



Seacroft Friends & Neighbours

0113 2734979

0113 2323662

Registered Charity 1183406

Coronavirus (Covid 19)
Wellbeing Newsletter

Spring 2020

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Our charity is supported by

& Our thanks to



And generous donations from
Leeds Benevolent Society for Single Ladies

Why not tune into your local radio
station?

East Leeds FM is now broadcasting

On 94.6FM



Dear Friends,

During the Coronavirus outbreak it is important to us at Seacroft Friends and Neighbours to ensure the wellbeing and safety of the older people within Seacroft.

We are a Leeds Neighbourhood network, part funded through Leeds City Council Adult Social Care.

Our Key workers have collated information from various services to provide support for individuals who are staying at home.

We understand that this can be an anxious and overwhelming time and information is changing sometimes daily. If you require further information regarding Coronavirus (COVID-19) please visit your local Government, NHS or Council Websites or phone us for more information.

Our numbers are 0113 2734979 & 0113 2323662

Our work has changed drastically since the Corona outbreak, from holding activities across several sites in Seacroft, we are now supporting older people at home as much as possible. The first week in April our work we were in contact with 221 people! Help included:

Essential shopping 38

Health support 10 (prescriptions etc)

Home visits for paperwork 9

Telephone befriending 51 (by volunteers)

External referrals 13 (hearing aid batteries, local council, Hot meal delivery, registering for more support)

All shopping deliveries included an Easter egg and card from local school children. Our oldest member helped is 101 and our furthest referral came from Hong Kong!

Support & Advice

Practical things to consider -

Do you have a support network around you – Family and Friends?

Do you have a back-up plan should your support network become unwell or need to self-isolate?

Food: Do you have a way to get food and cleaning items delivered?

Money: Can you budget for any higher bills or expenses?

Bill payment: Can you still pay bills if you need to self-isolate or become unwell?

Can your family / support network help with this?

Medication: Do you have enough medication? Plan to order this via your GP/ Pharmacy and can they deliver.

Do you care for someone else? Have you got an emergency plan in case you have to isolate, do you know how to protect yourself and your dependent?

Carers Leeds can offer additional advice **0113 380 4300**

Do you have a dog? And can someone walk your dog if you become unwell or need to self-isolate?

If you are struggling we may be able to help with support do give us a call **0113 2734979** or **0113 2323662**

A local group called Fall Into Place are helping by providing activity packs and organizing penpals between children and older people.

Seacroft Collective are working together with Councillors, LSI4 Trust, churches and several other organisations. Together we can provide food parcels for those most in need. East Leeds Radio are now broadcasting on 94.6FM and will keep you up to date.

Health & Wellbeing

Connectivity: staying in touch with people is important check you have up to date contact details of the people you see regularly, we can set up telephone befriending give us a call.

Exercise: is there any physical activity you can do inside your home, such as going up and down the stairs or exercises you can do in your chair . There are many online videos to follow or we can print out simple chair exercises. If you have outdoor space enjoy some fresh air.

Entertainment: Have you thought about things to do, books to read or TV shows to watch—craft, knitting or baking.

Doctors

Doctors are still open for all the usual concerns. You must phone for an appointment – Do not arrive at the surgery without one!

All consultations are subject to a telephone assessment.

If you use a computer or tablet most surgeries are offering the option to order prescription on line this can include delivery – Do ask if unsure!

Most surgery telephone lines are exceptionally busy so please be patient there is a long wait!

If you are unable to get through to 111 or your doctor, try Health Watch Leeds on 0113 8980035 They will intervene where possible.

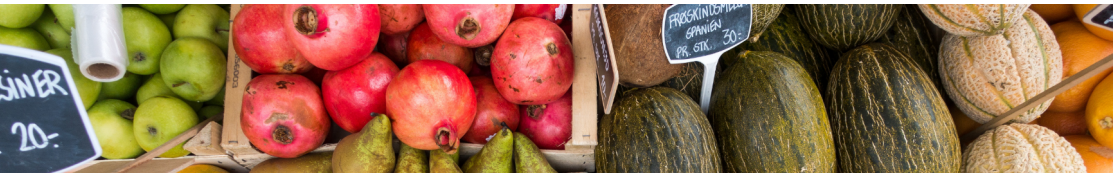




Hearing & Sight Loss Services

Hearing Aid batteries can now be posted out direct from the NHS, please ring 0113 288 5750.

If you are a private customer who uses the service offered by Specsavers, please speak to the Idle Branch on 01274 618847



Food & Shopping Services

Main supermarkets offer home delivery services. These services are usually booked online, if you have access to the internet they give priority to older and at risk people.

Morrisons has a help line 0345 611 6111 option 5 to order essential items.

Ask family to help set up your shopping on line or if not available please contact us on 01132323662 or 0113 2734979 and we may be able to support with this!

Meal Delivery

Some companies offer door to door services, this can be in a range of formats. From frozen ready meals to hot cooked meals.

Presto: Hot Meal Service Telephone: **(0113 378 3750)**
Wiltshire Farm Foods: Online or Telephone: **(0800 077 3100)**



Leeds City Council have launched a helpline to support anyone needing help during this difficult period

The number is 0113 3781877 and any one can call it once your details have been taken you will be matched up with a local volunteer this can be an individual or a local organisation They will then help where possible!

It's important to stay up to date with the latest information and guidance, in case things change. You can do that here:

Health information
www.nhs.uk/coronavirus

Government guidance
www.gov.uk/coronavirus

USEFUL CONTACTS

Seacroft Friends & Neighbours
0113 2734979 or 0113 2323662

Leeds City Council Helpline: 0113 378 1877

Benefits 0113 2224404

Births Death Registrations: 0113 2224408

Council Housing: 0800 188 4000

Adult Social Care: 0113 222 4401 (Monday to Friday)

Adult Social Care (Out of Hours): 0113 378 0644

Emergency Services: 999

Advice About Coronavirus Symptoms: 111

Supporting Wellbeing Independence Frailty Team (SWIFT):

0113 389 3001 or 0113 389 3011 or 07928436197

Covid Support Line—support for the families of anyone critically ill
or recently bereaved due to Corona virus. Trained staff at:

St Gemmas 0113 218 5544

Wheatfields 0113 203 3369



Leeds Directory can support you to live well by connecting you to
checked and vetted local services and tradespeople as well as local
activities and events

To speak to the Leeds Directory team call us on 0113 378 4610,
weekdays 9am to 5pm

T: 0113 378 4610

E: leedsdirectory@leeds.gov.uk

W: www.leedsdirectory.org

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