

# 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.

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Access 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



**Lisa Spice**  
ASSISTANT DIRECTOR  
E. [lisa.spice@caringinbristol.org.uk](mailto:lisa.spice@caringinbristol.org.uk)  
T. 0117 924 4444

**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  
Delwyn Thomas



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### 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](mailto: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](http://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

**Name:** David Dravie-John

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

**Telephone:** 07982720131

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



### 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

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### 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](https://www.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](https://www.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

# African Voices Forum Ltd (AVF)

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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](http://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](http://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

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04 May 2020



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<https://caringinbristol.co.uk>

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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.

### Access to medicine/health advice

#### Face to Face contact tips

A) You should ascertain if a person in their home is displaying any of the following symptoms?

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

B) If YES, have you started to self-isolate?

if a person is symptomatic – avoid any further contacts, stay self-isolating between 7-14 days

Advice to call NHS 111 is conditions worsen during isolation or no better after 7 days.

#### 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!

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#### Prescription Delivery Services

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

### Bristol North Wests Foodbank

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

Dawat-e-Islami is currently providing FREE food packs to those in need throughout the community. If you are in need of a food pack or know someone who is, then please contact us!

Donate via Bank Transfer:  
Account Name: Dawateislami Bristol  
Sort Code: 30 94 83  
Account Number: 59733668  
Reference: Food Bank

Note:  
Contactless Donation Drop off Point: Faizan e Madina, 577 Fishponds Road, Bristol

/DAWATEISLAMIMIDLANDSUK

CALL US 07727440555 DAWATEISLAMIBRISTOLUK@GMAIL.COM  
DONATE VIA WEBSITE - WWW.DAWATEISLAMIMIDLANDS.NET/DONATION

### Editorial Team

Donna Peacock  
David Dravie-John  
Delwyn Thomas

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Access to isolation/Mental Health support

#### Practical Help

- Support to apply for benefits, pension credit, attendance allowance.
- Emergency financial support.
- Guidance for prescription and pension collection.
- Shopping, emergency food parcels, prepared meals.
- Help with home maintenance and to ready your home on discharge from hospital.

#### Social & Emotional Support

- Weekly & emotional phone calls
- Free counselling and bereavement support.

#### Activities

- Activities that you can do from the safety of your own home, to keep you physically and mentally active.

Contacts: 0117 929 7537/ [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk)



*If you are going to hospital for non-emergency tests or treatment, you will normally be expected to make your own way to and from hospital, even if you live a long distance away.*

#### How to find us

Most of our hospital sites are based within the centre of Bristol. The [site map](#) shows the location of the hospitals and how to find us. There are more detailed instructions on how to reach each hospital under [your hospitals](#) section of this website. As part of plans to help people find their way around our hospitals, the names of wards and departments at the Bristol Royal Hospital for Children (BRHC) were changed in May 2018 - and our [Trust map](#) now been updated to reflect this. Please note that your appointment letter for BRCH may still feature the old location name. If you're unsure where you are going please ask a member

### Access to transportation

Travelling to and from our hospitals

Due to coronavirus (COVID-19) there are currently visitor restrictions in place.

Please view the current guidance here: [coronavirus-\(covid-19\)](#)

The free shuttle bus service has been reduced. Please view the updated timetable [here](#).

\*\*\*

This page contains information on how to get to our hospitals and where to drop off and pick up patients

#### How to find us

- Travel by car
- Hospital parking
- NCP and Bristol City Council Parking
- Cabot Circus Shopping Centre Parking and free shuttle bus
- Hospital and University free shuttle bus
- Travel by train
- Travel by bus
- Park & Ride schemes
- Bristol Dial-a-Ride
- Volunteer driver services
- Healthcare Travel Costs Scheme
- Hospital Transport (the Patient Transport Service) .



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Advice from other agencies

#### Guidance

Coronavirus (COVID-19): getting tested

Guidance on coronavirus testing, including who is eligible for a test, how to get tested and the different types of test available.

Published 15 April 2020

Last updated 29 April 2020 — [see all updates](#)

From: Department of Health and Social Care

#### Contents

1. [Who can be tested](#)
2. [Arrange a test](#)
3. [The testing process](#)
4. [List of essential workers and those prioritised for testing. \(England only\).](#)



One of the most challenging things about coronavirus is the uncertainty: not knowing who has the infection or when it's safe to return to normal life. Good-quality testing can help provide us with greater certainty. It's a big part of how we're going to defeat this disease.

