

# Opportunity and Change Newsletter

April 2020



## OAC Project Team Updates

March saw two members of the OAC Project Team leave their roles to embark on new journeys. Once again, we'd like to say thank you to Ian Hole, auditor and Heidi Fish, Performance Manager for all their hard work and dedication to the project



The Project Team are currently working from home and doing their best to support the partnership during the Covid-19 crisis. After facing an IT outage for 2 weeks, we are now beginning to gain access to our network. Apologies for any inconvenience this may have caused.

We would also like to take this opportunity to thank everyone for working extremely hard and going that extra mile to ensure the wellbeing of participants during these challenging times.



## OAC Intervention Updates

**Loudspeaker Programme** - Katy Culbard, programme manager for Loudspeaker, informed the partnership that the Loudspeaker project has been postponed, once the current project has finished, whilst Nottingham Contemporary is closed.

Katy has advised that it is unlikely that the team would be operating again in time for the next project which was scheduled to start 21st May. As soon as business resumes, Katy will be in touch with dates and referral requests.

With the current project, the Loudspeaker team have been supporting participants remotely with conversations and creative activities. Instead of the usual material exhibition, participants have contributed to the planning of an online exhibition. Amanda Spruyt will be in touch to share the link, for you all to view the amazing artwork that has been created during the first 6 weeks of the programme.

**Interventions**—Given the current circumstances, all other interventions such as Equine Therapy, Men in Sheds etc have been put on hold until business resumes.

## BBO Updates

Recently we communicated guidance received from The National Lottery Community Fund (TNLCF) which has been shared with the partnership.

Please read through this guidance in order to understand any changes made to the regular running of the project during this period of time.

Advance payments for Quarter 2 have been processed and the funds should be in partner accounts early next week.

Should you have any queries regarding the BBO guidance, please do not hesitate to contact Shazia Ali: Email: [shazia.ali@frameworkha.org](mailto:shazia.ali@frameworkha.org) Telephone: 07967 152382/ 07795 353552

## Skills Plus 4 Change—Update

SP4C have suspended face to face delivery, however the team have been in daily contact with participants offering 1-2-1 support. They have also created videos online which can be found on Youtube: Staying at Home, Money Matters and Budgeting.

There is a Facebook page set up and Rashpal who is based at Derbyshire YMCA has set up a Whatsapp group. Esendex is also being used as a text messaging service to engage with participants.

Navigators are encouraged to recommend engaging with SP4C to participants even if they haven't been to SP4C before, they just need to call the SP4C trainer for their organisation. Please email the OAC email for your local trainer.

**As part of Opportunity and Change's response to this unprecedented challenge we are currently in, we want to tell the stories of the staff who are working so tirelessly in their services - in so many cases going above and beyond in challenging circumstances to safeguard participants.**

### **How has the Coronavirus impacted on you?**

Apart from my husband having suspected Covid-19 and myself and my son isolating for 14 days, everything has been okay. I have set my spare room up as an office and have everything I need even paperwork, thanks to Eleanor. It is less stressful as I don't have to get up at 5:30am to get to the office on time and getting back home at 6:30pm; I'm out of the office at 5pm and in my kitchen by 5.01pm. I am seeing my family more than I have for 2 years, my dogs love me being home, I'm cooking regularly and in the evening and at weekends getting all the jobs that have needed doing for years done.

### **How has the Coronavirus impacted your work / Partner services?**

Now this bit is the difficult bit, with our participants having multiple complex needs. Two of mine are shielded and have no family or friends nearby, this has been the main struggle. However, everything has been put in place so they receive regular food parcels from the food bank until the government start delivering. A major challenge barrier has been that participants without access to the internet cannot keep up to date with what is happening around the world. If they live in the YMCA this has been provided in one room, but is notoriously unreliable. I have never been able to get on to it!

