

Sandwell Safeguarding Adults Board



SSAB@SSAdultsBoard

Resources, Activities and Support available during COVID-19 isolation

Sandwell April 2020

For more information please visit:

<https://www.scvo.info/managing-life-on-the-home-front/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

<https://www.sandwell.gov.uk/coronavirus>

Sandwell Networkers Group on Facebook

Sandwell Safeguarding Adults Board -

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

This booklet has been compiled in response to COVID-19 isolation and content is primarily from Sandwell Community and Voluntary Organisations, Sandwell Metropolitan Borough Council and Sandwell Safeguarding Adults Board.

April 2020



PLEASE BE AWARE OF SCAMS ONLINE, BY LETTER, EMAIL, TELEPHONE OR IN-PERSON!

Managing life on the home front -

<https://www.scvo.info/managing-life-on-the-home-front/>

If you now find yourself being 'confined' to home as a result of the current Coronavirus pandemic it brings a whole new set of lifestyle challenges. Therefore, it's important to look after your own health and wellbeing and that of others around you (including mental health).

Check out our web-page with a host of different activities and information to help you out whilst self-isolating.



We've gathered resources to help you in these categories:

Physical Health

Mind Charity are sharing exercise tips @MindCharity

Healthy Sandwell <https://tinyurl.com/t8nocwu> exercise videos.

Joe Wicks Body Coach daily exercise – <https://tinyurl.com/ycmqjuh5>

Davina McCall - <https://ownyourgoalsdavina.com/>

Access celebrities workouts on Instagram <https://tinyurl.com/wxv74qq>

Joanna Marcinekova <https://tinyurl.com/stxpvgt>

Katy Taylor Fitness Body Blast www.musclesandcurves.co.uk/

Jo Howarth mindset tips - www.facebook.com/TheHappinessClubLtd/



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Activities for Children and Young People

Children's boxing <https://www.youtube.com/watch?v=TrJ2nV-6woo>

Toni's Tots Drama Facebook craft ideas <https://tinyurl.com/urfl7fb>

Yoga for tots <https://tinyurl.com/uc27pku>

Amazon Audible free audiobooks for home-schooling
<https://stories.audible.com/start-listen>

David Walliams audio books free – bit.ly/AudioElevenes

The Rainbow Generator generates ideas www.whatshallwedo.co.uk.

Relaxed Kids mindful moments www.relaxkids.com/calminthechaos

Education

Twinkl lesson plans and resources www.twinkl.co.uk/home-learning-hub

Educational resources <https://tinyurl.com/tmrawcq>

Carol Vorderman The Maths Factor - www.themathsfactor.com/

BBC Bitesize online educational resources www.bbc.co.uk/bitesize

Plazzom Year 1 Home Learning Pack <https://tinyurl.com/qr328fd>

Minecraft educational worlds – <https://tinyurl.com/r9s9vqs>

British Science Assoc - group activity packs <https://t.co/Qm2vpWe6CT>

National Literacy Trust <https://literacytrust.org.uk/family-zone/>



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Learn a Language

Babble <https://www.babbel.com/>

British Sign Language online course, www.british-sign.co.uk

Fun, Culture and Recreation

Sandwell Libraries - twitter @sandwelllibs activity sheets for children.

Sandwell Museums quizzes and colouring sheets @SandwellMuseums

Go Play Sandwell forest school activities <https://t.co/fPHPI0Jlow>

Wolves colouring <https://www.wolves.co.uk/media/12447/wwfc-art.pdf>

ELEVATE Brain Trainer 1 month free <https://www.elevateapp.com/>

Girl Guiding adventures from home www.girlguiding.org.uk

Filmed on Stage Free musicals & plays <https://tinyurl.com/rqzaedz>

The National Theatre <https://tinyurl.com/qnhhcla>

Chester Zoo are offering a live virtual zoo day at @chesterzoo

More Creativity - www.creativeblackcountry.co.uk/covid19resources

La di Da – Upcycling www.facebook.com/pg/LadidaAndover/about

Rhiannon Bake Flat breads www.facebook.com/TheEpsomBakehouse/

For more information check out the SCVO website!!



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Other things to do during isolation

Exercise

Adaptive Yoga with WheelPower



<https://www.wheelpower.org.uk/resources/adaptivelyoga>



DanceSyndrome - Free Online Dance Sessions

<https://dancesyndrome.co.uk/online-dance-sessions/>

Exercise for limited motability

<https://www.youtube.com/watch?v=A2wp8lpxn9s>

Need ideas for staying active at home?