As part of the government's [5-pillar strategy for coronavirus testing](#), we are testing people who have coronavirus-like symptoms to see if they currently have the virus.

### Bereavements/Condolences/Funerals

The home going service celebrating the life of the late Maureen Ellington will be live streamed here: <https://bit.ly/maureenellington>

Date: Thursday 7th May 2020

Time: 11:00am.

A memorial to celebrate her life will be organised at a later date. The family thank you for your ongoing support and prayers.

### 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>



<https://africanvoicesforum.org.uk>



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### **Project to document members response to Coronavirus (COVID -19)**

Ways to deal with staying at home.

Stress and anxiety can affect anyone. To encourage members to relax I am asking for photos to document what you do to relax and what healthy activities do you enjoy.

For further information/to send photos, please email [saoudab@yahoo.com](mailto:saoudab@yahoo.com).

### **Supporting your children's education during coronavirus (COVID-19)**

Your children's schools should be the first point of call for support. There are also numerous online platforms which you can access if you have internet and computer access.

GOV.UK has useful guidance on supporting your children's education during coronavirus.

'Set age-appropriate parental controls on any device your child is using and supervise their use of websites and apps.' See advice on keeping them safe online.

There is a lot of community information on home schooling. Contact me by email on [saoudab@yahoo.com](mailto:saoudab@yahoo.com) for support and advice.

I am a qualified primary school teacher with over twenty-five years teaching experience.

#### **North Bristol Foodbank Outlets**

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



Banksy's Girl With A Pierced Eardrum mural in Bristol has been given a coronavirus face mask

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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.

We are also looking for volunteers:

- Delivery people
- Phone line managers
- Qualified cooks

Please email [bristol@nationalfoodservice.uk](mailto: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](http://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.

### Civil Society Letter to the U.N. Human Rights Council President on COVID-19

The letter, signed by 69 organizations, urges the President of the UNHRC to ensure that the rights of people who are living in poverty, and of people experiencing homelessness

[Download](#)

### AVF Member Organisations

- Afrika Eye
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- 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

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

11 May 2020



# Essential travel only

### 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



### East Bristol Foodbank Outlets

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

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.



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## Covid-19 Community Support Awareness Bulletin

### Stories at Home



We know some families have few or no books at home and now have no access to books through schools, nurseries and libraries closures during the COVID-19 response.

Stories at Home is a new initiative which aims to provide books at home for vulnerable families during the COVID-19 Lockdown, supporting families with early and developing literacy of children. The project is being delivered via collection points for families accessing the Food Clubs and Foodbanks across Bristol and also by collection at specific Nursery Schools and Children's Centres and Primary Schools. Some doorstep drops are also being made by Family Support workers, Teachers and Bristol City Robins Foundation.

Over 8000 books have been generously donated by publishers, charities and other organisations and we are looking for more people to sponsor the project so please do get in touch if you can help via email at [coronavirus@bristol.gov.uk](mailto:coronavirus@bristol.gov.uk).

### News from Quartet Community Foundation and the Coronavirus 2020 Response Fund.

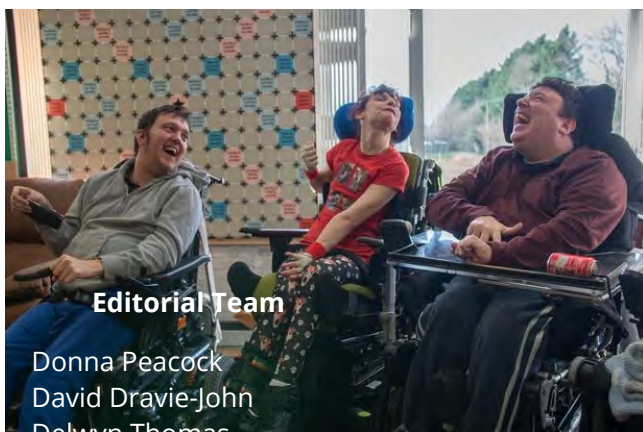
*Coronavirus fund hits £1m in a month*

Since we all entered lockdown, from a starting stop we've raised over £1m for the Coronavirus 2020 Response Fund. Together we've already helped more than 100 small, local causes in Bristol, B&NES, North Somerset & South Glos share in grants worth over £500,000. The applications keep on coming and we're making sure this essential financial support reaches those that need it asap. Thank you for your donations, support and generosity which have made this happen.



