



Tadcaster community support

TADCASTER COMMUNITY ACTION GROUP NEWSLETTER - COVID 19 SPECIAL EDITION

A message from the Mayor

At this worrying time, it is great to see that the local Community is pulling together to support EVERYONE in the Town.

If you feel you'd like to talk to somebody then please call the helpline number set up by the Action group.

At the other end of the line you will find a friend to chat to who, if necessary, will be able to put you in touch with someone who can help.

Now that the country is on a lockdown can we please stress the importance of staying home apart from those essential trips for food and medicine. We need to all pull together to keep everyone safe and our NHS protected.

The Town Council aims, keep you safe in the knowledge that the help will come from a reliable person or organisation

**Stay safe,
Steve Cobb**

COVID 19 TADCASTER HELPLINE NUMBER - 01937 326010

This helpline has been set up specifically to help with queries you may have during this time.

The phone line is manned by volunteers from the community who have been instructed in how to deal with questions that may arise.

They will treat all contact in the strictest confidence and help wherever they can, either with direct advice, or by referring you to an agency/person better placed to assist. Please feel free to contact them at any time.

If you find yourself struggling, please also reach out to the various charities that support good mental health: Mind, The Samaritans and Rethink all offer individual support.

The Tadcaster Community Support helpline will have all the numbers of the above organizations and website information to hand.

Take care of each other!

ADVICE AND GUIDANCE FROM TADCASTER MEDICAL CENTRE

Dr Andrew Inglis 

We are working hard to protect our patients and staff from the effects of Covid-19. Like you, if we develop symptoms suggestive of infection, or members of our families do, we are subject to the same self-isolation requirements as you are. Please help us to keep our service running for you as well as we possibly can during this difficult time for us all.

Please do not visit the Medical Centre unless you have been asked to do so (for example for an appointment that we have confirmed with you, or if we have asked you to bring in or collect something). We are carrying out as much work as we possibly can by telephone, text or email at present and some new software that allows secure video consultations.

Please ensure that we have your correct contact details (phone number, email) and that you have responded to a request from us to confirm these details, if this has been sent to you. Please ensure that you have told us which chemist we should send any prescription to.

The vast majority of prescriptions can now be sent electronically - safer and more hygienic. Please understand that we are dealing with a huge number of requests of all kinds at the moment, and that we may take a bit longer than normal to respond, particularly if we have reduced staffing levels.

We will deal with urgent problems in a timely fashion, and we will arrange to see you at the Medical Centre if this is needed. We may need to wear Personal Protective Equipment, such as a mask, and we may ask you to wear a mask too.

Please follow the NHS advice about handwashing and, if you develop symptoms of a new persistent cough and/or a temperature, assume you are infectious and adhere to the self-isolation advice to protect everyone else, particularly the vulnerable and elderly. You can phone us on 01937 530082 as usual. Or you can contact us by email: go to www.tadcastermedicalcentre.co.uk and click on the "GP Online" link on the Home page.

You can access information from the NHS via: <https://111.nhs.uk/covid-19> Please try to avoid phoning 111 unless you are concerned about worsening symptoms of breathlessness with a cough and/or temperature.

WELL-BEING FOR ALL

It's important for all that during times of social distancing and self isolating that we take care of our mental, physical and spiritual well-being, whilst also adhering to government guidelines.

Vital to maintaining good mental health is to keep talking about how you are feeling with friends & family, over the phone or via social media. Maintaining contact, at a distance, is going to be key to getting through this challenging time. Practicing mindfulness at this time is also incredibly important for good mental health.

For many who suffer with anxiety, depression or other mental health issues this time is going to be very challenging.

The NHS offer a lot of support and help about these issues and specifically how to get through challenging times. Please visit www.nhs.uk/conditions/stress-anxiety-depression/ for lots of really helpful information and exercises.

WELL-BEING CONTD

Its also important that children's mental health is protected and that they too don't allow feelings to overwhelm them. There are many fantastic websites and apps that help with these - here are a couple!

www.cosmickids.com for themed fun classes that help with calm children and also keep them active
www.youtube.com/user/yogawithadriene - Yoga classes for all no matter what skill level.

Of course one of the best things you can do for your mental health is exercise, a walk around the block, a ride on the bike or even a potter in the garden ...whilst maintaining the social distance guidance of course!