Here's a great guide: bit.ly/2vRuo9V



#StayInWorkOut



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Practical Activities

Making Worry Dolls



<https://www.accessart.org.uk/worrydolls/>

Download free adult colouring sheets

Gardening - Window ledge plants/ herbs.

Baking

Sensory Spectacle are doing twice weekly sensory makes at 2pm on Mondays and Thursdays live online.

<https://www.facebook.com/sensoryspectacle/>

You Tube have loads of sensory video's, music.

Sensory blankets – sew pictures in as well as various textured patches

<https://www.youtube.com/watch?v=EzKhq-vyXbs>

Miscellaneous

Empathy Dolls, Music from 40s to 80s

Rock painting, Watercolour painting

Create memory boxes, Make a new photo album of memories



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Online

Sandwell Libraries are providing instant access to BorrowBox - a free eBook and eAudiobooks service - for new customers who join online:
www.sandwell.gov.uk/librariesonline

Existing customers: to borrow through BorrowBox
<https://capitadiscovery.co.uk/sandwell/home>

We're always open
with **BorrowBox.**

Download eBooks &
eAudiobooks straight to
your device today!



Online Resources

FREE reference resources can be accessed with your library number.



eMagazines

[eMagazines website](#) has a wide range of titles to download to your computer, smartphone or tablet.

To register, all you need is your library card number and your email address, then click on [Create a Library user Account](#).



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Do your family tree

Free access to Ancestry.co.uk for library members!



ancestry



Click the "**Renew/Account**" button on the menu above to login to your account and then click the Ancestry link.

If you're not a member, click the "**Join**" button above.

If you are a member but don't have a PIN for this website, drop us a mail to **library_service@sandwell.gov.uk**

*Special thanks to **Proquest** and its partner **Ancestry** for allowing remote access to library members whilst libraries are closed.*



<https://fis.sandwell.gov.uk/>

Nacoa - Online Resource Pack for those concerned for young people affected by their parent's drinking during #COVID19 social distancing.

It has loads of useful info and ways to help

<https://nacoa-my.sharepoint.com/.../ElXaeybTlrlAiEkWV0c4aRgBe...>



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Dozens of sites offer virtual tours, so you can explore museums, zoos, landmarks and attractions all over the world from your home.

Landmarks and Tourist Destinations Virtual Tours

- Athens Acropolis, Greece
- Buckingham Palace, London
- Chichen Itza, Yucatan, Mexico
- Christ The Redeemer, Rio de Janeiro, Brazil
- Cliffs of Moher, Ireland
- Colosseum, Rome
- Great Wall of China
- Hagia Sophia Cathedral, Istanbul, Turkey
- Machu Picchu, Peru
- National Parks, USA
- Northern Lights
- Stonehenge
- Street Art with Google
- Taj Mahal
- Tour of Rome, Italy
- The Pyramids, Egypt
- The White House, Washington DC, USA

Museums and Art Galleries Virtual Tours

- Anne Franke Museum, Amsterdam, Netherlands
- British Museum, London
- Guggenheim, Bilbao, Spain
- Hermitage Museum, St Petersburg, Russia
- History Of Science Museum, Oxford University
- J. Paul Getty Museum, Los Angeles, United States
- Louvre Museum Paris
- MASP, Sao Paolo, Brazil
- Met Museum, New York
- Musée d'Orsay, Paris
- Musei Vaticani, Vatican City
- Museum Of London Docklands
- Museum of Flight
- National Gallery, London
- National Gallery Of Arts, Washington DC



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- Natural History Museum, London
- National Museum of Computing on Bletchley Park
- National Museum Of US Air Forces
- Picasso Museum, Barcelona
- Rijksmuseum, Amsterdam, Netherlands
- Royal Academy Of Arts, London
- Salvatore Dali Museum, Figueres, Spain
- Smithsonian, Washington DC
- Tate Britain, London
- Uffizi Gallery, Florence, Italy
- US Holocaust Museum
- Van Gogh Museum, Amsterdam, Netherlands
- Virginia Living Museum
- Yale Centre For British Art

Theme Parks and Attractions Virtual Tours

- AirPano
- Berliner Philharmoniker
- Kennedy Space Centre, NASA
- Legoland
- Walt Disney Parks
- Wellcome Collection

Zoos and Aquariums Virtual Tours

- African Animals
- Atlanta Zoo
- Cincinnati Zoo
- Dublin Zoo
- Edinburgh Zoo
- Explore.org Live Cams
- Flamingo Land
- Florida Aquarium
- Hirakawa Zoo, Japan
- International Wolf Centre
- Kansas City Zoo
- Melbourne Zoo
- National Aquarium, USA
- National Zoo, Washington DC



