



These are unprecedented times for all of us and I know you are all very busy at the moment but there are so many things our wonderful communities are doing to support each other, I thought you might want to share some of those things to give inspiration and confidence to others. Please email me with examples and photos when you get the chance. danielle.frost@ealc.gov.uk

If you or any of your residents are experiencing any barriers to getting initiatives up and running please let me know and we at EALC will do all we can to alleviate those barriers.

Below are a few general points of information I thought you could add (if you haven't already) to your websites, Facebook pages and ask all your councillors to share to the community groups they belong to. Local Councils are by their very nature filled with leaders in their communities, the information you provide will support and enthuse your residents and hopefully support their mental health and their wellbeing at this very difficult and strange time.

I have also added some useful links and ideas which may help your residents fill the long hours but please get in touch with me if you or any of your residents are doing something you want to share.

Danielle Frost
Health and Wellbeing Officer

IMPORTANT MESSAGE PLEASE SHARE

If you are an organiser of a local volunteering group could you please take the time to complete the form on the link below. This will allow Essex Coronavirus Action Group to direct people in your neighbourhood to the right place and offer support to you as group leaders.

<http://eca-info.org/forms>

Government Hotlines

HMRC	0800 015 9559
Universal Credit	0800 328 5644
School Closures	0800 046 8687
NHS	111.nhs.uk or 111

Essex County Council

www.essex.gov.uk/coronavirus	for regular updates from ECC
Essex Coronavirus Action	Facebook page, gives useful and legitimate advice
Essex Highways	www.essexhighways.org/getting-around/public-rights-of-way/prow-map.aspx

CVS

CVS Uttlesford	01371 878400	https://cvsu.org.uk	Uttlesford
CAVS	01268 214000	https://www.cavsortg.uk/	Castle Point
Community 360	01206 505250	https://www.community360.org.uk/	Colchester
Community 360	01376 550507	https://www.community360.org.uk/	Braintree
Maldon & District CVS	01621 851891	https://www.maldoncv.org.uk/	Maldon
CVS Tendering	01255 425692	https://www.cvstendring.org.uk	Tendering
CVS Brentwood	01277 222299	https://brentwoodcv.org.uk/	Brentwood
RRAVS	01268 772796	https://rravs.org.uk/	Rochford
SAVS	01702 356000	https://www.savs-southend.org/	Southend
Basildon, Billericay & Wickford	01268 294124	http://www.bbwcvs.org.uk/	Basildon
Voluntary Action Epping Forest	01992 910701	https://vaef.org.uk/	Epping Forest
Rainbow Services	01279 308 150 or 01279 210 404	https://www.rainbowservices.org.uk/	Harlow TC
C S V A	01245 351888 or 01245 250731	https://chelmsfordcv.org.uk/	Chelmsford
CVS Thurrock	for more information see:	https://thurrockcv.org/	Thurrock

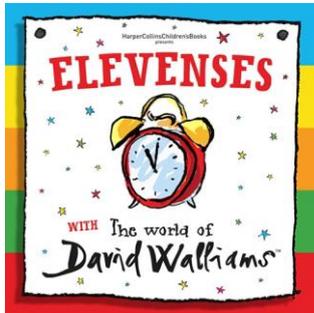
Provide will offer support at this time for all things to do with mental health.

<https://www.provide.org.uk/>

Please circulate this urgent appeal on their behalf



Useful links for children at this time, not a definitive list by any means and if you have others please let me know.



David Walliams is releasing an audio story every day for the next 30 days. They are excellent for all the family to listen to and then why not draw your own illustration to match what you have listened too. As a parish council you could ask to see the pictures which have been created and publish them.

<https://www.worldofdavidwalliams.com/elevenses/>

Joe Wicks is doing 30 minute PE sessions on youtube primarily aimed at children but all the family can join in. You don't need any specialist equipment or space.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

If Joe Wicks is a little too frantic why not try Cosmic Yoga for kids again on U-tube. There are themed videos to inspire the children with fun characters and excellent graphics.

<https://www.cosmickids.com>

BBC Bitesize is available for all primary and senior and beyond school children as an extra resource to learning in a fun way.