The following APPS are excellent for supporting good mental health
Headspace, Calm, Breathe for Kids

Please also check Tadcrafters website www.tadcrafters.org.uk. They can offer suggestions for craft projects to do whilst at home. The volunteer car service are also offering a boredom pack for delivery containing jigsaws, DVD's and books. Please call 01937 835600 Mon-Fri 9.30am – 4.00pm to arrange delivery.

Most importantly remember this will pass and things will return to normal, dont be alone at this time reach out to friends, family and neighbours to help you through.

CHURCHES

By Rev Simon Biddlestone

Public worship and public prayer across the Church of England has been suspended at present. However, this does not mean that the church has shut down! We are still here and are still praying for our community.

St. Mary's Tadcaster is part of the Tadcaster Benefice of 4 churches. Every weekday Morning Prayer and Night Prayer (Compline) will be said. You can join us from wherever you are. The material that we will use for Morning Prayer can be found by searching for "Church of England Daily Prayer". If you want an e-mailed or paper copy of this, or the Night Prayer material, contact Rachel Hughes (Benefice Administrator) on 07545 516949

If you would like us to pray for anything specific, if you want someone to pray with you, or you have any other needs, contact Rachel Hughes who will put you in touch with someone.

As we head into the future, what we do in our churches will change and develop. To keep up to date with what we're doing you can: ring Rachel Hughes (Benefice Administrator) on 07545 516949, Rachel will be taking calls between 9pm and 6pm, you can leave a message after 6pm and Rachel will get back to you the following day. e-mail on stmarystadcaster@googlemail.com or find us online at www.stmarystadcaster.co.uk or on Facebook, Instagram or Twitter

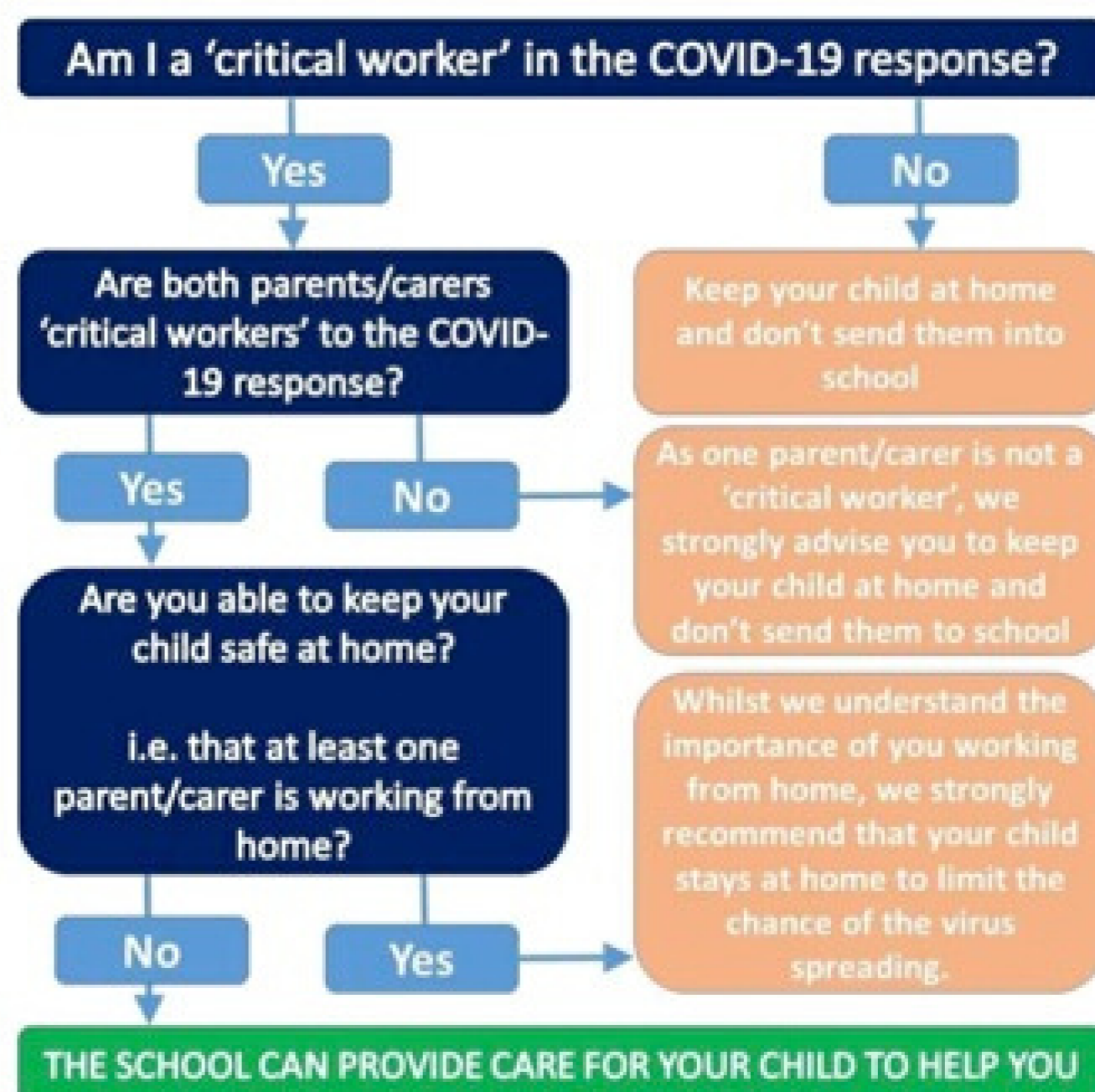
God bless,
Reverend Simon Biddlestone
Curate

