chance to participate in singing for lung health especially in this highly isolating situation.

Tanya Dower <tanya.dowermusicnow@gmail.com>

The Silver Line - Free confidential helpline providing information, friendship and advice to older people (50+). **Contact: 0800 470 8090 (open 24 hours a day, 7 days a week), visit www.thesilverline.org.uk**

Welcome Friends - telephone befriending is being offered to those who are self-isolating and feeling lonely. Please contact Diane Matheson on 07788 310445.

Alzheimer's Society - Dementia Connect Support Line offering help, advice or a listening ear. 0333 150 3456 There is also the online forum Talking Point which is available 24/7 on the website www.alzheimers.org.uk/talkingpoint
Facebook page: <https://www.facebook.com/AlzheimersSocietyCymru>

Age Cymru - offering a check-in-and-chat telephone service for the over 70's in Wales - provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.
Call 08000 223 444. Facebook <https://www.facebook.com/agecymru/>
Website www.ageuk.org.uk/cymru/

Merthyr and the Valleys Mind - A local mental health charity working in communities across Rhondda Cynon Taf, Merthyr Tydfil and Bridgend:

Online counselling – 07399347745

Primary care service – 07399347745

Housing services – 07494688715

Mind Infoline 0300 123 3393 (Monday – Friday, 9am-6pm), **text 86463**, visit www.mind.org.uk Free confidential advice on a range of mental health issues.

CWM TAF CARE AND REPAIR: Ring 01443 755696.

This service is offering people a delivery service that includes shopping, prescriptions or anything else that would help during this difficult time.

Telephone befriending is also on offer and if you know of anyone who would benefit from a friendly chat, Please get in touch on the number above.

Digital Communities Wales support

People are learning to communicate with family and friends as well as other professionals. In response to this Digital Communities Wales is developing a new model of support which can be delivered virtually.

Webinars- DCW training team are at the moment developing a number of training webinars that staff and volunteers can join. The webinars will be launch from April and the topics to be covered are;

1. Using tech to contact people/ socialising online
2. Online shopping
3. How to find GOOD health advice online and managing mental health
4. Keeping occupied during isolation
5. How to use a smart speaker device

For further information contact Stephanie Davies on 07788 314706 or email

Stephanie.Davies@wales.coop