Where the money goes?

As we approach the end of six weeks of lockdown we ask: who's benefited from over £500,000 of funding through the Coronavirus 2020 Response Fund, and how is this money helping local people?



#### Editorial Team

Donna Peacock  
David Dravie-John  
Delwyn Thomas



<https://quartetcf.org.uk>

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Dawat-e-Islami is currently providing FREE food packs to those in need throughout the community. If you are in need of a food pack or know someone who is, then please contact us! NOTE: During the delivery process we will be following all guidelines provided by the Government, which will require the assistance of the recipient.

Donate via Bank Transfer:  
Account Name: Dawateislami Bristol  
Sort Code: 30 94 83  
Account Number: 59733668  
Reference: Food Bank

Note:  
Contactless Donation Drop off Point: Faizan e Madina, 577 Fishponds Road, Bristol

CALL US 07727440555 | DAWATEISLAMIBRISTOLUK@GMAIL.COM  
DONATE VIA WEBSITE: - WWW.DAWATEISLAMIMIDLANDS.NET/DONATION

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- Emergency financial support.
- Guidance for prescription and pension collection.
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- Help with home maintenance and to ready your home on discharge from hospital.

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- Free counselling and bereavement support.

#### Activities

- Activities that you can do from the safety of your own home, to keep you physically and mentally active.

Contacts: 0117 929 7537/ [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk)



*If you are going to hospital for non-emergency tests or treatment, you will normally be expected to make your own way to and from hospital, even if you live a long distance away.*

#### How to find us

Most of our hospital sites are based within the centre of Bristol. The [site map](#) shows the location of the hospitals and how to find us. There are more detailed instructions on how to reach each hospital under [your hospitals](#) section of this website. As part of plans to help people find their way around our hospitals, the names of wards and departments at the Bristol Royal Hospital for Children (BRHC) were changed in May 2018 - and our [Trust map](#) now been updated to reflect this. Please note that your appointment letter for BRCH may still feature the old location name. If you're unsure where you are going please ask a member

### Access to transportation

Travelling to and from our hospitals

Due to coronavirus (COVID-19) there are currently visitor restrictions in place.

Please view the current guidance here: [coronavirus-\(covid-19\)](#)

The free shuttle bus service has been reduced. Please view the updated timetable [here](#).

\*\*\*

This page contains information on how to get to our hospitals and where to drop off and pick up patients

#### How to find us

- Travel by car
- Hospital parking
- NCP and Bristol City Council Parking
- Cabot Circus Shopping Centre Parking and free shuttle bus
- Hospital and University free shuttle bus
- Travel by train
- Travel by bus
- Park & Ride schemes
- Bristol Dial-a-Ride
- Volunteer driver services
- Healthcare Travel Costs Scheme
- Hospital Transport (the Patient Transport Service) .

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin



Coronavirus information and advice from Bristol City Council

### You don't have to watch the news all day.

The constant stream of information we're getting about coronavirus can feel overwhelming. And while staying up to date with the latest information is important, watching or rereading the same information over and over again makes it hard to switch off.

You could put a set time aside to catch up with the latest information. Maybe some time in the morning and the evening can be a good way to make sure you stay up to date without overloading yourself. It also gives you time to make the most of the rest of your day.

Also, to avoid any unnecessary stress, make sure you're getting your information from reputable sources such as [GOV.UK](https://www.gov.uk) and trusted news outlets

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
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- 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



# 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](#)



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

18 May 2020

### 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.*

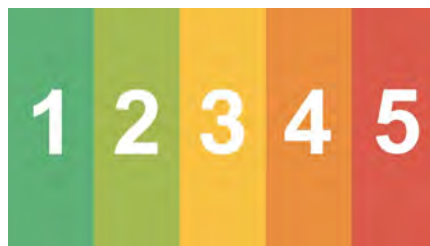


[Website](#)

[Read the report](#)

### 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>



### Editorial Team

- Donna Pinnock
- David Dravie-John
- Delwyn Thomas



<https://africanvoicesforum.org.uk>



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### 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](mailto: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](mailto:info@cassbristol.org)

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin



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](#)

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- Tan Teddy Folk Group
- Women in Serious Endeavour

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

25 May 2020

**STAY  
ALERT** 

**CONTROL  
THE VIRUS**



**SAVE  
LIVES**

### Access to food

Malcom X Centre, St Paul's Bristol

Please remember the Malcolm X Food Hub is up and running

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

You can contact Donna Pinnock by sending info to [donnapinnock@yahoo.co.uk](mailto:donnapinnock@yahoo.co.uk)/ 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.

