

## 9 April InfoNOW News corona 4

### News

- InformationNOW
- Stay connected during the coronavirus outbreak
- Deliveries to your door
- Easter worship
- Coronavirus Act 2020
- Be aware and Be alert

### Opportunities for Action

- What to do without the internet this weekend
- Updates on information related to the coronavirus outbreak: water, gas and electricity, deaf sign, water, children's guide

### Resources

- Free radios, TV and computers
- And there's more (funding and training)
- Doctors of the World translations

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## Updates to InformationNOW this week:

### Food support in the City

[Foodbanks and free emergency food](#)

[Free meals and cheap food](#)

[Meals at home](#)

Organisations

[FoodNation](#)

[Cornerstone](#)

[Changing Lives, homeless support](#)

[CityLife line](#)

[FAR community centre](#)

[Families 1st 4 additional needs](#)

[Junction 42](#)

[Christians against poverty](#)

[Sporting Chance North East](#)

[Building Futures North East](#)

[Vegetarian for Life](#)

**Staying connected on the Internet**

**New**

Easter worship during the coronavirus outbreak

[Quick links to virtual activity online](#)

[Staying connected during the coronavirus - wifi and device management](#) Charity and voluntary sector

[New Croft Sexual Health Centre](#)

[Diabetes UK Northern](#)

[Props North East](#)

[Shelter North East](#)

[Crisis Skylight](#)

[Alzheimer's Newcastle](#)NHS

[CNTW including visiting information](#)

[RVI and Freeman Hospitals](#)

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## Stay connected during the Coronavirus - internet use

With the help of Ofcom we have written a page on how to [stay connected during the Coronavirus](#).

We also draw your attention to:

- [Having issues using InformationNOW](#) which explains about problems that occur when browsing and the importance of clearing cookies.
- [How to tailor InformationNOW to your access needs](#)

### Mental health and homeworking

- [toolkit for small workplaces and self employed](#)

### What you can do online

We have updated our article about [what you can do online](#) and created a new article with [quick links to virtual activity online - from arts to gardening and music to geography](#). A few are listed here:

- Library services is expanding its range of electronic books, magazines, comics and audio books.
  - join, read online and listen
  - [Try not to worry if your Child is staring into space](#), encourage creativity Lauren Child, Waterstones Children's Laureate explains what she has found
  - [Take a virtual tour of York Minster](#)
  - A Roman pandemic ? clues from Hadrian's Wall and the Society's collection
  - [Love where you live, Newcastle](#) a panoramic view of Newcastle upon Tyne
  - [Company of Others ensemble](#) - stay active with online dance
  - [Get growing with the RHS in your garden](#)
  - David Walliams has launched, [Elevenses](#), a free audio children's story every day from 30 March
  - [Stream a free full-length play thanks to National Theatre](#) This Thursday, Jane Eyre reworked.
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## Deliveries to your door

In a bid to keep young people at home, [Streetwise](#) now offer deliveries of condoms and period products through the C-card scheme; telephone 07852 107803

The [Grainger Market](#) delivered 3,500 food boxes to local communities in a single week. They have set boxes of Fruit and Vegetables from a selection of green grocers, bakery goods from The French Oven, fresh meat products from Oliver & Eden, Finlay's and Geordie Bangers. Along with fresh Fish from both Lindsay's' and Chirton fishmongers.

[CityLife Line](#) has been set up as a joint voluntary and statutory initiative and is a safe way to get your essential supplies ? food, prescriptions and hygiene products.

[FAR centre in the West](#) has delivered 80 Emergency food parcels to isolated vulnerable people, 63 trays from Marks & Spencer before the safe distancing regulations came in and 80 trays of bread & fruit in three weeks

[Scran 4 Fam](#) has been set up to deliver soup to families in the West End.

it really makes us proud to be Northern and showcases positive network leverage at a time of need.

We've been made aware of individuals in the East End of Newcastle posing as YHN or Council employees and visiting properties claiming that they are there to enforce COVID-19 regulations. All staff will wear ID so please check it.

Only police can 'enforce' social distancing regulations. You should report anyone claiming this who is not a uniformed police officer to Northumbria Police.

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## Easter worship

Churches and faith groups have been in touch with opportunities to take part in mass, morning prayer, stations of the cross, Easter vigil and Easter Sunday services.

Our article takes you to a series of links to choose from.

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## Coronavirus Act 2020

The Coronavirus Bill has passed through Parliament and has now received Royal Assent to become law as the [Coronavirus Act 2020](#). The Act's purpose is to ease the

burden on NHS and adult social care staff, be time-limited for two years, used when strictly necessary and to be switched off once no longer necessary.

The Act has five key areas:

- increasing the available health and social care workforce
  - easing the burden on front line staff
  - containing and slowing the virus
  - managing the deceased with respect and dignity
  - supporting people
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## Be aware

### Helping victims of domestic abuse during lockdown

Nationally domestic abuse charities have reported a 25% increase in the number of requests for help since the Government's stay indoors restrictions came into force last month. It is feared that perpetrators use social distancing to further isolate their victims which places greater stress on families. The opportunities for victims and their children to safely and confidentially seek support may also be reduced.

