

# BOLTON COUNCIL

## COVID-19 UPDATE INFORMATION

**Stay home to help save lives - for further information please visit the NHS website and the GOV webpage.**

Please do your bit to slow down the spread of infection and follow national guidance on **social distancing, self-isolation and hand washing**.

### What to do if you live with someone and have symptoms

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, or until your symptoms have gone.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill. For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when their symptoms appeared - or until their symptoms have gone, whichever is the longer - regardless of what day they are on in the original 14-day isolation period.

### Council services

- **Beware of coronavirus scammers**

The public is being urged to **beware of fraudsters** who are using the Coronavirus pandemic to scam people.

The Council, the Police, the NHS will not contact you and ask for your bank details.

- **Warning over ‘trash for cash’ opportunists**

The council is warning residents against using private services offering to take ‘trash away for cash’ during the coronavirus outbreak.

Anyone charging to remove waste must have a licence and people requesting rubbish removals have a legal responsibility to check this is the case.

- **Covid-19 Adoption Support Fund**

The Department for Education has announced that up to £8m will be available to pay for different types of therapeutic support for families whose adopted children may have already suffered trauma and are now more anxious due to the uncertainty of the effects of the virus.

Adoptive families will be offered emergency support including online counselling and couples therapy. (just trying to find a link)

- **Online schooling with Bolton libraries**

Are you stuck with your homework? Doing a school project?

Bolton Libraries has lots of online resources which can help you.

Our information resources are easy and free to use. All you need is the eight digit borrower number on your library card. (If you are using a smart card, please enter the eight digit number written on the reverse of the card).

If you are not already a member of the library you will need to join to use some of these resources.

Joining the library is easy and doesn't cost you a penny - please see the Join the library page on the website.

- **Registering a death**

In the unfortunate event where a death of a loved one needs to be registered, we have extended our operating times.

Telephone appointments can be booked by calling the Contact Centre on **01204 331185** where we will be available to register deaths.

- **Funerals and cemeteries**

Crematoriums and cemeteries in Bolton are currently closed to public access other than for funeral services.

All cemetery gates will be closed to prevent access other than when a burial or cremation is taking place

In order to maintain social distancing rules please do not visit the graves of loved ones at this time.

A maximum of 10 mourners will be allowed to attend a funeral service. This is in order to maintain social distancing.

We know these measures will be difficult and distressing for many families, especially with important religious festivals. However, they have been discussed in partnership with faith leaders, with the purpose of protecting the public and to help us to slow the spread of the virus, whilst making sure we provide loved ones with a respectful and dignified ceremony.

### **Bolton's Humanitarian response**

If you are struggling because you need to stay at home and have no family or friends to support you, with shopping or other help, please ring the council **emergency contact number on 01204 337221**.

Support is available through the council's Response Hub, which has been set up by the council and partners.

We will talk to you about your most urgent needs such as food, medicine or other requirements. Alternatively, tell us about any help you need using the online form and we'll arrange for someone to call you back within 24 hours.

The Bolton Response Hub will then get those items to you or respond with other services.

### Community support

#### **Services working together to keep children and families safe and healthy**

Staying safe and healthy is really important for children and families and we appreciate this can be difficult and stressful time for many.

There are a range of excellent services still available for families living in Bolton and who require information and extra support.

This newsletter provides information about safeguarding issues, and details of useful resources and phone lines.

### Childcare and education places for keyworkers

If you are a keyworker and there are no other suitable alternative arrangements, a childcare or education place will be made available.

To access a place:

1. Speak to your child's current childcare or school and see if they can accommodate your needs
  
2. If they are not open or are not able to meet your needs, you can ring the One Stop Shop on 01204 337220 to request support to find a place.

If your child is accessing childcare/school because you are a keyworker, you will need a letter from your manager to confirm your role is covered by the 'key worker' (critical worker) criteria set by the Government.

Further information can be found at

<https://www.bolton.gov.uk/schools-children/covid-19-childcare-education-keyworkers/1>

### Volunteering

There are lots of opportunities to volunteer in Bolton and we want to make sure that this is co-ordinated and safe - protecting both you and those most vulnerable in our community that you may be supporting.

Bolton CVS is helping us co-ordinate this and if you are interested in becoming an Urgent Response Volunteer you can register here: <https://www.boltoncvs.org.uk/urgent-volunteer-webform-2>

Read our Being a Good Neighbour tips for the best ways you can offer help in your community. It's important that you respect everyone's privacy, helping vulnerable people requires mutual trust e.g. don't share any private information such as pictures online, don't enter people's houses and observe social distancing measures at all times including keeping 2 meters apart.

Further information can be found at: <https://www.boltoncvs.org.uk/>

## Families with young children

These are challenging and unexpected times for all of us as families. Our children can absorb the stress and worry about what they hear from us, so it is really important that we reassure them that they are safe and cared for.

