

All Together

Bulletin August 6, 2020

Working together to help Gwynedd's communities through the Covid-19 crisis



Shielding to come to an end in Wales

Over 5,000 people in Gwynedd will receive a letter this week advising them that they can stop shielding in their homes from August 16th.

People with underlying health conditions have been advised to stay in their homes since the beginning of the pandemic, to shield themselves from the effects of the virus.

The new letter from the Chief Medical Officer states that people in these at-risk groups will be able to go to work, school or the shops after August 16th. But it states that it is still very important that people in the shielding group continued to pay strict attention to physical distancing and good hand hygiene.

This group of people have been supported by Gwynedd Council's Covid Support Team which was set up at the beginning of the crisis, as well as tenant support officers from the local housing associations Adra, Cynefin and North Wales Housing.

A key aspect of the support provided was the weekly food box scheme, which will come to an end the week ending 16th August.



Other aspects of the support set up by the Welsh Government will continue until the end of September - i.e. supermarket priority delivery slots, and prescription delivery service.

A record of the people who were shielding will be kept and updated and the letter states that a local lockdown would be considered if high numbers of coronavirus cases were to emerge in a local area in Wales.

Mantell Gwynedd Grants Continue to Help Groups

Twenty-five organisations in Gwynedd have now received a grant from Mantell Gwynedd to help with community efforts during the Covid-19 period.

One group that has benefited is 'Tîm Pobi Arfon' who have received £1,000 from the fund. This group of friends love to bake and make cakes and desserts for elderly and vulnerable residents in the Caernarfon, Dyffryn Nantlle and Llanberis areas.

As the group have received a grant from Mantell Gwynedd and ADRA, the support this group can offer has increased significantly, and they can provide treats to hundreds of older and vulnerable people in the area.

Funding is still available (up to £1,000 per organisation). For further details, contact Carys or Eleri:

Carys@mantellgwynedd.com or Eleri@mantellgwynedd.com



Gwynedd Online Carers Festival

Flamboyant local chef Chris 'Flamebaster' Roberts will be one of the familiar faces taking part in a Festival to celebrate the contribution of unpaid carers in Gwynedd in August.

The Online Carers Festival has been organised by the well-being unit at Gwynedd Council, along with the Gwynedd Carers Outreach and many other local groups.

"The aim of the festival is to celebrate and thank the contribution of unpaid carers of all kinds", said Ann Pari Williams, Gwynedd Council's Well-being Team Leader, **"and we've been very lucky to be able to attract all kinds of contributors and organizations to take part."**



With sessions ranging from cooking with Chris, to Tai Chi sessions, coping with dementia, dancing and live music, there will be something for everyone. And anyone is welcome to join online, not just carers.

According to the organizers, the festival aims to offer support and have fun, and to promote the need for more support for unpaid carers of all ages, from primary aged children to people in their 90s who are looking after a partner.

The Festival will take place from the 10th to the 28th of August, with a variety of information and well-being session, music and fun activities online. Some of the sessions will require pre-registration, so please visit the Gwynedd Council website for more information:

www.gwynedd.llyw.cymru/CarersOnlineFestival

GWYL GOFALWYR ARLEIN - agored i bawb!
ONLINE CARERS FESTIVAL - open to all!



Craft Packs – Supporting Creativity at Home

Craft for Wellbeing offers Gwynedd residents various craft workshops to promote wellbeing. Due to Covid-19, the sessions have moved online where people can meet digitally to create crafts together.

However, not everyone has access to the internet therefore free craft packs are available for people to create from home. A pack includes materials to create a simple felting project, and three creativity sheets.

The packs are available to adults in Gwynedd who are keen to use creativity to support their well-being during the Covid-19 pandemic. Priority will be given to those without access to craft materials and activities due to low income or illnesses and to those who do not have access to the internet



To order a pack contact Caernarfon Library on 01286 679463 to order a pack on Monday – Friday between 9-10am or 4-5pm.

Packs can be delivered to your home, or can be collected from these libraries: Caernarfon, Bangor, Pwllheli, Blaenau Ffestiniog, Dolgellau or Tywyn. The library will contact you to arrange a collection time.

Coronavirus and the Community – Bro Ffestiniog Community Research

One community in Gwynedd has started to consider the impact of the pandemic and the lessons for the future.