[Domestic abuse](#) ? recognising signs and who can help is a useful article. You may be making a phone call to befriend someone or calling with a delivery ? how does that person seem to you?

Newcastle City Council has published a new page on preventing abuse or safeguarding someone and within that is a [film to explain what to look for and what to do](#).

If you have a concern about an adult at risk, contact [Community Health and Social Care Direct](#).

### Be alert to cyber crime

Don't enter your personal bank account details and don't click on phishing emails that may embed malware software.

**Gov.uk scams** ignore text messages from the government claiming to be fining you for leaving the house

### HMRC relief scam

Fraudsters are sending texts supposedly from HMRC offering relief money to help those in need

### **Health information scam**

Be suspicious of unexpected emails from the NHS and the World Health Organisation claiming to offer help and advice

### **Investments**

Be suspicious of investments that sound too good to be true ? even green or ethical investments. Check the company is on the [FCA register](#).

### **Good Samaritans**

Be careful what personal information you post on Facebook and Instagram.

Fraudsters trawl

online platforms for data like name, address, email, phone number, place of work, health issues, date of birth. They use these details to target or impersonate people to commit fraud. Use [CityLife line](#).

### **Online offers for vaccinations**

Ignore online adverts for vaccinations. Currently there are no vaccines, medicines, creams or other medical products that can treat or cure Covid-19.

### **Fake charity appeals and crowdfunders**

There are many worthy causes to support at this time, but be sure you are sending your money to the right organisation and not a fraudulent account. Check with friends and check the [Charities Commission website](#).

Please note the message about the East End fraud in Deliveries to your door section.

### **Five to Stop Fraud**

[Take Five is a national campaign](#) offering straight-forward, impartial advice that helps prevent email, phone-based and online fraud ? particularly where criminals impersonate trusted organisations.

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## **What to do without the internet this weekend**

Building on last week's ideas, we have several more to add to your list of non screen activity.

1. We assume that you will be playing board games. If you have a garden, play them outside. 2. We may be spending lots of time in our homes, but we bet there are plenty of things we own that we've forgotten all about **Task:** Find objects around your home that start with each letter of the alphabet. If you can't find one, imagine something you'd like to own beginning with that letter.

3. Collages use lots of different materials to create a picture of something. **Task:** Make a collage of somewhere you like visiting in your community using old newspapers, magazines and paper

4. In the Philip Pullman novels about dust, the characters each have a daemon (animal or bird) that is part of their personality. **Task:** choose a daemon and draw it.

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## Updates on information related to the Coronavirus outbreak

DWP easements to local unpaid carers

[Easements](#) are temporary measures the Government has introduced during the coronavirus

DWP has introduced two important temporary measures to help unpaid carers through the current emergency.

Unpaid carers will be able to continue to claim Carer's Allowance if they have a temporary break in caring, because they or the person they care for gets Coronavirus or if they have to isolate because of it. Under normal rules there are restrictions on breaks in care, but these have been lifted.

Providing emotional support rather than just more traditional forms of care to a disabled person will also now count towards the Carer's Allowance threshold of 35 hours of care a week.

Northumbrian Water

Northumbrian Water are offering payment breaks for people affected by coronavirus, in addition to their usual schemes. The missed payments during the break period will be collected in future payments, so it isn't suitable for residents who will be unable to make up their payments in future months. More information is available [here](#)

Gas and electricity

Gas and electricity suppliers have agreed an emergency package of measures to

ensure vulnerable households don't get cut off amid the coronavirus outbreak. More information is available [here](#)

## Banks

Many [banks](#) are raising the contactless payment to £45 and offering overdrafts of up to £300 during this period.

Moneywise Credit Union

Bank online or [visit the Byker Branch](#)

Deaf signing on coronavirus information

The Deaf Health Charity SignHealth is [publishing updates on Coronavirus \(COVID-19\) in British Sign Language \(BSL\)](#) every day.

Children's information on the coronavirus

[by author of the Gruffalo](#)

Vegetarians

[Grocery shopping guide for special diets](#)

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## **WaveLength gives radios, televisions, and tablet computers, free of charge**

For people who are lonely, a simple radio, television, or tablet can feel like a lifeline.

They help people who have become lonely through lots of different circumstances including the coronavirus. Please note they will be very busy at present. Some of these include:

? the death of a loved one

? illness or injury

? disability or impairment

? homelessness

? domestic abuse

please e-mail [info@wavelength.org.uk](mailto:info@wavelength.org.uk) or call 0800 0182137.

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## And there's more &#8230;.

### Coronavirus response fund

Northumbria Police and Crime commissioner has brought forward this fund.

### Training

[NEA Training Services](#) is offering a free (to non-commercial organisations) online course on fuel poverty and health. The course materials have been updated to include information for front line workers on the energy advice and support available in relation to Covid-19.

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### Translated Coronavirus documents from Doctors of the World

[Doctors of the World](#) has updated coronavirus guidance 44 languages to reflect the changes made regarding the lock down rules for the whole population in the UK.

Last updated: August 27, 2020

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### Recent Newsletters:

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#### [8 January 2021](#)

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