Children under the age of 6 don't need any specific or detailed information, so just try and keep things as normal as they can be and make the most of spending time together in your home.

When children understand that washing their hands can really help, get them to imagine that their clean hands are their new superpower.

With your children try to use a calm and patient tone of voice. If you seem anxious, which is understandable, this can sometimes make your child feel the same. Try some relaxation techniques together such as deep breathing.

Don't change your bedtime routines because there is no school or nursery. Keeping routines similar will help your child to feel safe and secure. It is really important that you all have enough sleep and the so the routine is good for them and you.

Letting children help you around the house, will make them feel valued and that they are helping you. Show them how they can help you.

## Looking after yourself during this time

It's important to take care of your mind as well as your body while staying at home.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you.

Find guidance, advice and tips on how to maintain your mental wellbeing at the [Every Mind Matters website](#)

New digital services and online support have been launched for children and adults, across Greater Manchester, so you don't need to attend GP surgeries or hospital.

If you are experiencing mental health issues or struggling with the new social distancing and self-isolation restrictions then new support includes:

- **Shout crisis service** - a 24/7 text service (with trained crisis volunteers who will chat using trained techniques via text responses) - Bolton residents should text GMBolton to 85258
- **Kooth** - an on-line counselling and emotional well-being platform for children and young people
- **Living life to the full** is one of the world's most used wellbeing support packages and aims to provide key information using everyday non-complex language

- **Bluelce** - an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. This is only available on ‘prescription’ from a clinician working in child and adolescent mental health services.
- **SilverCloud** - an online therapy programme for adults proven to help with stress, anxiety, low-mood and depression.
- **Time2Talk - Family Mediation Service**

If you are having family disagreements or disputes during this difficult time, Time2Talk offers free, confidential and impartial mediation interventions to Bolton residents to improve relationships and to stop situations reaching crisis point.

Contact 01204 335945 or 335976 or email  
[time2talk@bolton.gov.uk](mailto:time2talk@bolton.gov.uk)

- **Your physical health and wellbeing**

It is vital that even as we follow government guidelines to combat coronavirus, we also keep maintaining our physical health and wellbeing.

So alongside our daily outdoor exercise - be it a run, walk, bike ride etc. we can introduce activities within the home that can help us keep well. Below of some useful resources that can help us build indoor activities into our daily routine:

The NHS has a series of 10 minute work outs that can be done in the home and require no gym equipment: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>.

- They also have a wider range of workout videos for differing abilities and age groups as part of their ‘Fitness Studio Exercise Videos’: <https://www.nhs.uk/conditions/nhs-fitness-studio> which cover aerobic and strength exercises as well as yoga and pilates workouts. These include chair based exercises and have a 5 week ‘strength and flexibility’ programme available in podcast form - <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>
- For those with younger children (or adults with an undying love for Disney) NHS Change for Life have a series of active ‘10 minute shake-ups’ you can play based on movies such as Toy Story, Frozen and the Incredibles: <https://www.nhs.uk/10-minute-shake-up/shake-ups>.
- **Coronavirus (COVID 19): list of online education resources for home education** contains useful advice and education resources for children - including resources about physical and emotional wellbeing.
- It is not just about physical fitness however, NHS Every Mind Matters has 12 top tips for things that we can do now to help us maintain our mental wellbeing and cope with our feelings whilst we stay at home: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- Beyond the NHS, Joe Wicks has his daily workouts, and many gyms and fitness/wellbeing communities are also

offering online workouts through their websites, social media channels or YouTube channels.

### Business Support

- **Support scheme for self-employed**

The Government has given more details on a [support scheme for self-employed people](#) who have lost income due to coronavirus.

- **Job Retention Scheme**

The Cabinet Office has released further guidance about the [Coronavirus Job Retention Scheme](#)

- **Business Bolton**

There are range of measures to support public services, people and businesses through this period of disruption caused by coronavirus COVID-19. The information can be found on our [Business Bolton](#) website.

- **Extended Coronavirus Business Interruption Loan Scheme (CBILS)**

The CBILS has been extended so that all viable small businesses affected by COVID-19, and not just those unable to secure regular commercial financing, will now be eligible should they need finance to keep operating during this difficult time.

Further details here: <https://bit.ly/UpdatedCBILS>

### Our partners update

#### **Free Metrolink travel**

Some Bolton residents may use the Metrolink to get to work. NHS staff and people working in social care can now travel for free on Metrolink to make essential journeys. For more information please visit the <https://tfgm.com/coronavirus>

#### **Other partners**

Follow:

[Greater Manchester Fire Service](#)

[Bolton at Home](#)

[Transport for Greater Manchester](#)

[Bolton CVS](#)

for their latest updates about the coronavirus situation.

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*Councillors for Tonge and The Haulgh*

Please let us know if we can assist, and we will do our best to help. Please take care and follow the Government and medical advice.

***Stay Home. Protect the NHS. Save Lives***