Another problem faced was one of my participants, who was self-isolating due to mild symptoms, ran out of gas and electric and had no money to buy these as his gardening work was affected by the lock down. I managed to gather information that had been shared so he could ring his energy providers and they would give him fuel. Additionally, one of my participants who is in transitional housing has had no heating or hot water and now his cooker has broken. The challenge of trying to get this sorted has been incredible. After a week of chasing this up, I found out that the person supposed to be sorting this out is self isolating, very sorry for him but why were jobs not passed on? This bit is frustrating but I find I have more time to chase this up and hopefully will now be sorted.

I feel the participants are settled at present now they realise this is a national crisis and at least they know they have regular contact with me and I can chase things up on their behalf.

### **What have you personally done in response?**

In regards to what I have personally done, just my job which is to care and to make sure I respond to a need in the best way I can with the resources given. I feel we are making a difference in these uncertain times.

### **Is there anything else you'd like to add?**

Only to say, well done all of you at Opportunity and Change, change being the operative word, as we are having to change at present as the opportunities are reduced.

**If you would like to share your Good News Story, please fill out the template (or request a template) and return to [Eleanor.fegredo@frameworkha.org](mailto:Eleanor.fegredo@frameworkha.org).**



## General Resources

Doctors of the World are really pleased to be able to share with you Coronavirus (COVID-19) advice for patients in 43 languages, which were produced in partnership with the British Red Cross, Migrant Help and Clear Voice and a lot of wonderful volunteers.

<https://www.doctorsoftheworld.org.uk/coronavirus-information/#>

### Childcare:

Buzzfeed have put together a collections of educational resources, ranging from storytelling from space to virtual guitar lessons to learning daily dance routines.

<https://www.buzzfeed.com/melissaharrison/educational-resources-activities-kids-coronavirus>

The Children's Commissioner has put together a guide to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

### Health and wellbeing:

NHS advice and guidance on coping with your mental health whilst self-isolating

<https://www.nhs.uk/oneyou/every-mind-matters/>

CIMHS provides a free online therapy for depression that teaches you how to monitor, manage and improve your mental health in 8 weeks. (Thank you Rebecca for sending us this one!)

<https://cimhs.com/index.php>

RealSimple have listed ways of coping with your anxiety. This is a really great resource for us all to use at such a stressful time (Thank you for this one, Allison!)

<https://www.realsimple.com/health/mind-mood/emotional-health/ten-ways-to-cope-with-anxiety>

The **Every Mind Matters campaign** supports people to manage and maintain their mental health. To support the public in maintaining mental wellbeing while at home, the Every Mind Matters website now features specific tips to deal with anxiety around the virus. Read: '10 tips to help if you are worried about coronavirus', here:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

### Employment:

Staffline Recruitment and PeoplePlus (the UK's leading adult training provider) are responding to this unprecedented challenge in the form of a nationwide recruitment campaign, to support the UK's essential services, including food supply, retail and delivery. This could also be an opportunity to get into work and gain experience.

<https://www.feedthenation.co.uk/>

### Other useful resources:

Simple Energy Advice provide personalised advice to make your home greener and save money.

<https://www.simpleenergyadvice.org.uk/energy-efficiency/greener-home>

Money Saving Expert: Coronavirus - Finance and Bills Help

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

## Nottingham

### Employment:

Nottingham Jobs have collated all temporary jobs available due to Covid-19:

<https://www.nottinghamjobs.com/various-retail-vacancies.html>

### Health and wellbeing:

Trussell and Hope Food Banks: Most offering collections at the door and deliveries only <https://www.trusselltrust.org/get-help/find-a-foodbank/eastwestnottingham/>

Grace Church Food Bank Deliveries only <https://gracechurchnottingham.org/food-bank/>

Himmah Food Bank <https://www.himmah.co.uk/>

St Ann's & Sneinton Food Store: <https://stannsAdvice.org.uk/coronavirus-do-you-need-help/>

Active Nottingham have created this great hub of home workouts, fitness activities, ideas and information to keep you moving during the Coronavirus (Covid-19) pandemic.

<http://www.activenottingham.com/home-workouts/>

### Other resources:

Nottingham City Library Online—While our libraries are closed we've been busy finding more ways to bring your library to you online.