Or 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.



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Access to Medical/Health Advice

#### Face to face contact tips

A) You should ascertain if a person in their home is displaying any of the following symptoms? The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

B) If YES, have you started to self-isolate?

- if a person is symptomatic – avoid any further contacts, stay self-isolating between 7-14days
- Advice to call NHS 111 is conditions worsen during isolation or no better after 7 days.

Bristol City of Sanctuary



Working hard to provide sanctuary during the Covid-19 crisis  
[Website](#)

#### Helpline Bristol

Charity supporting refugees and asylum seekers gets £5k for crisis response

Aid Box Community is delivering vital supplies

"To date, with the help of the Quartet Foundation, we have been able to deliver 823 food packages to 337 families, which equates to an amazing 5761 meals!" says Robin Adlem.

#### Advice from other agencies

Get free legal support from TrustLaw

TrustLaw is the Thomson Reuters Foundation's global pro bono network – they facilitate free legal support globally. Their membership comprises of over more than 5000 non-profits and social enterprises and 1000 legal members, spanning over 175 countries.

TrustLaw has created a legal checklist to help charities and social enterprises identify their legal needs in the face of COVID-19.

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



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

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- 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](#).



### Quartet Foundation

How are you? I hope you and your loved ones are safe and well now we can look forward to the gradual easing of the lockdown.

If there's one thing we've learned from the pandemic, it's the importance of staying connected while being physically apart. This is why I'm so grateful to all of you who've stayed in touch and helped share news about the coronavirus appeal and grants. Feel free to pass news about our coronavirus response on to others who might be inspired by what our grand collaboration has achieved.

Thanks to everyone's support our fundraising appeal has attracted contributions from hundreds of different sources including the National Emergencies Trust, local philanthropists, charitable trusts and Bristol Post readers, including gifts from an amazing 316 new donors.

While many of us are suffering the grief of separation and loss, this growing network of support is energising our coronavirus response.

The Quartet team has made a staggering 137 grants in less than two months as well as planning for how we support local charitable organisations to recover from the crisis.

We're excited to report that this crisis has given us the opportunity to support 20 projects for the very first time, helping expand the network of connected charitable causes to reach new people, and new needs. Thanks for your support.



### #WeNeedAnswers CAMPAIGN

As part of the #WeNeedAnswers Campaign, as part of a broad coalition of individuals united on this vitally important issue, we have launched a Letter to Prime Minister Boris Johnson asking to support our call for an independent public inquiry into the disproportionate impact of COVID-19 on the UK's BAME communities

This letter is open for new signatories, if you would like to sign please email us on [weneedanswers@ubele.org](mailto:weneedanswers@ubele.org)

[Read Report](#)



# 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.

### Bristol City Council launches new #WeAreBristol Kids online hub for children and young people

#WeAreBristol Kids is a new online resource to better connect children with the city during the coronavirus pandemic and beyond.

With many families struggling, with continued school closures and isolation from usual activities, the hub with a strong focus on Bristol aims to bring kids together in an entertaining and informative way.

Content from the hub will build over the coming weeks, and currently includes:

- Bristol actor Joe Sims reading of local writer and illustrator, Rob Hodgson's book 'The Cave'
- An interactive recipe for delicious scones from Bristol's Great British Bake Off star Briony Williams
- Famous Bristol scenes drawn by Bristol artist Jenny Urquhart that are available to print off and colour in
- An exercise video featuring players from Bristol Rovers F.C.

To enjoy the full range of content, visit: [Kids](#)



#### Slow Down Competition!

You don't need superpowers to slow traffic - design a poster to win great prizes!



#### How well do you know Bristol?

Test your knowledge and take our multiple choice, mega Brizzle Quiz



#### Marvin Rees Q&A

Kids from Glenfron Primary School asked the Mayor Marvin Rees the big (and small) questions



#WeAreBristol Kids



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Looking after our mental health

At this uncertain time, you might be feeling stressed, bored, lonely or worried about your health and the ones you care about. The easing of lockdown can bring new challenges as we all adjust to new routines. Now, more than ever, it's important to focus on our mental health and look out for one another to make sure our friends and family are well.

