

Covid-19

Guidance for

communities

on Anglesey

Isle of Anglesey County Council, Medrwn Môn and Menter Môn are working together to provide guidance for communities who want to come together during this time. This pack offers examples of resources that can be used by community groups should they wish to do so.



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



Example letter:

Dear Friend,

As you will be aware the world is currently suffering a healthcare pandemic. We are here to help you if you require. As a great many local residents are either elderly and / or vulnerable, we wish to put into action a plan to keep everybody in communication, everybody supplied with food and other necessities or just at the end of the phone for a friendly chat.

If you are showing any signs or symptoms of the publicised condition, please remember to follow current Government advice for self-isolating you and your immediate family and go to www.nhsdirect.wales.nhs.uk/COVID19/ and follow the specialist medical advice.

Below is a list of names and telephone numbers and next to those details are the areas that particular individual or individuals will be covering as volunteers.

If you are in need of any shopping or any kind of supplies please feel free to call the relevant person. Please bear in mind that if you do not get in touch first time that person is probably dealing with another individual. Therefore please leave your name and number and we will get back you as soon as we can.

Everybody's names, numbers and areas to be covered.

Disclaimer:

This is a support network for people organising in their communities. Local support groups are not directly affiliated with Covid-19 Mutual Aid UK and we are not accountable for their activities.

PLEASE NOTE: This group is run entirely by volunteers and not medical professionals. We're all community members and groups wanting to support the most vulnerable with errands, information distribution and emotional comfort.

Below is a template you may want to use

NAME OF VOLUNTEER	TELEPHONE NUMBER	AREAS
NUMBERS OF VOLUNTEERS INCLUDED FOR EACH AREA	NUMBERS OF VOLUNTEERS INCLUDED FOR EACH AREA	AREAS VOLUNTEER WILL COVER

HELO! HELLO!

Os yn hunan-ynysu, rwyf yn gallu helpu.
If you are self-isolating, I can help.

Fy enw yw

My name is

Rwyf yn byw yn

I live locally at

Fy rhif ffôn yw

My phone number is

Os yn hunan-ynysu oherwydd COVID-19, rwyf yn gallu helpu gyda:

If you are self-isolating due to COVID-19 I can help with:

Nôl eich siopa
Picking up the shopping

Postio
Posting mail

Sgwrs ar y ffôn
A friendly phone call

Cyflenwadau brys
Urgent supplies

Ffoniwch/anfonwch neges destun ataf a byddaf yn gwneud fy ngorau i'ch helpu (am ddim!)
Just call or text me and I'll do my best to help you (for free!)

Mae coronafeirws yn helintus. Cymerwch bob gofal i sicrhau mai dim ond caredigrwydd rydych yn lledaenu.
Dylid osgoi cyswllt corfforol (pellter 2m). Golchwch eich dwylo yn rheolaidd. Dylid gadael eitemau ar garreg
eich drws.

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid
physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

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Os yn hunan-ynysu, rwyf yn gallu helpu.
If you are self-isolating, I can help.

Fy enw yw

My name is

Rwyf yn byw yn

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physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

We have found these simple postcards (**page 3**) to be of great use.

You can deliver one of these cards through a neighbour / friend's door to offer your support. Please follow the instructions that are given on the bottom of the postcard and has been reinforced below:

'Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.'

Covid-19 support teams are currently being developed across the Island by willing individuals who want to help. The aim of the Covid-19 Support Teams will be to provide support in the event of someone self-isolating and in need of food or hygiene essentials. All community members who are kindly offering their support will have varying availability and may not be able to respond immediately.

Should you be in a position to help others and it is safe to do so, please contact the Covid-19 Support Team for your area (find out where your nearest Support Team is by contacting Môn Community Link).

Contact Information

Môn Community Link – 01248 725745 or Linc@medrwnmon.org

Medrwn Môn – 01248 724944 or post@medrwnmon.org

Menter Môn – 01248 725700 or enquiries@mentermon.com

Covid-19 Support Team - Guidance Notes for volunteers

Your Safety - Please observe the current health guidelines. Be aware that many of the people you help will be infected and there are real risks. Do not enter a client's property. Always maintain physical separation and if you handle anything touched by the client sterilise or wash your hands before touching anything else. Leave deliveries on the doorstep and place anything you are given, including money, in a clean plastic bag.

Transport - Please check that your car insurance is in order and that you are covered for voluntary work. No additional cover has been arranged and policies do vary.

