

African Voices Forum Ltd (AVF)

Covid-19 Community Support Awareness Bulletin

18 May 2020

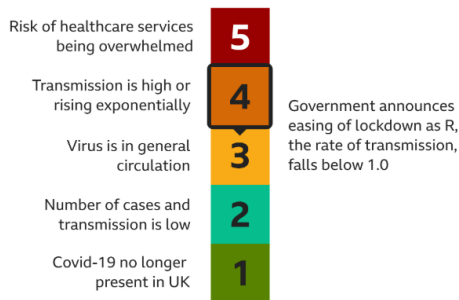


[Coronavirus \(COVID-19\): guidance and support - GOV.UK](https://www.gov.uk/guidance/coronavirus-covid-19-guidance-and-support)

Alert System

A Covid alert system, with the level of danger rated 1 to 5 (5 being the most critical) will be introduced to determine how "tough" social distancing measures need to be - the lower the number the more they will be relaxed, and vice-versa. You can find a graphic of the new system below. **The UK is currently at Level 4.**

Coronavirus alert levels



Coronavirus (COVID-19) scams and overpricing

What scams you need to be aware of, what to do if you think you or someone you know has been approached by a scammer, how to report price hiking and unauthorised products.

[Bristol City Council](https://www.bristol.gov.uk/coronavirus-scams)

We continue to embrace the passing of love ones due to COVID_19. We would like to extend condolences as we support our community members who are grieving at this time.

HE Majonzi Covid-19 bereavement fund

In collaboration with Patrick Vernon, we have launched The Majonzi COVID-19 Bereavement Fund to support members of the BAME community who have lost loved ones to COVID-19.

[Donate here](#)



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Malcolm X Centre, St Pauls Bristol

The Malcolm X Centre is opening a Food Hub providing Culturally Appropriate food to our community.

Our aim is to reach out to members of our community who may not necessarily engage with or are able to access these services.

We'll be delivering to individuals so no one has to come out & put themselves at risk. We'll be maintaining dignity & confidentiality of anyone using our service.

If you know anyone interested or who should be accessing us, please get their details including address for delivery. Do provide food allergies & religious & cultural choices too.

For further information please call 07786522491

Primrose Granville
Board Chairman



The Ubele Initiative

Recently, we shared the report, Impact of COVID-19 on BAME community and voluntary organisations. It is based on two surveys we run between 19 March and 4 April and received 182 responses, of which 137 were Black, Asian and Minority Ethnic (BAME) led organisations.

The most shocking conclusion is that, 9 out of 10 BAME micro and small organisations is set to close if the crisis continues beyond 3 months following the lockdown.



[Website](#)

[Read the report](#)

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A reminder on Covid-19 testing

The Government made some recent changes to its Covid-19 testing programme and will now allow testing for:

- all essential workers including NHS and social care workers with symptoms (see the [full list](#) of essential workers)
- anyone over 65 with symptoms

• anyone with symptoms whose work cannot be done from home (for example, construction workers, shop workers, emergency plumbers and delivery drivers)

- anyone who has symptoms of coronavirus and lives with any of those identified above

Anyone who is eligible for testing is now able to apply directly using the [Government website](#).



Look after Yourself

Don't forget to look after your mental health at the moment! We're living through a completely new kind of event, and dealing with worries about our health, that of family and friends, uncertainty about the future, jobs and housing, and huge changes to the way we live our lives. It's normal to feel anxious and stressed, and important that we're kind to ourselves and each other. If you're struggling to cope, check out the self-help links below, and don't forget our directory of services above if you need some extra support:

Every Mind Matters - 10 Tips to Help if You're Worried About Coronavirus - these tips are available to download in Bengali, Gujarati, Polish, Punjabi, Romani, Romanian, Russian, Somali and Urdu.

Mental Health Foundation - How to Look After Your Mental Health During the Coronavirus Outbreak

The Corona Virus Hub at Rethink Mental Illness includes tips on looking after your mental health, along with information on temporary changes to the Mental Health Act and advice for carers

Bristol Mind's MindLine is running an extended service, open 7 nights a week, 7pm-11pm on 0808 808 0330, and the MindLine Trans + service is open as normal, from 8pm to Midnight Mondays and Fridays on 0300 330 5468.

Bristol Mind also have a daytime information and signposting service that can help you find support with mental health and emotional wellbeing, open between 9:30am and 3:30pm, Monday to Friday (excluding bank holidays). Contact them on 0117 980 0370, or at info@bristolmind.org.uk.

Also have a look at their new [YouTube](#) channel which has videos on how to cope during the crisis, made by staff.

The national charity have a [webpage](#) on Mind - Coronavirus and Your Wellbeing - includes lots of tips and checklists around physical and mental wellbeing

Email: info@cassbristol.org

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Coronavirus information and advice from Bristol City Council

Helpline Bristol

Information is changing very quickly, so we're sending extra e-bulletins to help you stay on top of what's new in Bristol.

You can find general information from Bristol City Council [here](#), including updates from the Mayor, changes to council services and information on how to get help. Guidance from Public Health England can be found [here](#).

Details about community services and local support will be available via local community hubs:

Inner & East Bristol: [Wellspring Settlement](#)

North Bristol: [Southmead Development Trust](#)

South Bristol: [Knowle West Alliance](#)

babbasa

#beyondcovid appeal

Support vulnerable young people affected by the Coronavirus pandemic to rebuild their sense of purpose, manage mental wellbeing and learn new skills to thrive and succeed beyond COVID-19.this issue

[Donate Here](#)

Interested in volunteering?

- Bristol City Council
[Registering to volunteer to help others: Help and advice when receiving or giving support in the community](#)
- Can do Bristol
[volunteering hub: CanDo Bristol](#)
- NHS Responders
<https://www.goodsamapp.org/NHS>

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