

# Covid-19 Community Response Group Newsletter – April 2020



## Talk to W3RT about how we can help you



To learn directly about local needs, we are hosting teleconferences so that any community Covid-19 response group can join us and talk to us directly. Those attending will hear latest updates and will be able to raise issues and ask questions. To join a zoom conferences, you must create a (free) Zoom account and have access to the Zoom link that we will email out every week. To request an invite, please email [cvs@w3rt.org](mailto:cvs@w3rt.org)

These take place every Thursday at 3pm.

We may need to manage attendance if we have too many people attending, or people attending not representing groups.

## Community News

### **Sarah Scotland, Nutritionist**

Sarah is doing some research to find out how she can help people living or working with children during the lockdown to learn about healthy eating and wellbeing. Please help her out by completing my 3-minute questionnaire so she can target her services effectively, Thank you!

<https://www.surveymonkey.co.uk/r/J7LQVCM>

[Attached](#) is example recipe she has created for the groups to use

Also this is her booklet which you might find useful also

[https://09020238-6406-4ddb-afb0-e7259eca47f6.filesusr.com/ugd/1411d5\\_7f095b45f837467eac98031e1341ab90.pdf](https://09020238-6406-4ddb-afb0-e7259eca47f6.filesusr.com/ugd/1411d5_7f095b45f837467eac98031e1341ab90.pdf)

### **List of activities to keep active physically and mentally**

Click [here](#) for a list of online activities is very useful for young and old who are isolating or shielding. I know a lot of it is online which is a shame.

### **Pre prepared meals**

There is a company called Tudor Food who can provide a free meal service. These are hot meals that need reheating, to find out more information please see [attached](#).

### **Support Our Superheroes, gratitude initiative**

A project set up to help to Support Our Superheroes. They are sending out packs and gratitude Cards to the UKs wonderful frontline staff and Key Workers who are out there tirelessly and selflessly keeping the world ticking around us... and above all, risking their lives to keep us safe and well! For more information see [attached](#).

## Puzzle Apps

Some of these puzzle games to keep peoples' minds active



## Cathartic CIC

Some great ideas for creative projects that families may want to do to keep busy. They are all centred around thoughts, feelings, experiences and memories of Covid-19 experiences. See [attached](#).

## CVS and W3RT News

### Meeting notes from 14th may

[Attached](#) is the meeting notes from Thursday 7<sup>th</sup> May and Thursday 14<sup>th</sup> May.

### CVS newsletter

Click [here](#) for the latest copy of the CVS Newsletter.

## Support for organisations and groups

### Funding advice

Click [here](#) for a list of available funding.

### Key information for volunteers

Please see our website for information on various subjects could help a lot of your volunteers  
<https://www.mywellbeing.community/key-info>

### Mental health and Safeguarding

#### THREE RIVERS AREA

[Attached](#) is some additional notes around Mental health and Safeguarding for the Three Rivers area. Remember there is also some great guidance for Three Rivers area on the Council website:

<https://www.threerivers.gov.uk/egcl-page/self-isol...>

Also advice with helping people with people who are struggling with their finances

<https://www.threerivers.gov.uk/egcl-page/help-for-...>

#### WATFORD AREA

Remember there is also some great guidance for Watford area on the Council website

<https://www.watford.gov.uk/covid-volunteers#support>

Click [here](#) for an informative handout on Looking after your mental health and wellbeing during Coronavirus from HCC

### **Three Rivers area - youth support**

[Attached](#) is some information about activities for Youth through Youth Connection in the Three Rivers area

### **Family Support**

[Attached](#) is information from Inspire All family centres about how they can help families during these difficult times

## **Contact us**

We are always interested to hear from you. Please do share with us on our social media or by contacting us directly on the details below. Have a safe month and please do not hesitate to get in touch if we can be of any help.



[cvs@w3rt.org](mailto:cvs@w3rt.org)



[Link to CVS on W3RT website](#)



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