Scope of Work - Beyond the obvious errands and dog walking we cannot predict what volunteers are likely to be asked for. Please use your discretion and remember the limitations imposed by the safety measures. If it seems unreasonable, unsafe, or just too much, feel free to refuse.

Care with money - Please take care to avoid any misunderstanding with client's money. If you don't know the client well you should offer some form of ID and leave your name and number with them. Clients should be advised to ask for this in order to protect them from opportunist thieves.

Good practice suggests that those who undertake shopping for a person should document the handling of money clearly, ensure receipts for goods purchased are provided. It is important to report any accusation or disagreement over shopping money/change or goods to the Support Team Co-ordinators immediately. In addition, the Support Team should tactfully refuse any personal gift offered to them by anyone they're shopping for.

Example of Risk Assessment you may want to consider

Tasg/ ardal i'w asesu/ Task/area to be assessed: COVID 19 – COMMUNITY RESPONSE TEAM											
Swyddog Asesu/ Assessing Officer		Dyddiad/Date:	Dyddiad Adolygu/Review Date:			Lleoliad/ Location	VARIOUS LOCATIONS				
Peryglon Sylweddol/ Significant Hazards	Pwy sy'n gallu cael eu brifo a sut? Who might be harmed & how?	Sut mae'r risg yn cael ei reoli ar hyn o bryd? How is the risk currently controlled?	Lefel Risg Dechreuol/ Initial Risk Level			Pa gweithrediad sydd angen i lleihau y risg ymhellach? What action is required to further reduce the risk?	Lefelau risg gweddilliol ar ôl systemau rheolaeth? Residual risk level after controls?			Gweithrediad gan Bwy/ Action By Whom	Dyddiad Terfyn/ Deadline
			Tebygoliaeth Likelihood	Llymder Severity	Lefel o Risg Risk Level		Tebygoliaeth Likelihood	Llymder Severity	Lefel o Risg Risk Level		
<p>Coronavirus is a viral disease that can cause coughing, fever and difficulty breathing. It can be more severe in older people, those with weakened immune systems and some long-term conditions like diabetes or cancer.</p> <p>Community response teams will be delivering essential items to those who are in self isolation.</p>	<p>Older people and those with underlying health conditions who will be in self isolation.</p>	<p>All volunteers have been given clear instruction to</p> <ul style="list-style-type: none"> Avoid any physical contact with anyone who is in self isolation. 	2	3	6						

<p><u>Contamination</u></p>		<p>All supplies delivered will be left on the doorstep</p> <p>Gloves will be worn when knocking on the door or ringing door bell to alert person of arrival</p> <p>Please be mindful that some people may not hear door knocking.</p> <p>Gloves need to be disposed of after each visit when knocking doors or ringing door bells.</p> <p>Carry plastic bag in the vehicle to dispose of any used gloves</p> <p>. Money transactions will be made either through bank transfers or cash, preferred method</p>				<p>If persons open the door whilst you are delivering you must ask them to kindly close the door till you have left and in safe distance away from them.</p> <p>Volunteers to visually check that persons have taken the supplies to the house.</p>					
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<p><u>LONE WORKING</u></p> <p>Volunteers will be lone working when delivering emergency supplies to those in self isolation.</p>	<p>Risk of ill health in isolated areas</p> <p>Road traffic incidents</p> <p>Vehicle breakdown</p>	<p>All volunteers have use of own mobile phone</p> <p>Introduce lone working buddy system between the volunteers they should buddy in pairs contacting each other frequently.</p>				<p>Advise volunteers to confirm attendance at beginning of shift and confirm when they are finished for the day via text to coordinator</p> <p>Ensure coordinator has access to all mobile phone numbers.</p> <p>Coordinator to adopt volunteer attendance register, to sign in and out when</p>					
<p><u>PERSONAL PROTECTIVE EQUIPMENT</u></p>		<p>Disposable gloves</p>				<p>Hand sanitizer or wipes if available.</p> <p>Personal First aid kits if available</p>					

Food Bank

In the following weeks the way local food banks are operating will be slightly different. Please contact your local Covid-19 Support Team if you require essential food or personal hygiene items.

If you feel that you don't need the services of a food bank but would like to contribute to help those that do, a Go Fund Me page has been set up and can be found here:

https://www.gofundme.com/f/banc-bwyd-mon-food-banc?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1