



Sandwell News

CORONAVIRUS TIER 3

VERY HIGH ALERT

YOU MUST:

Not mix with other households indoors

Only meet people outdoors in open public spaces in groups of up to six

Reduce your number of journeys, avoid travel outside the area unless needed

Work from home if possible


For further details, go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus)


STAY ALERT · CONTROL THE VIRUS · SAVE LIVES

Remember the basics, keep others safe



It is really important we all follow the new Tier 3 restrictions, but don't forget the basics:

 Wash your hands

 Cover your face

   Make space

And remember - just wearing a face covering is no excuse to ignore social distancing or not wash your hands.

When done together, these are the three most effective ways to control the spread of the virus. But if you do start to feel the symptoms, [please book a test](#).

Thank you for your help - please keep going!

Once again, thank you to all of you, [residents and businesses who are following the new Tier 3 rules](#), remembering the basics (Hands, Face, Space) and going above and beyond to keep their neighbours and customers COVID-safe. We will continue to provide as much help and support as we can.



[Our friends in the Healthy Sandwell team](#) can provide you with help and support to quit smoking, eat healthier or just get a bit fitter.

Mental health is just as important as physical health and it's OK to not be OK, but please don't suffer in silence.

Due to the added stress caused by the COVID-19 pandemic it is important to maintain our mental health [and there is plenty of help and support available to help you look after your mental health](#).

When we're under stress, some may turn to smoking, drinking or even drugs to help them cope.

[We are here to help you avoid substance misuse](#). Our services are free and COVID-safe.

If you have a low-income or receive benefits we can also help you with [your council tax payments](#).



If it lasts for three weeks or more
JUST SPEAK TO YOUR GP



It's OK to talk about loss

We know the lead up to Christmas will be a difficult time for so many people who are grieving. 😔

This week is National Grief Awareness Week and is a time for reflection and an opportunity for us all to support each other and remember those we have lost.

If you or someone you know is struggling or needs someone to talk to, there is lots of support available:

- Sandwell National Bereavement Partnership Helpline – 0800 448 0800
- Sudden Bereavement Helpline – 0800 2600 400
- Sandwell and Walsall Cruse Bereavement Care – 0121 558 1798
- Sandwell and West Birmingham Hospital Bereavement Services – 0121 507 3216
- Kaleidoscope Plus Group – 0121 565 5605

- Sandwell Healthy Minds – 0303 033 9903
- Under 16s - at the [Childline website](#) or call 0800 1111

Stop Loan Sharks Week

During these financially difficult times, there are sharks in the water. [Help us stop these sharks](#) from hurting people.

If you suspect someone may be a loan shark or they are acting inappropriately, you can report them anonymously by calling the Stop Loan Sharks Helpline on 0300 555 2222.

Alternatively, you can email the team on reportaloanshark@stoploansharks.gov.uk or access support via live chat Monday to Friday between 9am-5pm.

The Stop Loan Sharks App is free to download on both iOS and Android devices from the Apple App Store and Google Play Store.



Having a fall **IS NOT** an inevitable part of ageing.

With the right knowledge and support, you can help yourself to stay steady on your feet and protect your health and independence.

Whether you're 60 or 90 there are many positive and easy steps you can take to age well and reduce your risk of falling.



Call Agewell today for your **FREE** copy of our 'Staying Steady, Staying Safe' self-help guide for older people.

Available for everyone aged 60 and over, who lives in Sandwell, or is registered with a Sandwell GP.



0121 796 9333



info@agewelluk.org.uk



Heel Raises

Stand tall, feet hip width apart and flat on the floor, holding the back of a study chair or the kitchen sink. Lift your heels off the floor to a slow count of 5, taking your weight onto your big toes, then lower with control to a slow count of 5. Repeat 10 to 20 times.

Toe Raises

Sit tall on the chair, feet hip flat on the floor. To a slow count weight on your feet, with control to a slow count of 5. Repeat 10 to 20 times.

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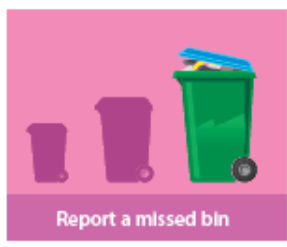
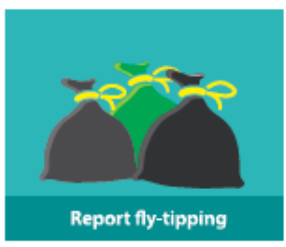
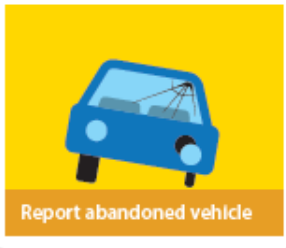
HM Government

NHS

Wear face coverings in all shops.

You must wear a face covering when shopping, unless you have good reason not to.

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CONTROL
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