



Wellbeing Newsletter

23/4/2020

Weekly Covid 19 update

Ramadan Mubarak

Ramadan Mubarak to everyone observing Ramadan. May this time bring you peace and good health. Ramadan will be a very different experience for Muslims all over the world due to COVID-19 restrictions. Tips from the Muslim Council of Britain can be found on the [Reading Borough Facebook page](#).



Ramadan is the ninth month in the Muslim lunar calendar. Healthy adult Muslims fast in Ramadan from dawn until dusk. This includes abstaining from drinking, eating, immorality and anger. Other acts of worship such as prayer, reading the Quran and charity are also encouraged. Usually, mosques host large iftars (a ritual meal), especially for those in need of help, so 2020 is going to be a very different Ramadan for Muslims in the UK.



There is [advice](#) available for Muslims living with diabetes who are thinking about fasting. Get tips on fasting safely and check when it's advisable not to fast. [Factsheets](#) are available in different languages.



The Muslim Council of Britain has put together some tips for celebrating Ramadan at home.

<https://mcb.org.uk/resources/ramadan/>



Working from home

It's fair to say that life has become more difficult for everyone right now. Coronavirus (COVID-19) has changed everything, and we're all struggling to adjust to new ways of living and working.

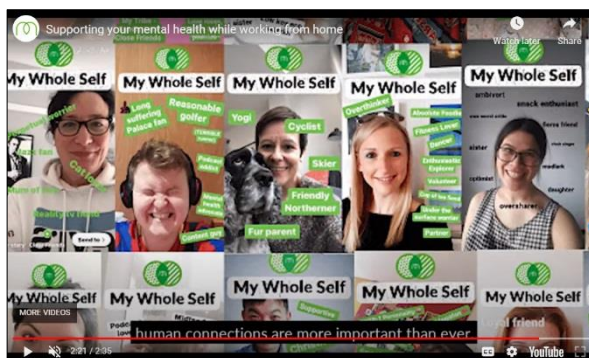
There are some perks to working from home we can all enjoy (bye bye commute!), but feeling stressed, bored, anxious and uncertain is also part of the new normal.



The NHS has created [7 simple tips](#) to help you adjust to working at home and to take care of your mental health in these unprecedented times.

If you haven't seen the latest TV campaign narrated by Kate and William you can watch it [here](#).

Remember: we are all in this together
<https://www.nhs.uk/oneyou/every-mind-matters/>



Mental Health First Aid England have created a [video](#) and [written guide](#) with advice on how to get set up for working at home and keep the stress levels down.



Maudsley Learning have developed a [short video](#) with personal tips from their staff on how to maximise your well-being and productivity.



Autism and anxiety

Autistica and Kings College have created an app, Molehill Mountain, designed to help people living with autism to understand and self-manage anxiety.

AUTISTICA

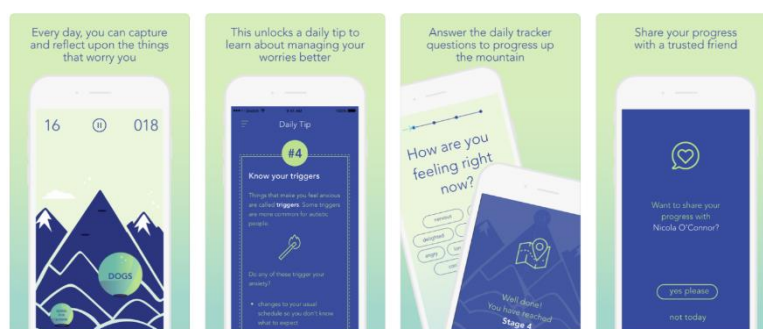


You can use the app to explore the causes and symptoms of anxiety:

- track your worries and the situations that trigger anxiety
- get evidence-based daily tips to understand more about anxiety
- feel more confident to self-manage anxiety

There is a cost to using the app so you might prefer to sign up to their email course, with daily emails and bitesize information.

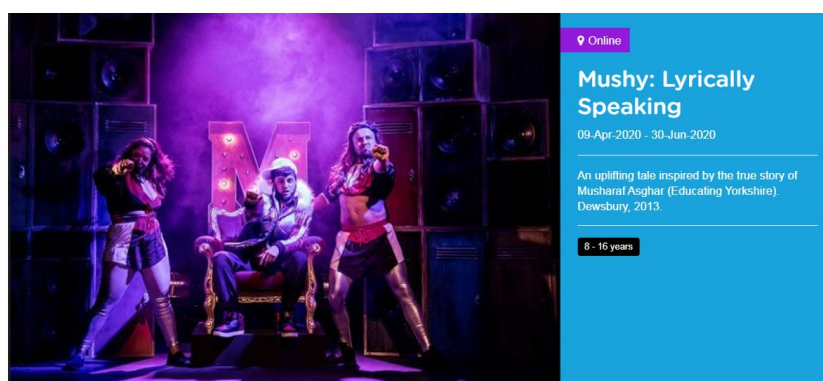
[Visit the website for more information](#)



Fantastic for Families

If you're struggling to find things to keep the kids entertained visit [Fantastic for Families](#). The focus is on all things creative with art, dance and music online sessions. There are age guides to help you understand what is suitable for your child but most are designed to be enjoyed by all children and young people.

