

**Michaela Suckling**

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Dear All,

Its been so lovely to keep up to date with you all via message and Facebook, you are an amazing group of people, what a support team !! As you would probably expect, I'll keep my input to health and practical information but please feel free to send me any questions you may have and I should be able to direct you to the right place.

For the most up to date information and advice please stick to official sites.

<https://www.nhs.uk/>    <https://111.nhs.uk/>

The NHS site will help you with information about Coronavirus but other conditions too, especially if you're unable to speak to your GP. 111 NHS is the online service, just click start on their homepage and you'll be guided through the service, checking your details and symptoms etc. This is for anything, not just Corona Virus.

<https://www.gov.uk/government/organisations/public-health-england>

The Public Health England site has loads of specific guidance about corona virus in particular situations such as education and employment and all the up to date figures and guidance re self isolating and distancing measures.

These other sites are great sites for information in relation to at specific risk/ vulnerable groups. For example if you have asthma and are worried, take a look.

<https://www.bhf.org.uk/>

<https://www.diabetes.org.uk/>

<https://www.asthma.org.uk/>

<https://www.rheumatology.org.uk/>

Another great website is the city council site, this will give you up to date advice about local services and how to get help. <https://www.sheffield.gov.uk/home/your-city-council/coronavirus>

Please stick to official sites rather than something that looks good on Facebook. It is all about the evidence and sharing something in good faith could frighten people, for example, there was a bit of a panic about ibuprofen use because the media noticed a small number of cases.

If you have to use one of the local Facebook groups to ask for help or have had a helping leaflet put through your door please be careful. Only accept help from those who can show you a DBS certificate unless you know them well and certainly don't transfer money to someone's bank account before they have delivered any shopping to you. They should be leaving things on the doorstep so don't answer the door to anyone you don't know.

There have also been reports of bogus callers stating they have come to do a swab for the virus. Do not open the door to anyone you do not know, even if they are wearing protective clothing, ask for the phone number of their organisation and check. **Currently there is no testing in the community.**

If you need help and we are not available contact Voluntary Action Sheffield, they are coordinating all those who have volunteered to help and I suspect will have checks in place to keep you safe. You can also contact them if you would like to register to help the community.

<https://www.vas.org.uk/>

Email: [info@vas.org.uk](mailto:info@vas.org.uk)

Call: 0114 253 6600

Sheffield Churches Council for Community Care are also well trusted and will be a good resource if you need help. They are looking for volunteers to write to those who are in vulnerable groups and feeling lonely and isolated. They are on Facebook as well as the website.

<https://scccc.co.uk/>

0114 250 5293

Please liaise with those who may not be online and be prepared to search things for them and advise over the phone.

As you know our Parish Nursing project is supported by a number of funders who will want to know what we've been up to so I'd really appreciate your feedback. Let me know if you've used the sites, if you've found this helpful and if there are any particular topics you'd like me to cover in future videos and newsletters.

I think that's enough information for now 😊

Be safe, be kind and remember this will end.

With my very best wishes and prayers

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