

A Community Pulling Together



A message from the Mayor, and Leader of the Council

"I hope you and your family are well at this difficult time.

We're working hard to do all we can to support local people and local businesses, and the community has really pulled together to protect vulnerable people.



I am very proud of the hard work and professionalism shown by council staff and contractors. I am also very grateful for our hundreds of volunteers who have signed up to support our community and people doing good deeds, whether that's checking up on your neighbours or taking part in clap for our carers every Thursday evening. Thank you."

***Cllr John Lamb
The Worshipful The Mayor
of Southend-on-Sea***

"We are working hard to make sure our Borough will be ready to thrive again as we recover from this difficult period.

The current events constitute a major economic shock, but we are already planning how we can get our economy back up and running, and how we can deliver the investment that our Borough needs to thrive.

I'm confident we will rebound to become stronger and more prosperous than ever.

I hope you find the information in this booklet useful and reassuring at this challenging time. Take care, stay safe and well."



***Cllr Ian Gilbert
Leader of Southend-on-Sea
Borough Council***

stay active

Both physically and mentally

Make your own Museum

Join the Museum Taskforce!

Although our Museums are closed, there's still lots to do! Join the Museum Taskforce and engage with our collections from your own home!

Or why not explore our beautiful historic properties and create your own stories like the Scratton children, who once lived in Prittlewell Priory!

For more information visit their website www.southendmuseums.co.uk or follow their social channels @SouthendMuseums



Get Crafty!

with Focal Point Gallery

Focal Point Gallery have a host of online activities, including *"Why Don't You Crochet a Granny Square or Two?"*

Led by artists, each instalment will suggest a new activity to keep you entertained and stimulated away from the screen. Look out for updates www.fpg.org.uk



10 Minute Workouts

Tips from the NHS

Now that we're all stuck indoors and can't get to the gym, these 10-minute NHS workouts are just what you need!

These equipment-free fitness routines are great to do at home and short enough for you to easily fit them into your daily schedule. www.nhs.uk

Southend Coronavirus Action

Worried? Need some help?

- If friends and family aren't able to help and you have no local support
- If you need help with tasks like food shopping or you're feeling isolated

**You are not alone.
If you need us, we're here.**

Call us on 01702 212497

Monday to Friday 9 – 5pm



Offering 24/7 emergency support with personal and response alarms for older and vulnerable people.

Call 0800 833162

Visit [carelinesos.co.uk](https://www.carelinesos.co.uk)

Advice and Support for Home Schooling

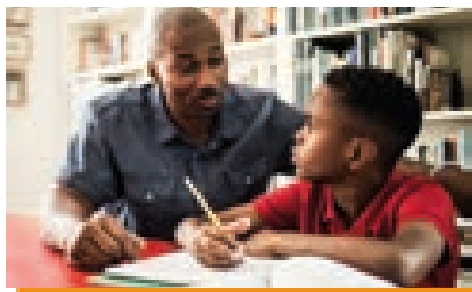
Information from www.gov.uk

The Department for Education have brought together an initial list of online educational resources to help children to learn at home.

They have identified some of the country's leading educational experts and offer a wide range of resources for pupils of all ages.

The list includes resources for:

- ▶ English
- ▶ Maths
- ▶ Science
- ▶ PE / Wellbeing
- ▶ Special Educational Needs and Disabilities



Online E-Learning

Southend Adult Community College have a range of online courses available to take part in and many of these are free to access.

Looking for new skills to use after lockdown? We have many opportunities that could help or even secure a new career. Our dedicated tutors are tailor making courses to meet your needs - we're here for you. www.southend-adult.ac.uk or call 01702 445700



Start a journal

Document life in Lockdown

In these uncertain times, Metal Southend is inviting people to capture thoughts and feelings through writing and artwork in journals, which will later form part of their Estuary Festival.

If you'd like a free journal just email paige@metalculture.com with your name and postal address.



Wildlife TV

From Essex Wildlife Trust

Bringing you a jam-packed schedule of digital activities that'll help you engage with your county's wildlife and learn about ways that you can help protect it.

From top tips on how to make your garden wildlife friendly to wild workouts, get your daily dose of nature, even if you're stuck indoors! www.essexwt.org.uk

Your local Councillors are here for you at this time

Councillors are elected to represent their local community (ward) and local people. They are a vital point of contact at all times, and never more so than at the current time.

Visit www.southend.gov.uk/councillor to:

- Find out who your local ward councillors are and how to contact them
- View a map of all wards in the Borough
- View individual ward maps so you can check what ward you live in

No access to the internet?

Please call 01702 215000 and our customer service team will be happy to help you find the correct details.

Enjoy time away from the screen

Put the phones, tablets and laptops away for a bit!

This could be a great time for some creative family activities away from the screen. Here are just a few suggestions –

- ▶ Crafty skills such as knitting, crochet, embroidery, drawing and painting.
- ▶ Why not create a diary of what it is like to live through “lockdown” and the new skills you may have developed.
- ▶ Make up a family quiz or look at family photos with children and talk about the stories they might represent.
- ▶ Encourage children to dress up and be creative around stories and their favourite characters.
- ▶ Make up a new song to “wash your hands”, record it and share it.
- ▶ Take up photography or learn a new language.
- ▶ Create recipes and cook together and grow your own herbs and spices.



Dr Jose Garcia

Local GP and Chair of NHS Southend Clinical Commissioning Group

There have been lots of important changes to how care is delivered and how people access health and care services.

I would like to thank you all for showing extraordinary resilience, solidarity and generosity, which has helped the NHS to keep providing much-needed care to many.

