Watford and Three Rivers Trust COVID-19 Response Newsletter 3

Talk to W3RT about how we can help you

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

<table>
<thead>
<tr>
<th>Community Groups</th>
<th>Date</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID Community Groups</td>
<td>Thursdays 4.30 pm</td>
<td>Weekly</td>
</tr>
<tr>
<td>Interfaith COVID support Groups</td>
<td>Wednesday 11.00 am</td>
<td>Bi-weekly</td>
</tr>
</tbody>
</table>

We may need to manage attendance if we have too many people attending.

Community News

Guidepost
There are some resources on the Guidepost website to help with Mental Health support. Please follow this link

Watford Women’s Centre
Click here for a list of the services from Watford Women’s centre. They offered a wide range of services around Careers Advice, Counselling, Domestic Abuse and Education support.

Watford Wellness through Watford & West Herts Chamber of Commerce
A weekly wellness webinar is being hosted by Councillor Rabindranath Martins. If you would like to join please click on this link

Potential Kids Support for SEND children
Potential Kids are an award winning charity based in Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children / young people (Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome amongst other conditions), their siblings and families. They are running some useful online sessions around Minecraft, Yoga and wellbeing. You can view this here.
New Leaf College
New leaf College offer a range of free courses through zoom on Wellbeing and resilience for Herts residents age 18+. The courses look to give people the knowledge and skills to look after their own wellbeing, by focusing on individual’s goals and personal strengths. To find out please click here

Keeping Active
Active Watford and Three Rivers through Watford Football Club’s Community Sports and Education Trust are providing free online fitness support, if you want to know more please follow this link
There is also some guidance on the HHC website about keeping active, click here

“Reach Out” Befriending project
Anyone interested in helping the community going forward, The “Reach Out” befriending project aims to reduce loneliness in those who have recently been discharged from hospital, by linking them up with a trained volunteer in their neighbourhood who can visit them to help them to feel less lonely and isolated. They are looking for a Reach Out Support Coordinator. Interested please see this link for more information.

Herts Mind Network
For Herts Mind Network latest services timetable please see this link.
Also TRDC in partnership with Herts Mind Network are appointing a Healthy Hub Wellbeing and Engagement worker, if interested please see this link

Ascend
Need help with getting a bit fitter and healthier? Well here are some fabulous virtual well-being activities from Ascend to find out more this view this here.

Hertfordshire County Council
People needing financial support due to COVID, have a look here for some guidance from HCC
HCC are also collecting donations of items from businesses to support families affected by COVID-19. They are looking for
• Activity books
• Children’s paints, pens, arts and crafts materials, paper etc.
• Cookery supplies
• Board games and other activity packs
Please email BusinessVolunteers@hertfordshire.gov.uk

Families First Newsletter
There is some great information in this newsletter, about the services for supporting families through this challenging time.
Digital Isolation – Learn my way
Trying to help someone get online, have a look at Learn my way website, they provide a lot of resources to help explain things. See this link

CVS and W3RT News

Meeting notes
The meeting notes from COVID Community Groups (Thursdays)
21st May
28th May
4th June
11th June

CVS newsletter
Click here for the latest copy of the CVS Newsletter.

New forums and steering groups
Watford CVS is planning to set following to help with community recovery planning
• Mental Health Steering group – to pull together a clearer guidance around mental health support.
• Adults with complex needs forum (Watford) (with original H&W partnership members)
• Family and Youth forum (Watford & Three Rivers)
• Community venues forum (Watford & Three Rivers)
If you are interested in attending any of these please contact cvs@w3rt.org to talk with one of the CVS team

Support for organisations and groups

Funding advice
Click here for a list of available funding.

Spot the signs training
Volunteers are being offered mental health awareness and suicide prevention training. If you are interested in taking the training and become a Spot the Signs volunteers or you would like to get some of your volunteers trained up. You will need to contact Teamherts Volunteering to enquire about a space enquiries@thvolunteering.org.uk

COVID-19 Psychological 1st Aid training
A coronavirus Psychological First Aid training is now available for front line workers and volunteers. The training provides tips on supporting the mental wellbeing of others during this challenging time. See this link

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

Digital Isolation – Devices Dot Now
Are you an organisation that helps people get online, or want to help people get online. You might want to look at the "Devices Dot Now", who can provide IT hardware if you willing to provide the IT support. Please take a look at https://www.onlinecentresnetwork.org/projects/DevicesDotNow.
Setting up a community group
Please see attached for helping in setting up a community group.

Supporting for reopening of community centres
To help with the re-opening of community centres and halls, we have produced this guidance and are looking at other ways of supporting these centres

Mental Health support
The Centre for Mental Health have produced attached to help.

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
Link to CVS on W3RT website
Find us on Facebook, LinkedIn, and Twitter