

MALDON DISTRICT COVID-19 COMMUNITY GUIDE





Introduction

This guide has been produced to support Parish and Town Councils, Community groups and organisations, and residents during the ongoing COVID-19 situation.

We would like to thank our staff, councillors, residents and businesses for their continued hard work and support to help look after the Maldon District.

If you have any questions regarding the information in this guide, please let us know at www.maldon.gov.uk/contact.

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In this pack you will find the following:

- Summary of the COVID-19 restrictions
- Mental Health and wellbeing support
- Staying safe and informed
- Getting help and medical care
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- Volunteering opportunities
- Useful links and contacts

What the national lockdown means

Coronavirus cases are rising rapidly across the country. As a result, Maldon District, along with the rest of England, is now in **national lockdown measures**.

The single most important thing we can do is stay home, protect the NHS and save lives.

You cannot:

- **Leave home unless you have a reasonable excuse**
- **Meet other people indoors unless you live with them, or they are part of your support bubble**

You can meet one person from another household outside for exercise in your local area.

You should continue to:

- **Follow social distancing rules**
- **Work from home where you can**
- **Walk or cycle where possible and avoid busy times and routes on public transport**

Find out more about the measures at www.gov.uk/coronavirus.





HM Government



STAY HOME



**PROTECT
THE NHS**



SAVE LIVES

Looking after your mental health

There are some simple things that you can do at home to look after your mental and physical health from exercising to eating healthy.

We also know that sometimes you will need to speak to someone... that's why we have gathered some useful mental health resources you can access locally.

Useful resources

Every Mind Matters - Expert advice and practical tips to help you look after your mental health and wellbeing from the NHS. Visit www.nhs.uk/oneyou/every-mind-matters/.

Young Minds - Child and adolescent mental health services information for parents and carers. Visit www.youngminds.org.uk / 0808 802 5544.

Samaritans - Confidential support for people experiencing distress or despair. Visit www.samaritans.org.uk / 116 123.

NHS 111 service - Emergency mental health service, call **111** if you or someone you know needs urgent care.





**ARE YOU EXPERIENCING DOMESTIC
ABUSE?**

**YOU ARE NOT
ALONE**

CALL THE DOMESTIC ABUSE HOTLINE 0808 2000 247.

FOR MORE INFO, VISIT [NATIONALHELPLINE.ORG.UK](https://nationalhelpline.org.uk)

What can you do at home?

There are lots of things you can do at home, here is a selection of our top tips!

- Eat a healthy diet
- Stay hydrated
- Avoid smoking, alcohol and drugs
- Spend time doing things you enjoy
- Stay connected with people (while observing social distancing)

The **NHS** has created lots of fun and useful exercises you can do at home. Visit www.nhs.uk/live-well/exercise/.

Go for a walk, run or cycle if you are able to maintain social distance.

Plan for staying at home or indoors, take care of your mental health and wellbeing.

- Decide on your routine
- Get regular sunlight and fresh air
- Plan for working or studying at home
- Find ways to relax and be creative
- Keep your mind stimulated
- Take care with news and information
 - switch it off for a while



Staying safe during COVID-19

The **NHS COVID-19 APP** is free to download and is the simplest way to help protect those we love.

The app has several tools to protect you, including:

- Contact tracing
- Local area alerts
- QR venue check-in

Find out more about the app at www.covid19.nhs.uk.



Stay up to date on social media

To reduce mis-information and rumors, follow the Twitter accounts below for factual COVID-19 advice and updates.

Public Health England - @PHE_UK

NHS England - @NHSEngland

Essex County Council - @Essex_CC

Maldon District Council - @MaldonDC





COVID-19 Vaccine

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

The NHS is currently offering the vaccine to those most at risk from coronavirus including:

- Some people aged 80+ who have a hospital appointment in the next few weeks
- Care home residents and staff
- Health care workers at high risk

The vaccine will be offered more widely soon. The vaccine is being offered in some hospitals and local vaccination centres run by GPs.

Your nearest Local Vaccination Centre is:

- **Maldon District Council Offices, Princes Road, Maldon CM9 5DL.**

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

More information is available at [NHS website](https://www.nhs.uk).

Getting help during COVID-19

The best place to get accurate health information is the [NHS website](#).

You can also check your GP surgery's website. Lots of GP surgeries have online services where you can get advice and support.

[Find your GP surgery](#) to get its website details.

If you need to contact your GP, **do not go into the surgery in person**. You can:

- Visit the GP surgery's website
- Call your GP surgery

Your GP will then give you advice about what to do.

Changes have been made to make sure it's safe for you to have the **flu vaccine at GP surgeries and pharmacies**. This includes social distancing, hand washing and wearing protective equipment.

You can also visit friends and family staying in **Essex Partnership University Trust** inpatient facilities.

For more information about this, visit www.eput.nhs.uk.



Policing during COVID-19

Essex Police are still responding to emergency and high-priority calls.

If it's not an emergency or urgent, please use contact them online at www.essex.police.uk instead of calling.

You can [tell the police about a breach of the coronavirus rules online](#).

Please make sure you understand what is and is not allowed before you get in touch with them.

Essex Police particularly want you to tell them about large gatherings of people obviously from lots of different households.

If there is a problem, Essex Police want to resolve it by communicating clearly and encouraging people to behave responsibly.

As a last resort they can enforce the coronavirus law by taking people home and by fining them.

Find out more about [coronavirus and police powers](#).



Volunteering during COVID-19

The Volunteer Centre – Maldon and District can help you to find out more about volunteering in the local area.

They have a database of over **100 volunteering opportunities** in a range of fields.

[Find out more](#) about how they can help you to find the volunteering role that is right for you.

Don't know where to start? [One to one support](#) can help you think about what you might like to do and identify activities or volunteering roles.

They can help with:

- **Supported visits**
- **Completing forms and documents**
- **Collecting and delivering medical prescriptions and food supplies**
- **Talking about anxieties you may have**

They can also assist in the promotion of volunteering vacancies and give guidance on volunteer management.

Visit the [Maldon and District CVS website](#) for more info.





Local Facebook support groups

Maldon COVID-19 Action group:
<https://www.facebook.com/groups/covid19maldon/>

Essex Coronavirus Action group:
<https://www.facebook.com/essexcoronavirusaction>

Useful links

Maldon CVS COVID-19 helpline:
www.maldoncvss.org.uk/corona/ /
01621 851997

Maldon District Council:
www.maldon.gov.uk/coronavirus /
01621 854477 (Weekdays 10am-4pm).

Essex County Council:
www.essex.gov.uk/topic/coronavirus.

Essex Welfare Service:
www.essexwelfareservice.org / 0300
303 9988

Essex Lifestyle Service (NHS):
www.midessexccg.nhs.uk/livewell/essex-lifestyle-service / 0300 303 9988

Essex Business Support:
www.essex.gov.uk/support-for-businesses



Produced by Maldon District Council
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