Be kind to yourself and to others is the focus for this year's Mental Health Awareness Week. Please take a look at our wellbeing tips, and share them with your loved ones.

- Stay connected with friends and family to help and support others. If you know someone who may be finding lockdown difficult, you could simply text or call them to check they're okay.
- Look after your sleep, keep active, and try to limit your news intake.
- Search the Every Mind Matters website, where you can get your free personalised plan to help you deal with stress and anxiety.
- Talk about your worries with someone you trust or if you prefer, a professional. You may wish to call Bristol Mind on 0808 808 0330, or Samaritans on 116 123.

More support options available here: <https://www.bristol.gov.uk/social-care-health/covid-19-health-and-wellbeing-guidance>

Explore volunteering opportunities to help your local community, at [candobristol.co.uk](http://candobristol.co.uk).



**SAMARITANS**  
BRISTOL



**Bristol Mental Health** | caring open hopeful



**mind** | Bristol  
for better mental health

### 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  
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- Women in Serious Endeavour

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

01 June 2020

**STAY  
ALERT** 

**CONTROL  
THE VIRUS**

 **SAVE  
LIVES**

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



#### Editorial Team

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Take your next step today



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

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#### Setting up bereavement peer-support groups

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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  
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# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

08 June 2020

**STAY  
ALERT** 

**CONTROL  
THE VIRUS**



**SAVE  
LIVES**

### Join us on Monday 8th June @ 6:30pm for the next Emergency Conversation!

This time we will be bringing together a wide range of voices from the USA, Caribbean, Europe and Africa to explore the impact of COVID-19 on BAME communities.

We have a great line up of panelist who will be sharing the experiences of what is happening in their other countries, discussing some of the challenges and actions that need to be taken, and we will then attempt to create a new narrative that is based on first-hand experience and evidence.

[Register to Join](#)



## BAMESTREAM

### National Mapping of BAME Mental Health Support Services

The National Survey on Black Asian and Minority Ethnic (BAME) mental health services in the United Kingdom (UK) is the first step in trying to undertake impactful actions to address the urgent mental health and wellbeing needs of the BAME communities.

The closing date for responses has been extended to Friday 5th June 2020. To access the survey, please click on the link and it will take you through to the survey: <https://tinyurl.com/ybodcnhs>  
For further information, please email: [info@bamestream.org.uk](mailto:info@bamestream.org.uk)

### East Bristol Foodbank Outlets

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

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# African Voices Forum Ltd (AVF)

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## Covid-19 Community Support Awareness Bulletin

### Windrush Community Response - COVID 19



The Preston Windrush Generation and Descendants (PWGD) UK is a community led group supporting the Black Community in Preston by giving advice and guidance to the victims of the Windrush scandal.

In response to the COVID-19 crisis, PWGD UK group has launched an outreach food project aimed at the vulnerable elderly population by cooking and delivering free Afro-Caribbean food to 65+ years old members of the community. This outreach project will fulfil the cultural gastronomic need of the black community who are isolated and unable to access shopping for the ingredients on their normal nutritional routine which can further impact on their mental health.

They are supporting the elderly on lockdown by providing Caribbean groceries and hot meals in order to sustain this effort they are seeking donations .

### 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





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# African Voices Forum Ltd (AVF)

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## Covid-19 Community Support Awareness Bulletin



Dear colleagues,

It's been just over a week since the government changes to Covid-19 public health regulations. We're pleased that, on the whole, reports of breaches are down and fewer FPNs have been issued by our officers.

However, we were concerned to see that the good weather this week saw an increased number of people travel to popular tourist spots in our force area – particularly Weston-super-Mare. We hope that people will now realise that, although the regulations in travel have been relaxed, hundreds of people descending on an area where facilities are closed and there is a lack of parking will not enable people to observe the physical distancing that is still so crucial to stopping the spread of Covid-19 and protecting our NHS. We are urging people to take personal responsibility to think ahead and plan any trips out that they intend to make.

Police officers are not empowered to enforce social distancing guidance and we urge people to take a common sense approach to these matters. We would appreciate your support in reiterating this by sharing these messages with your own communities and networks ahead of this Bank Holiday when more sunshine is expected. As the police service has less of a role in enforcement of the more relaxed regulations, and we encourage more personal and social responsibility among our communities, we wanted to talk about how we're continuing to tackle the crimes which matter most to people throughout the pandemic.

