

DMCC Covid-19 Information Sheet



No 6 May 2021

Welcome to our latest DMCC Covid-19 information sheet.....

DMCC Covid 19 Questionnaire Update (April 2021)

Many of you have expressed an interest in the results of our questionnaire for Devon County Council and Devon CCG. Here are the salient points of our recent one:

The total number of Cafes listed in 2019 was 56

In July 20 it was 36 – reason was presumably Covid restrictions.

In April 2021 it was 42 – all hoping to reopen when restrictions allow but we know some have either completely closed or amalgamated with others.

We hope the picture will become a lot clearer once we get back to “normal”, if that ever happens. It is envisaged that many cafes will still operate but perhaps in a slightly different way. There are certainly a lot of hurdles to overcome.

You may have noticed that we have arranged with CVS Teignbridge to have special lectures informing how reopening can take place. The first of these has already taken place and we are arranging dates for more according to demand. Those who attended (via Zoom) found the content very helpful and informative.

We are working with DCC and Devon CCG on maintaining our network of Cafes and examining ways in which they can completely fulfil plans for integration under the Sustainability and Transformation Plan for the future. More information as things become clearer.

June Wildman, Chairperson DMCC

Information sheet contents:

- DMCC Post-Covid Start-up workshop
- Zoom and internet.
- Planned Step 3 easements will go ahead on 17 May 21.
- Health and Safety Executive - Returning to work during the pandemic
- Devon County Council - Mental health week 2021 advice
- Free SCIE courses



DMCC Post Covid Start-up Workshop

On the 5th May 2021 we held a post-covid workshop for twenty three representative from fifteen Memory Cafés over Zoom. The workshop was presented by Anja Kroening-Maynard, Development Worker, Trainer and Assessor at Teignbridge CVS, to explore items to consider prior to re-opening.

Topics covered included:

- Exploring Covid relevant policies and procedures and reflection on compliance with current legal requirements and good practice
- Gaining experience filling out Covid –specific centre, activity related or volunteer specific risk assessments.
- Looking at ways to build volunteer, staff and service user confidence in using face to face services. Exploring how to prepare for transforming services coming out of lockdown and offer “safer” activities.

There will be a follow-up forum on Tuesday 13th July to give the people who attended the opportunity to ask Anja any questions.

Anja has offered to run another workshop for us if there are enough people interested. Please send an email to Jane at info@dmcc.org.uk if you would like to be included on the waiting list for another group.



Message from Claire Puckey, Dementia Friendly City Co-ordinator

Hi Everyone,

Just sharing with you the link below to an article in The Guardian re: Using Zoom could help older people avoid dementia, study reveals:

<https://www.theguardian.com/society/2021/may/14/using-zoom-could-help-older-people-avoid-dementia-study-reveals>

NEW FACEBOOK GROUP FOR PEOPLE WHO LOVE SOMEONE WITH A DEMENTIA DIAGNOSIS

Here's some more news from Memory Matters. They have set up a new Facebook group just for people who love and support someone living with dementia: 'Loving Someone Living with Dementia' which is a positive community for people who love someone with a dementia diagnosis and is a way of connecting with the Memory Matters team for person centred help and support and also fun.

The link to the page is below:

<https://www.facebook.com/groups/976102863194982>

Please do share this with the families you support.

Kind regards, Claire



Coronavirus - Further easing of COVID restrictions confirmed for 17 May Planned Step 3 easements.

From: [Prime Minister's Office, 10 Downing Street](#) Published: 10 May 2021

- Planned easements at Step 3 of the Roadmap to go ahead from 17 May
- Infection rates and hospital admissions continue to decrease in line with scientific modelling
- Prime Minister praises efforts of the public but continues to urge caution

The Roadmap is on track and planned Step 3 easements will go ahead on 17 May, the Prime Minister has confirmed.

The data shows that the government's "four tests" for easing restrictions have been met. Infection rates are at their lowest level since September, while hospital admissions and patients in hospital continue to decrease - with levels now similar to July last year.

Hospital admissions and cases of severe illness also remain in line with modelling provided by scientific experts for the Roadmap.

From the 17 May, the majority of the indoor and remaining outdoor economy can reopen, and gathering limits will increase indoors and outdoors. Guidance for close contact between friends and family will be updated, with people exercising their own personal judgement in line with the risks.

The Stay in the UK restriction will be lifted and people will be able to travel to green list countries, if they permit inbound travel.

The Prime Minister continued to urge caution. The aim of the Roadmap is to be cautious but irreversible and unlocking too fast, too soon, risks a resurgence of the virus.

The assessment to move to Step 3 was based on four tests:

- The vaccine deployment programme continues successfully
- Evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated
- Infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS
- Our assessment of the risks is not fundamentally changed by new Variants of Concern

As set out in the Roadmap, 4 weeks is needed to fully understand the impact of each step. The Government also committed to provide a further weeks' notice to businesses.