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- Osaka Zoo
- San Diego, California, Zoo
- Yellowstone National Park

Lots of activities available on social media – Quizzes, Games etc



National Support Services

Childline: 0800 1111

Samaritans: **Call 116 123** <https://www.samaritans.org/>

Domestic Violence Hotline: 0808 2000 247

Age UK: 0800 169 6565

Mind: 0300 123 3393 @MindCharity for tips and ideas.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

Helpline (03444 775774) Anxiety UK also hold online support groups

#Coronanxiety webinars for carers. <https://nopanic.org.uk/coronavirus/>

No Panic Helpline 0844 967 4848. (Not a free number – we need to make sure people are aware calling from a mobile can be expensive up to 55p a min).

You can access the crisis message 24hrs daily by calling 01952 680835



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Sandwell Support, Advice and Guidance

Sandwell Complex Communication and Autism Team visual supports
Contact jane_campbell@sandwell.gov.uk with what you need

Sandwell Citizen's Advice webchat www.citizensadvicesandwell.org.uk
or email your questions here
<https://citizensadvicesandwell.org.uk/contact-us/>

Sandwell Advice Line: 0300 330 9017

Help to Claim Universal Credit: 0800 144 8444

Sandwell Council useful information
www.sandwell.gov.uk/info/200347/resilient_residents.

School Nurses confidential text Chat Health 07480635486.

Sandwell West Birmingham Hospital Trust for sexual health clinics
text 07950080764 or call 0121 612 2323

Guru Nanak Gurdwara Smethwick community support network for
people 65+ will be providing grocery shopping, prescription & food bank
services. Call 0121 5582527.

Black Country Hub - business support information #COVID19
<https://t.co/LAPADRZCtC>

Connections Sandwell Information, advice and guidance on 0121 569
2955 and email Sandwell_Connections@sandwell.gov.uk

Association of Chairs - coronavirus resource page
<https://t.co/56fbaJnQcb>



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La Leche League: 0345 1202918 for mum's struggling to get formula milk.

iSE Social Enterprise CIC has launched a #COVID19 Social Enterprise Helpline for any social enterprise across Birmingham and Solihull – call 0121 771 1411

Challenging Behaviour Support

<https://www.challengingbehaviour.org.uk/cbf-articles/latest-news/guidanceforfamilies.html>

<https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/info-sheets-and-dvds.html> (Information sheets for carers)

email:support@thecbf.org.uk : Call **Family Support** 0300 666 0126

Carers UK have guidance for carers

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Online carers forums

Postural care Leaflet : <https://www.simplestuffworks.com/wp-content/uploads/2016/10/PosturalCareLeaflet.pdf>

Mental and Emotional Wellbeing

Sandwell Deaf Community Assoc @sandwelldearcom Text/facetime on 07885913225.

Black Country Womens Aid for women or men needing support call 0121 552 6448 or email info@blackcountrywomensaid.co.uk

Respect phone/webchat to manage behaviour respectphoneline.org.uk call 0808 8024040.

Kaleidoscope Plus – support counselling@kaleidoscopeplus.org.uk or call 0121 565 5605.



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Midlands Mencap - phone support – Weekdays – 8am-8pm Weekends – 10am-4pm Reach Out Service call anyone who is self-isolating, lonely or anxious ring and we'll stay in touch. Follow social media for content on wellbeing, activities, hobbies and fun. Call 0121 4276404 or Email families@midlandmencap.org.uk Twitter @MidlandMencapUK

Black Country Growth Hub 0300 770 2245 email enquiries@bcgrowthhub.com Twitter @bcgrowthhub sharing tips and information on how to stay active.

Dudley Take Five - Five Ways to Wellbeing. www.youtube.com

Pilates Sarah Perkins – www.facebook.com/nottspilates/

Meditation Caroline Lions – <https://youtu.be/WbZ9XtjTXkQ>

Yoga Jane Grogan – <https://www.facebook.com/pg/iloveoneself/about/>

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressure you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend, help to protect your family, friends and neighbours from scams.

**Read it.
Share it.
Prevent it.**

#Coronavirus
#ScamAware



Contact

For advice on scams call the Citizens Advice Consumer Helpline on **0800 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

NATIONAL TRADING STANDARDS

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk



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CORONAVIRUS STAY HOME TO HELP US SAVE LIVES

ACT LIKE YOU'VE GOT IT,
ANYONE CAN SPREAD IT.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES



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#THIS IS CARE

UNDERSTAND **CELEBRATE** PROMOTE
SOCIAL CARE



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