

Health and wellbeing minutes March 2020

Current events have focussed attention to keeping our community safe and helping to coordinate all the information coming in.

Health in mind had completed their last course.

Bellstane dentist has recruited a replacement hygienist but she will only work one day per week (Thursday)

Along with Neil McKinley and Graeme McKinley I have been working with the local groups getting together to support our community through the next weeks and months dealing with the impact that Coronavirus will have. This has led to accepting support from local councillors who have the ability to coordinate volunteers and requesters across the whole political spectrum. The virus doesn't care who you vote for and neither do we. We are asking as many volunteers as possible to link with the page set up by Louise and Kevin in order to be able to match people living nearby

Queensferry Churches Care in the Community has had to stop all face to face contact with their clients but are keeping in touch with all existing clients and potentially those on their waiting list. They are ideally placed to support this existing group of more vulnerable people -already being known face to both the clients and their families. They will use their existing volunteers and staff to do so and at this time do not think they will need extra help but know to contact us if they do.

Currently all the staff and volunteers hold PVG which gives added to security for this vulnerable group. They will look at shopping requests etc for this identified group. On the days that a person would normally attend the Haven the team can deliver a packed lunch (this may not be able to happen if the building is closed) They have aprons and gloves but no masks.

Befrienders will keep in touch by phone with their existing friends.

The supper club will keep in touch with their members in a similar manner. There are plans in place to keep in touch with the folks living in Shore road

In a similar manner the churches are well placed to identify parishioners who may struggle and the elders already have an identified group that know each other and already have a relationship of trust. Again, this is a group of people who have undertaken safeguarding training giving an added layer of protection.

The foodbank is getting busier already and very grateful for the fresh veg that was brought down by the high school as it closed. Because most of the foods provided by the public are the same ones that are missing from the shelves please continue to support our foodbank with online financial donations and they may be able to procure food elsewhere. <https://edinburghnw.foodbank.org.uk/>

Dentists -non essential work such as hygienist is curtailed

GPs are working flat out to support us. Please don't ask for prescriptions you don't need yet -there are no shortages but the extra workload of just in case is impacting on everyone's workload including the pharmacist.

Pharmacy is now asking people not to wait for prescriptions being filled but to go away until a suggested time and avoid creating a queue in the shop

The current Government advice it is likely that this situation will be ongoing for several months. Please be prepared that your help may not be required immediately, but over the coming weeks and months it is likely that you will be needed at some point.

It is not just elderly people who can feel lonely and isolated. Check on all neighbours who may need help, or who are having to self-isolate. There will be neighbours around you who are living on their own and may not have a network of friends to call on. If you are having to self-isolate and have no one to help you, it doesn't matter what age you are. Single parents may find this particularly difficult. People who are immunocompromised may not have told people in the past. The obvious things to do are shopping or prescription collection but what about taking their bins out on bin day (and wipe the handles after).

As yet there is little advice about money transactions and we are trying to get clear guidance as everyone will have limited amounts of cash in the house. This is a real risk for some of the more vulnerable folk around.

Volunteering Edinburgh has laid out some very sensible guidelines that should protect both volunteers and those needing our help which we hope all volunteers will follow;

If there is already a community or voluntary organisation (including churches and housing associations) organising in your neighbourhood, please make contact with them and offer to work with them rather than setting up something new. In Queensferry we are recommending the set up by the almond ward councillors as an overarching system. They are working with the groups set up last week.

If you have concerns for someone's welfare please refer to the information below:

In an emergency

If the crisis is life threatening, call 999.

If you are worried about someone who is ill, call NHS 24 on **111**.

Urgent social care or someone at risk of harm

If someone needs urgent social care or you think an adult or child needs protection call Social Care Direct on **0131 200 2324**

In the evening and at weekends or public holidays, you can call Emergency Social Work, free of charge from a landline. Your mobile phone provider may charge for 0800 calls. **0800 731 6969**.

Monday to Thursday 5pm to 8.30am, weekends from Friday 3.55pm to Monday 8.30am.

Discourage people from using signs of any type on windows and doors etc. to indicate that they need help. This can draw unwanted attention to people who may be vulnerable.

Never post identifying or private information about someone who is vulnerable, isolated or ill on any social media platform.

If someone is offering to help you and you do not feel comfortable – _trust your instincts and decline their offer of help. Never feel pressured into accepting someone’s offer of help.

Always use common sense. Never put yourself or another person at risk.

The following links may be of use;

The Edinburgh volunteer link if you down load the FAQ on the right at the end are some really good ideas for keeping your mind active while isolated.

<https://voled.in/covid>

Keeping updated on what to do if you think someone has the virus;

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

To volunteer or ask for help

Almond Help Line

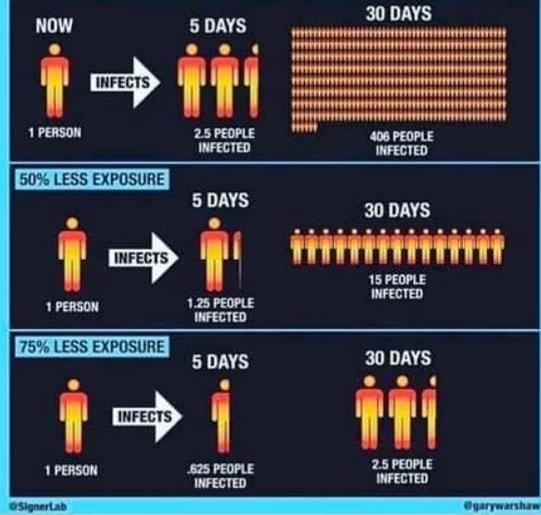
<https://docs.google.com/forms/d/e/1FAIpQLSdSzhsy9w6pBMnmEPaEAIgUUK0UsRJFSkdwd48pDhN2kdzvPw/viewform>

Almond Volunteering Line

<https://docs.google.com/forms/d/e/1FAIpQLSfAxkLNOFdyaixq5TK5B34PPUGVRxHKfc45aE74zv53SUTwYg/viewform>.

The following was on facebook and is so important to understand why you need to isolate even if it is” just a cold”. Unless you have had a negative test, you have no way of knowing if it is truly just a cold.

THE POWER OF SOCIAL DISTANCING



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