From Monday 17 May indoor hospitality can reopen and indoor entertainment can resume, including cinemas, museums, and children's play areas.

Up to 6 people or 2 households will be able to meet indoors and up to 30 people outdoors.

All remaining outdoor entertainment can reopen, such as outdoor cinemas and performances. Some larger events will be able to take place, including conferences, theatre and concert performances, and sports events. Restrictions on the number of attendees will remain as set out in the Roadmap.

Guidance on meeting family and friends will be updated. The public can make informed, personal decisions on close contact, such as hugging, with their friends and family. Close contact continues to carry a risk of catching or spreading COVID-19, and people must consider the risk to themselves and to others. COVID-secure rules remain for the workplace and businesses, such as in shops and hospitality.

The Transport Secretary has confirmed that international travel can begin to safely reopen from 17 May, allowing people to go on foreign holidays to 'green' list countries. Strict border control measures will remain in place, including pre-departure tests and a PCR test on or before day two of their arrival back in the UK.

Face coverings will no longer be needed in classrooms or for students in communal areas in secondary schools and colleges. Twice weekly home testing will remain to control infection rates.

All remaining university students will be eligible to return to in-person teaching and learning from May 17, and should get tested twice a week upon return.

Up to 30 people will now be able to attend weddings, receptions, and commemorative events including wakes, as well as standalone life-cycle events. These can take place outdoors or at any indoor Covid secure venue that is permitted to open. The number of people able to attend a funeral will be determined by the number that can be safely accommodated in the venue with social distancing in place.

30 people will be able to attend a support group or parent and child group. The limit will not apply to children under 5.

Organised adult sport and exercise classes can resume indoors and saunas and steam rooms may reopen.

Care homes residents will be able to have up to five named visitors, with two visitors able to attend at once provided they are tested and follow infection control measures. Residents will also have greater freedoms to leave their home without having to isolate on their return.

The successful vaccination rollout continues, with over 35 million people receiving at least one dose, and nearly 18 million receiving both doses. One quarter of all adults have now received the strongest protection available.

The latest data shows that the estimated reduction in symptomatic disease is 60% and hospitalisations 80% for one dose of the Pfizer or AstraZeneca vaccine for people aged 80 and over. Data published by PHE today estimates that for the over 80s, two doses of the Pfizer-BioNTech vaccine reduces the risk of hospitalisation by 93%.

Step 4 is due to take place no earlier than 21 June. Further detail on Step 4 will be set out at the end of the month.



Coming back to work after time away during the pandemic may be difficult for some people.

If workers have been away from the business for prolonged periods they may have experienced a decline in ability or proficiency.

They may need additional time and support to get back to pre-pandemic performance.



We have published [guidance on returning to work](#) which can help you talk to your workers and provide the right support. It includes:

- Who should go to work?
- Returning to work after a lockdown or other closure
- How you can help your workers if they're worried about returning to work
- Questions to help you talk about working at home or returning to work

More information on keeping your workplace safe as coronavirus restrictions are eased is [available on our website](#) and further guidance is available for [England](#), [Scotland](#) and [Wales](#).



Mental health week 2021

(Sorry this article is a bit late, but contains some useful advice).



Everyone's experience of the COVID-19 pandemic over the last year has been different, but there's no doubt that it has been a difficult time for us all.

That's why it's so important to do what we can to look after our mental health and wellbeing – now more than ever – and to reach out if you need support.

For many of us, the gradual easing of restrictions brings longed-for opportunities (even if at a social distance) – to see friends and family in person, play sports, go shopping, eat out or get back to work.

But for some, even the happy, much anticipated changes and re-adjustment can be a real worry and difficult to manage.

Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life.

This week is [Mental Health Awareness Week](#), so it's a good time to remember that taking care of your mind is just as important as taking care of your body, especially during this difficult time.

Why nature?

[Mental Health Awareness Week 2021](#) takes place from Monday 10 to Sunday 16 May. This year's theme is connecting with nature.

During the long months of lockdown millions of us turned to nature to help us get through, with going for walks outside reported as one of the top ways to cope during the pandemic.

Research has shown that being in nature can have a positive impact on our mental health and general wellbeing, so we're encouraging everyone in Devon to take time this week to experience the outdoors, find new ways to connect with it as part of your daily routine and celebrate the effect it can have on your mental health.

Putting activity into your day and move more in May

The sun is out (hopefully!), the birds are singing, and the trees and plants are starting to bloom. With all the joys of spring in the air, it's the perfect time to head outside and add a bit more movement to your day.

So we've teamed up with [Active Devon](#) and the [Devon Local Nature Partnership](#) to bring you '[Naturally Healthy Month](#)' to encourage you to move more during May and harness the power of nature to improve your health and wellbeing.

It's about movement, not miles. Whatever you do with your day, moving your body around more has plenty of health and wellbeing benefits. It can make you feel happier, boost your mood and improve your sleep. Even a small amount of activity each day can make a massive difference.