<https://www.bbc.co.uk/bitesize>.

Do you fancy going on a virtual field trip? There are 20 to choose from on this site from museums, art galleries and zoos.

<http://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids-html>

The kids should see this - is a website full of smart videos for curious minds.

<https://thekidshouldseethis.com/>

Things that are being organised in other parishes to promote mental health:

Draw a Rainbow



(photo courtesy of youtube)

All over the county hand drawn pictures of rainbows are appearing in windows. Not only do these offer a boost of happiness and colour, they provide a readymade activity for families to do whilst out for their one daily outside exercise session. Why not take it further though and ask residents to send some to your local care homes to brighten up the windows of the residents?

Make an Easter Egg



(Photo courtesy of Dunmow Residents FB page)

Following on from the same theme as the Rainbow in the Window, with Easter approaching it might be nice to make a seasonal drawing for people to follow. Again, these could be forwarded to the local care homes to brighten up their Easter.

Go on a bear hunt



(photo from Edinburgh News)

In line with the popular book 'We're Going on a Bear Hunt' by Michael Rosen and Helen Oxenbury, why not encourage people to put their teddy bears in their windows for people to look out for on their one daily exercise outside to

Take photos of your garden in springtime



(photo courtesy of Pixabay)

Spring has sprung and those with gardens or window boxes will be enjoying the new blooms on display and the new growth coming through. The Local councils could ask for photos from residents of their gardens and run a virtual garden competition. They could display them on their websites too.

Book and jigsaw swap



(photo from Bing)

Some volunteer groups have come together to swap books, jigsaw puzzles and games as libraries and charity shops are closed. This is a welcome distraction for those self-isolating. Certain protocols must be followed to ensure cleanliness is maintained and risk kept to a minimum but guidelines can be given.

Write a letter to your local care home



(photo courtesy of unsplash.com)

Visiting care homes has stopped and residents miss that day to day contact from their family and friends. Why not encourage your residents to write, draw or send letters to the residents telling them what you have been up to, watching, playing etc.

Watch a Live Streamed Play from the National Theatre



The National Theatre has a massive back catalogue of recorded plays and every Thursday it is going to stream one of those plays through u-Tube. <https://www.nationaltheatre.org.uk/>

Keeping active

It might be useful to give residents information about keeping fit at this time. There are regular examples being published by Active Essex which you could put on your websites and FB pages. They could also be printed off and delivered to those who do not have access to the internet. Click on the link <https://www.activeessex.org/keep-active-at-home/> for useful hints and tips.



Grant information to send out to your residents

Sport England today announced a £20 million emergency fund for local sports clubs and community sports organisations who are experiencing short term financial hardship due to the impact of Covid-19. Clubs, leagues and community organisations can apply for a grant up to £10,000 who are not currently in receipt of Sport England funding.

This will be a lifeline for a number of Essex sports clubs, leagues, and community sport organisations who need emergency money to cover costs such as rent, utility costs, insurance, staffing, and facility/equipment hire. The grant can cover the period from **1st March to 31st July**.

Priority will be given to clubs, leagues and organisations that serve disadvantaged areas and Sport England priority target groups. Grants will only be provided as a last option after other government sources and funding programmes have been ruled out. Applications must only be made if there is a funding emergency. Applications must be made online, and Sport England will respond within 7 to 10 working days.

You can access information and the application form [here](#).

If you have any queries, please get in touch with us at administration@activeessex.org.

Other key sources of grants in Essex are:

- Essex Community Foundation; The Essex Coronavirus Response and Recovery Programme is to get help quickly to voluntary and community organisations that are in crisis as a result of the pandemic and need emergency funding to keep their vital services running. Initially grants of up to £15,000 will be available. See more information [here](#).
- The CAF (Charity's Aid Foundation) has launched this rapid national response Fund to help smaller charitable organisations affected by the impact of Covid-19. See more information for the CAF Coronavirus Emergency Fund [here](#).
- Together with Postcode Community Trust, a grant giving charity funded by players of People's Postcode Lottery, Localgiving is delighted to offer charitable organisations the opportunity to apply for grants of £500. See the national Magic Little Grants Scheme [here](#).