Chief Constable Andy Marsh QPM AVON AND SOMERSET CONSTABULARY

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e-mail: [andy.marsh@avonandsomerset.police.uk](mailto:andy.marsh@avonandsomerset.police.uk)

Mr John Smith AVON AND SOMERSET DEPUTY POLICE & CRIME COMMISSIONER

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[Latest news online](#)

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# African Voices Forum Ltd (AVF)

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## Covid-19 Community Support Awareness Bulletin



### Volunteers' Week 2020 and the launch of our latest toolkit

This week is national volunteers' week, a week when organisations and charities across the UK unite to thank volunteers for the contribution they make. BAB has had some amazing volunteers over the years, some who are still with us today, (yes, despite lockdown!). Over the course of the BAB programme we have been supported by 2,160 volunteers in various roles, accounting for 46, 809 hours. Thank you for supporting the programme and dedicating your time, you are all incredible!

A particular shout out to our dedicated Community Researchers (CRs) who have supported the research and evaluation of the BAB programme. The University of West England estimates that our CRs have contributed 14,000 hours alone, which is even more impressive when you consider there are only 11 of them. Volunteer hours have a huge impact on programme's like ours. But, since the outbreak of coronavirus, volunteering and how to do it safely has become a more complex issue.

We've created a new toolkit aimed at guiding people on how they can best support their neighbors who may be self-isolating. You can read it on our age-friendly Bristol [website](#). We hope you'll find it useful, and please feel free to share widely with your network

### African Voices Forum Contact

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### Editorial Team

- Donna Pinnock
- David Dravie-John
- Delwyn Thomas



# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

### Speak to a friendly volunteer today

If you're at home and finding it hard to access food or medication, or you are feeling lonely or worried, call our coronavirus support line today.

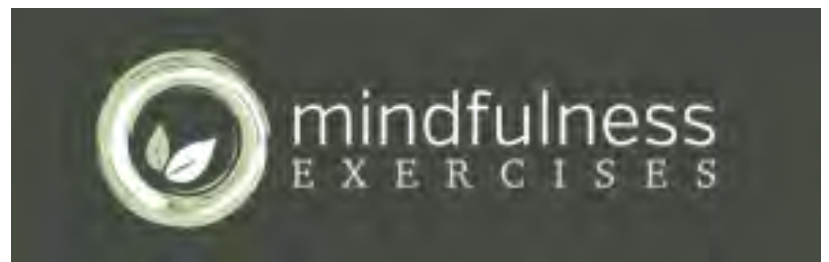
Our friendly volunteers answering calls on the helpline can give you emotional or practical support, or direct you to other people or local services. And if you just want to talk, we are here to listen.

Call our coronavirus support line: 0333 257 1595

Open 10am – 6pm every day.



**Free and confidential. \***



[Free Mindfulness worksheets](#) to help bring you peace of mind and cultivate resilience.

### 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.

# African Voices Forum Ltd (AVF)

## Covid-19 Community Support Awareness Bulletin

NHS 111 online

### Using the NHS and other health services during coronavirus

At the moment it can be hard to know what to do if you're unwell. It's still important to get medical help if you need it.

There are ways to get medical help and prescriptions online or over the phone.

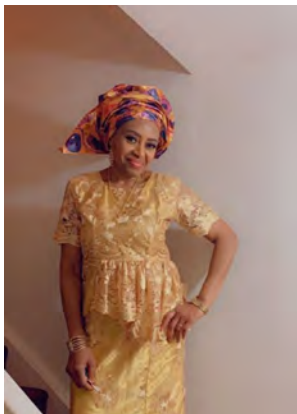
Information:

If you're advised to go to hospital, it's important to go. Keep going to any appointments you usually have, unless you're told not to.

### Coronavirus help

If you have symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste), use the [NHS 111 online](#) coronavirus service to find out what to do.

### Nobody knows tomorrow



Covid 19 why did you evade the World?, you spread fears and rumours everywhere. You separated families, friends and love ones. You brought the World economy to a stand still. Preventing people to socialise and taking away our freedom. You scared men from talking to strange women and women from talking to strange men. There is no trust any more. We cannot be your prisoners forever. We are going to be free soon, you can not stop us Covid 19. You have not won because we have learnt to be grateful every day for the good health and freedom. We have learnt to appreciate the free air given to us by God. Finally we have learnt the importance of family, friends and our community.

Kaine Kaine Sonsiama  
Sierra Leone Bristol Association (SLEBA)

### 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