

African Voices Forum Ltd (AVF)

Covid-19 Community Support Awareness Bulletin

27 April 2020



Essential travel only

Dear All,

It's almost impossible to know where to start; how quickly we have entered this unique period in our lives where there has been this sudden dislocation for millions in their relationships whether of families, friendships, schools, clubs, faith groups, societies, organisations etc. This has been compounded by the loss of jobs and incomes, the sudden isolation from the outdoors, the passing away of loved ones, friends and families, the closing of familiar places; including shops, cafes, pubs, mosques, churches and libraries. The terms 'Self-Isolation' and 'Social Distancing' have entered our everyday vocabulary.

The way many people have responded has been wonderful, this is a clear testimony of the community spirit and care for others that is often reflected in our daily busy lives.

Many voluntary sector and community organisations including AVF, are trying to quickly adapt to working from homes or having virtual meetings, in order to continue their work in supporting some of the most vulnerable people in our society. We should endeavor to try and develop appropriate additional or specific help; for example, developing a range of online resources to support people's physical and mental well-being.

This bulletin will be a weekly publication in which a lot of information on different things will be highlighted, useful links connections and signposting. Looking forward to more interaction.

Thanks

David Dravie-John

Vice Chair



Should I talk to my children about Covid-19?

Yes, **DO** talk about it. It is tempting to try to shield children from knowing about frightening things. But, chances are they've heard it about it school, or even nursery. And, in all likelihood, they will have heard things that have scared them. They've also probably heard things that are just plain wrong – rumours and myths do seem to flourish in playgrounds. So, **DO** answer any questions that your children ask. And if they don't ask any questions, try starting a conversation with them: *"Have you heard anything about this new bug that is going round?"* Keep your tone casual and light. Try to keep the worry out of your voice and out of your face.

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Acess to food

Register as extremely vulnerable here: <https://www.gov.uk/coronavirus-extremely-vulnerable>

If somebody is extremely vulnerable to Coronavirus the government may provide additional support where appropriate including food delivered to help them to shield.

Or call 0800 0288327 to register

They must also notify their GP if they have not yet received communication from the Government advising them to self-isolate.

Caring in Bristol

Caring in Bristol are currently delivering x3 pre-prepared meals per day to approximately 220 people in the city who were previously homeless, but have been placed in temporary accommodation, due to the Covid-19 pandemic. None of these people have access to cooking facilities. We are operating out of 3 kitchens in the city, all manned by professional chefs & their teams, food is being delivered & distributed by our staff & volunteers. At the moment we are only taking referrals direct from BCC.

This provision has been created very quickly, but we are hoping to build on it & extend the offer of pre-prepared food & possibly food parcels to other vulnerable/homeless clients across Bristol. If you have clients who may benefit from this provision, *we would be grateful if you could respond to this **email** by answering the questions below. If you don't need any assistance, there is no need to reply.*

- Are you accommodating/working with clients who have no access to cooking facilities at all? If so, approximately how many & where are they currently staying?
- Are you accommodating clients who do have access to shared cooking facilities but who are particularly at risk to the Covid-19 virus (eg, over 70 years old, respiratory conditions, low immunity etc)?
- Are you accommodating/working with clients who do not fall into the 2 categories noted above but who do, in your opinion, require pre-prepared food deliveries or food parcels? If so, please outline their circumstances below.

Contact



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Caring in Bristol
HELPING HOMELESS PEOPLE 365 DAYS A YEAR

Caring in Bristol Ltd is a Registered Charity in England and Wales Number 1151645
Registered Company Number 08419424
Registered Offices Caring in Bristol Ltd The Night Shelter, 14 Little Bishop Street, Bristol BS2 9JF

East Bristol Foodbank Outlets

- Kingswood – Bourne Christian Centre
- Easton – Tudor Road
- Easton – St. Mark's Road Community Café
- Fishponds – Fishponds Baptist Church

Editorial Team

Donna Peacock
David Dravie-John
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National Food Service Helpline

Food Package Helpline: 0117 325 0450

I volunteer for the National Food service. I deal with calls from people who can afford to pay, and just want someone to go shopping for them, or collect medication. Or for those who are in a tight spot free Veg Boxes or Chilled Frozen Food delivered to their door and not means tested.. People can ring the helpline number on behalf of a vulnerable person to make a referral.

If you or someone you know needs access to food please call our helpline now. Call any time to leave a message and a volunteer will get back to you between 10am–6pm Monday–Friday.

Delicious cooked meals delivered frozen for free anywhere in Bristol.
Everyone has a right to food, we do not means test. This is solidarity not charity.

Also looking for volunteers:

Delivery people
Phone line managers
Qualified cooks



Please email bristol@nationalfoodservice.uk. If people want to donate go to <https://justgiving.com/crowdfunding/national-food-service> We are part of the National Food Service Network working to change how we eat so that we all have enough now and always. nationalfoodservice.uk

If they're looking for information on services beyond what we provide, I tell them to call the Council on 0800 694 0184 or Age UK on 0117 9297537..