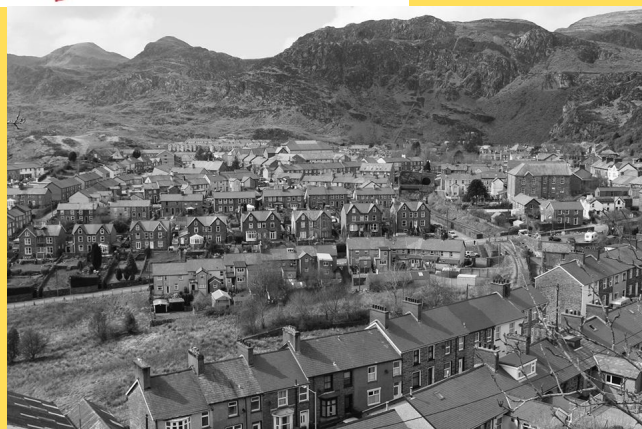
As part of an online research project, Cwmni Bro Ffestiniog has been gathering the views of local people about the effects of the crisis, and asking about the positive, unexpected outcomes that came out of the lock-down period.

The research is the result of extensive partnership work including the Universities of Manchester and Aberystwyth, Gwynedd Council, the Arloesi Gwynedd Wledig programme, Ffestiniog Town Council, Cwmni Bro Ffestiniog development workers and, most importantly, the people of Bro Ffestiniog.

To date, around 250 local residents have participated and the initial data has provided interesting insight.

A significant proportion, about 85% of participants, felt that the community of Bro Ffestiniog was doing more to help people during the crisis. They were also clearly concerned about the wider impact on the people living there.

So in difficult times this community, like many other communities across Gwynedd, has shown resilience in supporting one another. The aim now will be to ensure that Bro Ffestiniog continues to be able to foster the economic, environmental, social, cultural and educational development of the individuals and the area.



If you live in Bro Ffestiniog and want to take part, go to <https://www.surveymonkey.co.uk/r/XRY9T6F>

Getting to know Gwynedd's contact tracer officers

Many Gwynedd Council employees have temporarily changed their jobs to help during the crisis.

To set up the new new Test, Trace and Protect (TTP) team 39 council staff members have been relocated and trained to be part of this team. Two members of the Council's road safety team are among this group and Shirley Williams and Siwsan Broda share their experiences in their new role.

Shirley said: **"We received a lot of training before the job started, in terms of understanding the IT systems we were using but also how best to go about talking to people who are naturally feeling quite vulnerable."**

She added **"There are some occasions when we're the ones telling people that they have tested positive for coronavirus, so it is really important that we are as sympathetic as possible."**



Shirley Williams



Siwsan Broda

According to Siwsan they also offer help and advice to find groups that are available to distribute food to people who are self-isolating because of coronavirus.

"I like to think that we're really helping people as well as playing our part in stopping the spread of the virus," said Susan.

"We have a very strong team spirit despite the fact that members have come together from a number of different departments within the Council. I feel we are part of something important. After all, this is our community, and we want to do our bit."

Anyone who thinks they may have Coronavirus symptoms should immediately self-isolate and request a test.

Details on how to get a test can be found here www.gov.wales/apply-coronavirus-test

Thank you to all the workers who have temporarily changed their jobs to keep Gwynedd going during the Covid-19 crisis.

Laundry bags get a new lease of life

Betsi Cadwaladr Health Board has received thousands of laundry bags over the past few months from sewing groups and individuals across Gwynedd and beyond.

Over 10,000 of these cloth bags have been created as gifts across the west region, so that hospital staff can take their work clothes home to wash at the end of their shift.

"The idea was that staff could put the bag straight into the washing machine, and wash their work clothes at high temperatures to help prevent the spread of the virus," said Nia Williams Partnership Support Manager, Betsi Cadwaladr University Health Board.

"People have been so kind, making bags of all shapes and sizes. The staff have been so grateful, and it avoids having to use plastic bags."



But now they have too many, so Nia has been distributing the bags to other organisations. The bags are now used by staff in a number of other organisations, including Gwynedd Council care home workers, young people at Gisda and housing associations.

Gwynedd Nappy Scheme

Families in Gwynedd have benefited from a project to provide nappy packs to those who are financially affected by the impact of Covid-19.