SCHOOLS

For most of our families, their children will be 'distance learning' with older pupils accessing work remotely, for example via Google Classrooms and younger pupils receiving weekly briefing work-packs via school email system.
Contact your school for more information.

All schools are now closed for most of our pupils but are offering some on-site provision for a limited number of key or critical worker families and targeted pupils.

Please only use this if you absolutley must.



****Call out to all parents****

On top of all the 101 things we have to do "home schooling" is one more thing on our to do list!

This site is fabulous and free.

This link once registered provides you a daily time table, right from PE with Joe at 9am, News round, Live Maths class, Lunch time, Reading lesson and then Art...

<https://www.twinkl.co.uk/home-learning-hub>

HELP AND ADVICE FOR OUR BUSINESS COMMUNITY

The Chancellor has set out a package of help for businesses. Details may be found at: www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses.

- **Coronavirus Job Retention Scheme** - all UK employers will be able to access support to continue paying part of their employees' salary for those employees that would otherwise have been laid off during this crisis.
- **Deferring VAT and Income Tax payments** - supporting businesses by deferring Valued Added Tax (VAT) payments for 3 months. If you're self-employed, Income Tax payments due in July 2020 under the Self-Assessment system will be deferred to January 2021. To date, support for self-employed is still been worked out, please check the government website for the most up to date information.
- **A Statutory Sick Pay relief package for SMEs** - small and medium-sized businesses and employers able to reclaim Statutory Sick Pay paid for sickness absence due to COVID-19.
- **12 month business rates holiday** for retail, hospitality and leisure businesses in England for the 2020 to 2021 tax year. Businesses that received the retail discount in the 2019 to 2020 tax year will be rebilled by their local authority.
- **Small business grant** funding of £10,000 for all business in receipt of small business rate relief or rural rate relief.
- **Grant funding** for retail, hospitality and leisure businesses - for businesses in these sectors with a rateable value of under £15,000, they will receive a grant of £10,000. For businesses in these sectors with a rateable value of between £15,001 and £51,000, they will receive a grant of £25,000.
- **Coronavirus Business Interruption Loan Scheme** offering loans of up to £5 million for SMEs through the British Business Bank - will launch to support small and medium-sized businesses to access bank lending and overdrafts.
- **New lending facility from the Bank of England** to help support liquidity among larger firms, helping them bridge coronavirus disruption to their cash flows through loans.
- **HMRC Time To Pay Scheme** - All businesses and self-employed people in financial distress, and with outstanding tax liabilities, may be eligible to receive support with their tax affairs.
- **Insurance** - Businesses that have cover for both pandemics and government-ordered closure should be covered, as the government and insurance industry confirmed on 17 March 2020 that advice to avoid pubs, theatres etc is sufficient to make a claim as long as all other terms and conditions are met. Check your policy.

For advice locally on how the schemes can help you, contact Heidi Green, Senior Business Advisor for Selby District Council – hgreen@selby.gov.uk

Thanks to everyone for their help and co-operation in producing this leaflet.