It's also been clinically proven that being in a natural environment and connecting actively with nature is really good for us. So why not take some time over the next few weeks, even if it's just ten minutes each day, to invest in yourself and get outside for a walk, a cycle, some gardening, wild swimming, bird watching or another activity to connect with nature.

Keep an eye on social media [@activedevon](#) [@Devon_LNP](#), and use the hashtags [#NaturallyHealthy](#) [#DevonCAN](#) to inspire others to join in. You can also check out the [Devon-wide activity finder](#) to see what's happening in your local area, and the [Natural Devon website](#) for more naturally healthy information and opportunities.

Looking after your mental health as lockdown eases

The gradual easing of the coronavirus restrictions mean we can get back to the people and things we love, but even positive change can cause us to feel worried and it can take time to readjust to the things we have not done for a while.

Feelings of post-lockdown anxiety are likely to pass with time as we get used to the 'new normal' but it's important to do what we can to take care of our mental health. There are lots of things that can help you to manage these feelings and make it easier to adjust:

- **Go at your own pace and relax** - you don't have to make loads of plans and say yes to everything, just take it easy and only do what you feel comfortable with. Being able to see more people and go to more places is exciting, but it can also be a lot to take in all at once, so it's important to find time to relax.
- **Don't avoid things entirely, make a plan** - it might feel like the easier option, but avoiding things that make us anxious can make it harder to face in the longer term. Start small, and build up from there. Uncertainty can make things hard to manage, so making a plan can help us feel more comfortable and confident in what we are doing.
- **Get your information from the right sources** - being confused and unsure of what you are allowed to do is stressful, so stick to trusted sources like the [government's website](#), [NHS COVID-19 pages](#) and [our website](#) for the most up-to-date information.
- **Talk to someone** - it's easy to feel isolated or lonely when we're struggling, but chances are that someone we know feels exactly the same. Opening up to a person we trust can be really helpful. Being aware of everybody's fears and expectations can also help to avoid conflict.
- **Find a routine** - during lockdown, life changed for us all and we developed new routines, and now restrictions are lifting these routines will change again. Sticking to a routine can help us cope with the change. Something as simple as going to bed and waking up at the same time each day or having a set lunch break can make a big difference.
- **Focus on the present** - when there is lots of change happening, we can get caught up in worrying about the future and the past, but try to concentrate on the right here and the right now. Make plans but don't dwell on 'what ifs' or what was 'supposed' to happen.

The [NHS Every Mind Matters website](#) has lots of expert advice and practical tips to help you look after your mental health and wellbeing.

Lockdown loneliness can make it more difficult to ease out of restrictions

The coronavirus pandemic and consequent lockdowns have paid a heavy price on people's mental health and wellbeing.

Loneliness and isolation, resultant of lockdowns, could be making re-integration to pre-coronavirus normality more difficult, warns the [Campaign to End Loneliness](#).

The Office for National Statistics released figures last month showing that the number of adults saying that they are lonely 'always or often' has risen a lot from the beginning of lockdown to the October 2020 to February 2021 period.

Their figures also show how lockdown has especially affected young people. They are most likely to say that loneliness has affected their wellbeing. They might not think of themselves as being lonely, but that loneliness is affecting them now.

The Director of the Campaign to End Loneliness, Robin Hewings, says that there is concern that people may be left behind in loneliness, as individuals and communities find life returning to pre-COVID-19 levels.

[The Campaign to End Loneliness has useful information on its website about how to combat loneliness.](#)

As well as recommending ways to connect with other people, their website includes support and services that are available to you, and things that you can do yourself if you prefer to manage alone.

Vaccination centre volunteers needed

With the easing of COVID-19 restrictions allowing many people to return to work, vaccination centres in Exeter and Plymouth need to recruit some more volunteers to help things run smoothly.

The stewarding role involves work inside and outside doing things like directing people as they arrive and leave and checking their appointment details.

Shifts are currently 8.00am to noon; noon to 4.00pm and 4.00pm to 8.00pm. Days and shift allocation can be arranged to suit you once applications are processed.

[Applications for both sites can be made via the Our Plymouth website](#), and because so many people have now had at least their first jab, there is less risk faced by older age groups, which means offers of volunteering can be accepted from those aged over 69 years old.



Free training courses from SCIE

Training and e-learning options from SCIE

More free e-learning courses

- [Advocacy under the Care Act course](#)
- [Dementia awareness course](#)
- [Infection control course](#)
- [One Page Profile course](#)
- [Organisational change in social care course](#)

More CPD-accredited paid-for courses

- [Care Certificate course](#)
- [Deprivation of Liberty Safeguards course](#)
- [Mental Capacity Act course](#)
- [Safeguarding adults course](#)

- [Personalisation: introduction course](#)
- [Quality improvement in health and social care course](#)
- [Reablement for care staff course](#)
- [Special educational needs and disability \(SEND\) course](#)
- [Tackling child sexual exploitation](#)

All SCIE e-learning courses

For the Social Care Institute for Excellence link follow: [e-Learning courses - SCIE](#)