Nappies are essential when there's a baby in the house, but they're not cheap to buy. Grŵp Cynefin and Adra have worked in partnership with Gwynedd Council and Mantell Gwynedd to secure funding to provide nappy packs for families in the Arfon and Dwyfor area.



Emma, one of the Mother's who received a package

"Families can choose from 4 different packs, including re-usable cotton nappies," said Mair Edwards of Grŵp Cynefin. **"The project aims to support 100 families, and in the first week we were able to help 25 families."**

The Barnardos organisation has now received funding from Magnox to deliver a similar project in Meirionnydd, and many families in the area have already received help.

If you would like further information about these schemes please contact:

Charlotte Hogan cymunedol@adra.co.uk /0300 123 8084

Medwen Williams, Barnardos ar: 01766 832546 / 832561

Largest ever flu campaign

Wales' largest ever flu campaign will see more people benefit from free vaccination to protect the most vulnerable.

According to health Minister Vaughan Gething the vaccination programme will include the shielding group and the eligibility age will be lowered from 65 to 50. Extra supplies of the nasal spray flu vaccine for toddlers and primary school children will also be made available.

Here in Gwynedd staff in the care sector will be encouraged to take the free vaccine, and a local programme will be introduced from September.



Llywodraeth Cymru
Welsh Government

"By extending the flu vaccine to more people than ever before, we can help prevent people becoming ill and reduce pressure on the NHS this winter," said Mr Gething. "I would urge anyone who is eligible to have the vaccine."



BRIDGING THE GENERATIONS FROM A DISTANCE

This period of time doesn't mean that we have to stop all bridging the generations connections, would you like to join us with any of these ideas?



How about writing an email and share ideas of what you've been up to recently? It's not only a great way to communicate but a way to also share pictures.



Use a mobile phone, a tablet or a laptop to make a video call. It's a great way to have conversations face to face but by also keeping a safe distance.



Be creative and create a card or letter by hand and send through the post. It's a great way to make someone's day!

Pick up the phone and ring your neighbour or an old friend. Or someone you haven't spoken to in months!



There's plenty of ways to keep in touch!

Some care homes have been doing an online campaign to get pen-pals during this period of time - would you be interested in taking part or in any of the above ideas? Please email me - mirainllwydroberts@gwynedd.llyw.cymru



New Money Advice Service

An online tool to help people with financial issues has recently been launched in response to the impact of the crisis.

The pandemic has created a financial crisis for many people and concerns about loss of work, furlough, benefits, debt or loss of business are very real at the moment. The online Money Navigator Tool offers online help to people who have seen their finances impacted by Covid-19, by providing them with guidance personalised to their needs, but may not know where to start.

By clicking on the Money Navigator Tool <https://www.moneyadviceservice.org.uk/en/tools/money-navigator-tool> you can get independent, impartial advice online or over the phone. You can also be referred to an organization that can provide more specialist help on a particular issue, for example Citizens Advice Bureau, or National Debtline.

Visit the website: <https://www.moneyadviceservice.org.uk>, or click on the link above for more information.



ACADEMI CYFLEON (OPPORTUNITIES ACADEMY) – An exciting pilot project that responds to the current challenges that young people face

Gisda is launching an opportunities academy in a former bank in Caernarfon in order to invest in vulnerable young people across Gwynedd in the wake of the Coronavirus crisis.

The Academi Cyfleon (Opportunities Academy) will give young people the chance to gain qualifications in practical subjects such as food hygiene, hospitality, health and safety, gain social media skills and discover outlets to enhance their creativity.



Transformed into a community hub, activities in the former bank will help struggling young people in the aftermath of the Coronavirus pandemic.

Gisda is also working with Gwynedd Council to develop further youth orientated plans for the building. A second branch of the project will be based in Blaenau Ffestiniog, helping provide support and advice for at-risk young people aged 16-24 across Gwynedd.

According to Gisda we are on the verge of the biggest economic downturn for decades, and they feel it is vitally important to tackle the predicted rise in youth unemployment.

“As government furlough funding comes to an end many will inevitably be made redundant and left with little or no income. There’s a risk that their confidence and their positivity levels fall and it’s crucial that we take steps now to support them through this crisis.” said Lyndsey Thomas, Gisda Support and Development Manager,

For further information, contact Gisda on 01286 671153 or visit www.gisda.org