

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

01 June 2020



### Access to food

Malcolm X Centre, St Paul's Bristol **Food Hub**

For volunteering opportunities  
email: [mmmeredithm@gmail.com](mailto:mmmeredithm@gmail.com)  
Telephone: 07786522491/07447405367



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.

Call 0800 0288327 to register



### East Bristol Foodbank Outlets

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

### Which school years are going back?

The plan is for nursery and pre-school-age children - plus Reception, Year 1 and Year 6 - to go back first in England.

But not every primary school will be opening. A BBC Breakfast [survey](#) of 150 councils

Only 20 out of the 99 who responded said they were advising schools to open more widely on 1 June.

### Is it safe to send my child to school?

The risk of coronavirus to pupils in the classroom is "very, very small, but not zero", according to sources in the government's scientific advisory group, Sage.

The group has [published documents](#) on the safety and impact of reopening schools in England, which also say teachers would not be at above-average risk compared with other occupations.



---

# African Voices Forum Ltd (AVF)

---

## Covid-19 Community Support Awareness Bulletin

### Non-essential shops to reopen on 15 June

From 15 June, non-essential shops in the UK will be allowed to reopen, provided safety measures are met. This date could change if the number of coronavirus infections rises or fails to fall at the expected rate.

The list of businesses that can reopen from June 15 includes:

- Food retailers
- Chemists
- Hardware/homeware stores
- Fashion shops
- Charity shops
- Betting shops and arcades
- Tailors, dress fitters and fashion designers
- Car dealerships
- Auction houses
- Antique stores
- Retail art galleries
- Photography studios
- Gift shops and retail spaces in theatres, museums, libraries, heritage sites and tourism sites
- tourism sites
- Mobile phone stores
- Indoor and outdoor markets
- Craft fairs
- Similar types of retail.

Outdoor markets and car showrooms can reopen from 1 June as long as safety measures are in place, and we are currently assessing the council-run markets to make them as safe as possible for traders and customers.

Before reopening, all businesses must implement social distancing measures and plan to only keep the minimum number of staff needed onsite. Read the latest guidance on the [government website](#)



### Moving safely around the city

Social distancing measures mean that buses and trains can transport only a fraction of the number of passengers that they could before.

If you need to travel, please walk, cycle, drive or take a taxi if you can - taxi drivers have been provided with guidance to help them operate safely. Only travel to work if you cannot work from home.

If you have to travel, remember to:

- keep your distance from other people (two metres), especially when queuing or inside public areas
- continue to wash your hands often and use hand gel at every opportunity
- wear a face covering in busy or confined public areas
- be patient if you have to queue and always consider other people around you
- avoid peak time



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Access to Medical/Health Advice

#### England's test and trace system won't be fully operational until end of June

England's test and trace system, which is designed to identify people who might have been exposed to people who have tested positive for coronavirus, won't be fully operational until the end of June, Dido Harding, who is leading the NHS Test and Trace scheme, told MPs today. UK prime minister Boris Johnson said last week that the system would be in place and able to track 10,000 people a day using text, phone and email by 1 June. Harding also described the NHS covid-19 contact tracing app, which was meant to launch on 15 May but was delayed until 1 June, as "the cherry on the cake rather than the cake itself."

In **England**, people will be allowed to meet in public places and private gardens in groups of up to six starting on Monday, and in **Scotland**, groups of up to eight people from two different households will be allowed to meet outdoors from tomorrow. **Northern Ireland** allowed groups of up to six people to meet outside from 18 May. People from different households will still be required to keep a distance of two metres

#### Learn a new skill in lockdown

UK Learns is a new online platform that provides curated online courses, on subjects ranging from data science to childcare, to help the UK workforce acquire new skills and earn qualifications and accreditations. Many are now free of charge for a limited period.

The Future Bright service helps West of England businesses and employees realise their full potential through developing workplace skills. Future Bright's eligibility criteria have been broadened during the current crisis to cover those affected by redundancy, shortened hours and furlough. The service may also support self-employed people who have been severely impacted.

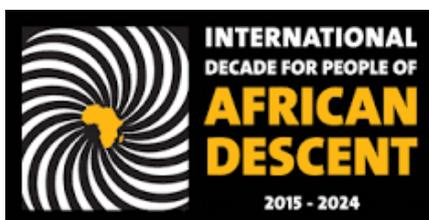
#### African Voices Forum Contact

Name: David Dravie-John

Email: [Africanvoicesforum@yahoo.co.uk](mailto:Africanvoicesforum@yahoo.co.uk)

Telephone: 07982720131

Website: <https://africanvoicesforum.org.uk>



COVID-19 NHS North Bristol Southmead



#### Editorial Team

- Donna Pinnock
- David Dravie-John
- Delwyn Thomas



Take your next step today



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Bereavements/Condolences/Funerals

#### Setting up bereavement peer-support groups

Are you interested in setting up a bereavement peer-support group in your area of Bristol?

We are organising a number of free online workshops to share learning and guide you through the process of setting up your own group, based on the model used by Stockwood STAR. For more information email [clairechivers@ageukbristol.org.uk](mailto:clairechivers@ageukbristol.org.uk)

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.

### Access to isolation/mental health support

- Stay connected with people

Maintaining healthy relationships with people we trust is important for our mental wellbeing, so think about how you can stay in touch with friends and family if you or they need to stay at home.

You could try phone calls, video calls or social media instead of meeting in person – whether it's with people you normally saw often or reconnecting with old friends.

- . Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it's OK to share your concerns with others you trust – and doing so may help them too.

If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead.

- Support and help others

Helping someone else can benefit you as well as them, so try to be a little more understanding of other people's concerns, worries or behaviours at this time. Try to think of things you can do to help those around you. Is there a friend or family member nearby you could message? Are there any community groups you could join to support others locally?

Remember, it's important to do this in line with official coronavirus guidance to keep everyone safe.

[NHS-recommended helplines](#)

[Helping others](#)

**Helping others with  
mental health problems**



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Financial advice and benefits helpline

The North Bristol Advice Centre can support people struggling with debt or in need of guidance about how to access benefits, please contact (you can be based anywhere in Bristol to access this service).

Visit their website: <http://www.northbristoladvice.org.uk>

### Bristol Women's Voice

Covid-19 has massively changed all our lives and will continue to do so over the next weeks and months. Bristol Women's Voice will be playing its part to support women while making sure we add to and do not replicate the efforts of others.

We have set up web-based signposting to organisations in the city which support women in crisis and beyond. We aim to keep this constantly updated as organisations change the way they work to support women's changing needs.

We will provide Covid-19 updates that may affect women in employment and/or caring for others.

We recognise the importance of mutual support between women in these challenging times and seek to develop a 'community friend' resource whereby women can talk and be listened to or signposted to other suitable organisations.

Shortly we will be asking you to share experiences and the impact of self-isolation on women in many different situations. Together we can see the impact of Covid-19 on women in Bristol and advise local and national government on steps they can take to support women.



Penny Gane  
Chair of BWV

[Visit our website](#)

### 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