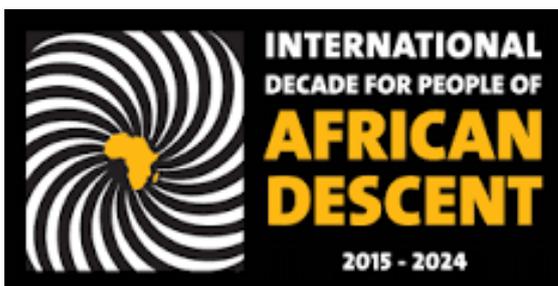
African Voices Forum Contact

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North Bristol Foodbank Outlets

- Horfield – Ebenezer Church
- Filton – Revive Charity Shop
- Lockleaze – St. Mary's Church
- Southmead – Greenway Centre
- Patchway – St. Chad's Church
- Yate – The Candle
- Thornbury – Thornbury Baptist Church
- Mangotsfield – Resound Church

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Access to isolation/mental health support

Bristol Community

Care - Covid-19 Mutual Aid group: <https://www.facebook.com/groups/1032597030460220/>

Non-geographic groups:

Self-isolating - <https://www.facebook.com/groups/1705415982932579/>

Homeless - <https://www.facebook.com/groups/883841798710515/>

Pregnancy - <https://www.facebook.com/groups/639960150136986/>

Key worker accommodation - <https://www.facebook.com/groups/2637919816532941/>

South Bristol postal districts

BS3:<https://www.facebook.com/groups/523617738532309>

(BS3) Windmill Hill <https://www.facebook.com/groups/638105670079387/>

BS4:<https://www.facebook.com/groups/297601004550412/>

BS13:<https://www.facebook.com/groups/835058770347193/>

BS14:<https://www.facebook.com/groups/562228837736325/>

(BS14) Stockwood <https://www.facebook.com/groups/2985151628174656/>

A dedicated free telephone hotline has been launched in Bristol to help the city's most vulnerable citizens during the coronavirus pandemic.

The We Are Bristol support phone number – 0800 694 0184 – is now live today and is free to use. It will offer a potential lifeline to isolated and worried residents across the city.

Call handlers will be available initially during office hours (8.30am-5pm, Monday to Friday) to provide support for people with a wide range of needs, including obtaining food supplies, other essential items and medication. They can also help arrange follow-up support with different organisations.

ARE YOU AFFECTED BY THE
CORONAVIRUS OUTBREAK?

**THE COMMUNITY IS COMING
TOGETHER TO HELP!**

- ✓ Stuck at home and need shopping?
- ✓ Need a prescription or post?
- ✓ Need a friendly call?
- ✓ Or something else a local volunteer could help with?

ACORN is organising local volunteers to support people in the community. This is how to get help:

- 1- visit acorntheunion.org.uk/corona
- 2- fill in the form
- 3- a volunteer should call you. They'll ask what you need & arrange a time to help.

If you do not have the internet, call:

07432473293

We also need volunteers! Sign up at acorntheunion.org.uk/corona

ACORN

ACORN is a community organisation owned by members. We don't expect anything in return, but the more members we have the more we can do. You can join as a member online.

Bristol North West Foodbank

- Avonmouth – St. Andrew's Church
- Lawrence Weston – Hope Church
- Henbury – Emmanuel Chapel
- Hotwells – Hope Chapel

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Access to medication and advice

GP Protocol

Surgeries have switched to telephone appointments. All face-to-face appointments will need to be arranged via telephone and only when necessary, this will be for appointments like depot injections. Call your surgery if you feel you need to talk to your GP but please only do this if necessary as services are over-subscribed at the moment. GPs have encouraged patients experiencing mental health issues to call when needed.

Pharmacy Protocol

If you are experiencing symptoms, please do not go to the pharmacy! Most pharmacies are running core opening times of 10am-12pm and 2pm-4pm, so these are the only times to pick up prescriptions. Please remind clients to practice good social distancing, we need our pharmacists to stay fit and healthy!

Here is a link to every pharmacy in Bristol, with contact details:

<https://www.nhs.uk/Services/Trusts/Pharmacies/DefaultView.aspx?id=89768>

Prescription Delivery Services

Contact your usual pharmacy as they may be able to help with medication delivery

Acorn – They may be able to organise medication to be delivered – www.acorntheunion.org.uk/corona - Telephone: 07432473293

Well.co.uk – Register on the site or via the app and you can order your prescription online and have it delivered for free via royal mail Pilltime.co.uk – Similar service to Well.co.uk

Daily Subscriptions (i.e opioid replacements)

BDP have suggested that if it is necessary to self-isolate, the client should contact the Shared Care team on 01179876018. They will work with the client to organise home delivery of necessary medication.

There is the potential for a move to weekly subscriptions depending on the risk level of the client, but this is still not in place.

Disposal masks - Choose carefully

Code	Protection	Viral Usage	Details	Usage	Availability / Cost
FFP1 -	(Lowest protection)	Not designated as suitable for viral protection.	Better than nothing in a pinch in A symptomatic circumstances but not advisable.	Emergency – where no FFP2 is available. Probably better than nothing.	High (A) / Low (C)
FFP2 -	Medium Protection	Suitable for viral protection.	This is equivalent of the N95 (USA standard) and meets the guidance for viruses from the World Health Organization (WHO).	For use with A symptomatic contact.	Med (A) Med (C)
FFP3 -	Highest Protection.	Blocks both liquid and solid aerosols.	Current NHS guidelines stipulate FFP3 face masks for virus and bacterial infection control when the contagion is spread through coughing and sneezing (such as with the coronavirus).	For use with symptomatic or recently exposed contacts	Low (A) V.HIGH (C)

AVF Member Organisations

- Afrika Eye
- African Initiatives
- Association of Uganda
- Bristol Zimbabwean Association
- Cameroonian Association
- Gambian Hidden Talent
- Senegambia Association
- Ghana Community Bristol (GBC)
- Full Circle
- Kenya Association
- Kombo Sillah Association
- Nigerian Association Bristol (NAB)
- Pax Productions Ltd
- Savannah Development Foundation
- Sierra Leone Bristol Association (SLEBA)
- Sierra Women's Independent Group (SWIG)
- Tan Teddy Folk Group
- Women in Serious Endeavour