If you need medical help, the NHS is still here for you. If you need medical help from your GP practice, contact them either online or by phone to be assessed. If you need urgent medical help, use the NHS 111 online service. **If you cannot get help online, call 111. For serious or life-threatening emergencies, call 999.**



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Good Neighbours



Helping those in need, near you.

This is a tricky time for everyone but by being neighbourly, we can help make it better for those around us.

If you want to get involved, we can give you some ideas about how you can help and provide you with a 'Good Neighbour' pack to get started.

Just email goodneighbours@southend.gov.uk



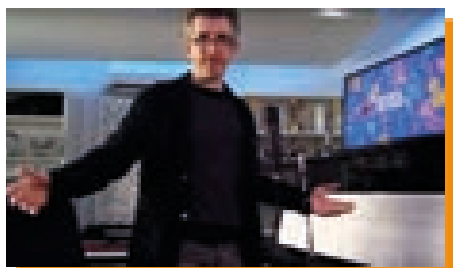
Tour Museums and Galleries

Without leaving your sofa!

As well as our own museums and galleries in Southend, others around the world are offering virtual tours and online exhibitions. Here are a few of our favourites:

- ▶ **British Museum, London**
Enjoy virtual tours of the Great Court and discover some amazing artifacts. britishmuseum.withgoogle.com
- ▶ **The Louvre, Paris**
The world's largest museum, holding world-famous pieces such as the Mona Lisa or the Victory of Samothrace. www.louvre.fr
- ▶ **Tate Britain, London**
Offering virtual tours around its rooms showing a chronological display of Britain's greatest artists. www.tate.org.uk
- ▶ **Natural History Museum, London**
Introduce the kids to the giant Dippy the dino, as well as specimens in jars, the dodo and more. www.nhm.ac.uk
- ▶ **National Gallery, London**
Home to over 3,000 paintings, drawings, watercolours from 13th to mid-20th century Europe. www.nationalgallery.org.uk
- ▶ **Guggenheim Museum, New York**
Tour the famous spiral staircase and discover incredible works of art. www.guggenheim.org





Join a Choir

Online with Gareth Malone

British chormaster, composer and TV presenter, Gareth Malone, has launched an 'at home' digital choir, 'The Great British Home Chorus'.

It's designed to bring together both amateur and professional performers around the UK by encouraging them to sing with others online. www.greatbritishchorus.com



Active Essex

Great free workouts & tips

More and more of us are spending time at home, so Active Essex have compiled some ideas and videos on how you can keep active.

Staying active is really important for all of our mental health and wellbeing.

www.activeessex.org

Stay In & Get Involved

Top celebrity content

With many of us stuck indoors for long periods of time it's difficult to keep yourself entertained. Thankfully a host of celebrities are offering their help:

- ▶ **PE with Joe Wicks | YouTube**
Virtual workouts at 9am Monday-Friday.
- ▶ ***Science, Scribbles and Stories* with Konnie Huq | YouTube**
Helping children understand coronavirus, as well as numerous fun science experiments to copy.
- ▶ **Andrew Lloyd Webber's *The Show Must Go On!* | Youtube** | Enjoy hit musicals for free for 48 hours.
- ▶ **Grayson Perry Art Class | Twitter & Instagram** | Creates new art works, talks to other famous artists and hosts masterclasses on how to create art.
- ▶ **Bear Gryll's *The Great Indoors Activities!* | www.scouts.org.uk**
Indoor activity ideas to keep kids learning new skills and having fun.
- ▶ **Elvenses with David Walliams www.worldofdavidwalliams.com**
Daily free audio stories from his collection of children's books.
- ▶ **Myleene Klass *Music Lessons & Lullabies* | Youtube** | Virtual music lessons where you don't need an instrument to join in!
- ▶ **Oti Mabuse *Dance Classes* | Youtube**
Strictly-inspired dances to help adults and children stay fit and learn a new skill while they are at home.

We're Still Open

Don't forget throughout the lockdown your GP plus mental health, dementia and carers support services are still available. All other essential services remain open too, such as opticians and pharmacies. Contact them in the usual way.

Be a Work Hero | Help keep Britain running

If you're looking for work, Jobcentre Plus has a host of local vacancies, just visit

► [jobhelp.dwp.gov.uk](https://www.jobhelp.dwp.gov.uk) / email TalkToPaul@gov.uk / or follow [@jcpinessex](https://twitter.com/jcpinessex) on Twitter

Looking after your Mental Health

If you're worried about your mental health or if you're a parent/carer worried about someone else's mental health there are a number of services you can contact:

- **Mental Health Direct:** 0300 555 1000 your local NHS mental health provider.
- www.southend.gov.uk/coronavirus for local services and support.

Support for Carers in Southend

We greatly value the service carers provide, and we recognise that these are distressing times but we're here to offer you advice and support:

- www.southend.gov.uk/carersupport
- www.southendcarers.co.uk: info@southendcarers.co.uk / 01702 393933

Age Concern Southend

For our older residents, Age Concern Southend is a small charity providing support, advice and services to older people in Southend and the surrounding communities.

- **Just call 01702 345373** / enquiry@acsos.co.uk / Phone line open 10am-2pm Mon-Fri

You are not Alone

For anyone who feels they are at risk of abuse, there is help and support available.

- **Southend service:** 01702 302333 for information, advice or support
- **Compass Helpline:** 0333 0333 7444 (24hrs) / www.essexcompass.org.uk
- **Women's Aid chatline:** chat.womensaid.org.uk / open Mon-Fri 10am-12pm

The household isolation instruction does not apply if you need to leave your home to escape domestic abuse. If you are in danger, please call 999.

If you're afraid of further danger and are overheard calling 999, use the Silent Solution. When the operator asks which service is required, if you are unable to answer, the call is forwarded to an operating system, where you can press 55 to alert the police.