You can also start planning for physical events that may be running later this year and you can even add your own events/online recordings.



Keeping Active

If you're starting to get bored with your daily walk or exercise routine here are a few ideas to help you get your energy back!

[10 Today](#) Virtual exercise is great if you have a screen but if you're just using a phone it can be more difficult. The BBC has shared a short audio workout for older people that was broadcast on 5Live - no big screens required!



'[Beat the Bug](#)' is a health & wellbeing programme designed to help you and your family stay active and well during the Coronavirus outbreak. You can download challenge sheets, upload photos and ideas, watch photos and get accurate information on how to keep you and your family safe.

[The 2.6 Challenge](#)

Join in the 2.6 Challenge on **Sunday 26th April** and raise funds for vulnerable older people.

Anyone can join in and take on the 2.6 Challenge with a range of activities – from walking, running or cycling 2.6 miles, to juggling for 2.6 minutes, to learning to count to 26 in another language! The options are endless... here are [26 ideas](#) to get you inspired.



Head to [Justgiving](#) to donate to Independent Age or to set up a fundraising page.



advice and support for older age
**Independent
Age**

Minority communities in Reading

The national emergency caused by Covid-19 disproportionately affects minority communities and means that many people now require more support than usual.



Community support partners in Reading have come together to coordinate support for BAMER, marginalised or minority communities and especially those from the new and emerging groups in Reading, Berkshire.

- Alliance for Cohesion and Racial Equality (ACRE)
info@acre-reading.org or call **0118 9510279**
- Utulivu Women's Group
info@utulivu.co.uk or call, text or WhatsApp **07859063643**
- Women with Vision (Reading)
wwwreading@gmail.com or call **07737038629**
- Reading Community Learning Centre (RCLC)
www.rclc.org.uk or call **07923 138 654**

Individuals within minority communities experiencing difficulties coping with the current situation can get the assistance and support that they need.

Complete the [online form](#) to ask for help.

If you just want the chance to chat to other people in the same situation there is a neighbourhood chat every other Thursday on [Zoom](#), to discuss how people are managing the lockdown and to support one another. Anyone is welcome to join.

The next meeting will be: Thursday 7th May, 11:30am. [Join Zoom Meeting](#)

Meeting ID: **767 479 2806**

Password: **2806**



Important advice for parents

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.


Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Alafia Family Support Service



Acre is pleased to announce the resumption of Alafia, a service which supports black and minority ethnic families with a child (0-25) with additional needs or disabilities. More information is available [here](#).

Alafia offers advice and advocacy support, empowers members to participate in relevant health and social care forums and provides a relaxed environment aimed at reducing isolation, enhancing life skills and improving well-being of our members.



Local Help

Many groups are still contactable through their website or phone number.

Please check <http://servicesguide.reading.gov.uk> updates on what is happening locally and put 'COVID' into the search.



Rahab - working with women that are affected in any way by sexual exploitation.

Offering phone and on-line support. Call **0118 9567000** or complete the online contact form <https://rahab.co.uk/contact/>



No 5 Counselling – free and confidential counselling and emotional support to anyone aged 11-25.

The service is still offering on-line support and a reduced telephone service. For details: email info@no5.org.uk

Reading Services Guide

Social groups ★ lunch clubs ★ activities ★ support ★ services.

Visit www.reading.gov.uk/servicesguide or call **0118 937 3747**



Do you need urgent welfare support?

If you need extra support or are concerned for someone else during this time:

- For anyone who is already receiving support from Reading Borough Council's social care teams call: **0118 937 3747**
- For anyone **not** in receipt of support from adult social care contact the One Reading Community Hub: Fill in the online coronavirus support form: <https://www.reading.gov.uk/coronavirussupportform>
- or call **0808 1894325**

Please only contact the Hub for **urgent** welfare needs so that resources can be directed to the people that need it most at this challenging time.



Links with additional information:

- Safeguarding concerns and guidelines
<http://rva.org.uk/article/safeguarding-resources-during-the-coronavirus-pandemic/>
- <http://rva.org.uk/ready-friends/>
- <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

On behalf of all of us at Reading Borough Council and the Voluntary sector & Community services, please stay safe.

If you have any queries, contact Wellbeing.Service@reading.gov.uk