<https://www.nottinghamcity.gov.uk/leisure-and-culture/libraries/join-the-library/>

Nottingham City Council's guide to Staying Home

<https://www.nottinghamcity.gov.uk/stayinghome>

## Nottinghamshire

**Deaf or care for someone who is Deaf?** Want information and advice about Coronavirus in BSL?

<https://www.nottinghamshire.gov.uk/care/coronavirus/coronavirus-information-and-advice-in-bsl>

### Nottinghamshire Coronavirus Community Support Hub

There are many local volunteer groups offering help if you are staying at home because of Coronavirus. To find what services are being offered in your area, follow the link below:

<https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub>

**Nottinghamshire County Council** has provided information about **preventing scam activity** during this challenging period. Scams hope to take advantage of the most vulnerable in our communities, and the Trading Standards team is aware scam activity relating to COVID-19 in Nottinghamshire.

<https://www.nottinghamshire.gov.uk/care/coronavirus/covid-19-and-scams>

## Derby

The **Derby COVID Community Response Hub** coordinate help and support for people who live alone or who are self-isolating with partners or relatives during this national crisis.

<https://www.derby.gov.uk/coronavirus-covid19/how-you-can-help/>

**Derby Active** have provided free at home workouts along with advice on eating a healthy diet. Derby Active has worked in partnership with Technogym to set up a Derby Active Virtual Gym free to everyone to keep you active during these times.

Simply [set up an account](#) then download the Mywellness App and log in.

<https://www.inderby.org.uk/active/news/keeping-you-active-at-home/>

**Qwell** (shared by Derby City Council) is a free online counselling service, this could be vital in aiding mental health:

<https://www.qwell.io/>

**Derby City Council** have provided information of **support for domestic abuse** highlighting that self-isolating could create a higher risk for sufferers.

<https://news.derby.gov.uk/preventing-domestic-violence-during-the-coronavirus-pandemic/>

### £47m Business Grant scheme

On Thursday, Derby City Council announced their support for the city's businesses through the coronavirus pandemic with a £47 million financial support and relief package.

Derby City Council is currently contacting around 3900 businesses who will be eligible for grants of either £10,000 or £25,000 from the Government's coronavirus support packages later this week.

Read more about the scheme on [the Newsroom](#).

### Derby e-Library

Derby Live provide an e-Library in which members can access books, audiobooks and magazines online. Follow the link for information to get started!

<https://www.inderby.org.uk/libraries/whats-on-offer/elibrary/>

## Derbyshire

**Derbyshire County Council:** If you need help, there's information here for those who need help during the coronavirus outbreak and how to get it.

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>

**Derbyshire Mental Health Support Line:**

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

**Derbyshire Discretionary Fund**

What support do they offer? The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.

Contact: 01629 533399 Monday to Friday 10am – 4pm

Website: <https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/managing-money-and-debt/derbyshire-discretionary-fund/derbyshire-discretionary-fund-ddf.aspx>

**Safer Derbyshire**

What support do they offer? The service available in Derbyshire offers advice and support to victims, professionals and other agencies dealing with domestic abuse issues.

Telephone: 08000 198 668 Text: 07534 617252 Website: [www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx](http://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx)

## Sharing Good Practice

Lockdown doesn't seem to be going away anytime soon which means we need to look at alternative ways of keeping our participants informed. Double Impact have produced a fantastic newsletter which contains information that will be beneficial to the participants and us and thought it was worth sharing with you.

Please click on the link to view to view the newsletter:

<https://mailchi.mp/056cb14c6653/building-better-opportunities-newsletter?e=8e6f0f015f>

If you would like to produce a newsletter, please remember to gain approval from the project team before publishing :) and feel free to share any ideas or good practise with partnership via the project team!

## Finally...

If you would like to have something published in the next newsletter or would like to share with the Partnership then please let us know by emailing:

[opportunityandchange@frameworkha.org](mailto:opportunityandchange@frameworkha.org)