

Useful Helplines

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net



OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Website: www.sane.org.uk/support

Women's Aid Domestic Violence Helpline

Free 24-hour national helpline run by Women's Aid and Refuge.

Phone: 0808 2000 247

Men's Advice Line

Confidential helpline for male victims of domestic abuse.

Phone: 0808 801 0327

Hourglass

Provides information and support to anyone concerned about harm, abuse or exploitation of an older person.

Phone: 0808 808 8141

National LGBT Domestic Abuse Helpline

Emotional and practical support for LGBT+ people.

Phone: 0800 999 5428

NSPCC

Helpline: 0808 800 5000

(24 hours, every day)

Website: nspcc.org.uk

ChildLine

Helpline: 0800 1111 (24 hours)

Website: childline.org.uk



Your Voice in Kirklees



What Should I Know About The COVID-19 Virus?

Everyone must stay at home to help stop coronavirus (COVID-19) spreading. Wash your hands with soap and water often to reduce the risk of infection.

To stop the spread of coronavirus, you should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

These reasons are exceptions. Even when doing these activities, you should minimise time spent outside of the home and ensure you are 2 metres apart from anyone outside of your household.



You should also:

- wash your hands with soap and water often – for at least 20 seconds
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue when you cough or sneeze
- put used tissues in the bin immediately and wash your hands
- not touch your face if your hands are not clean

(from NHS)

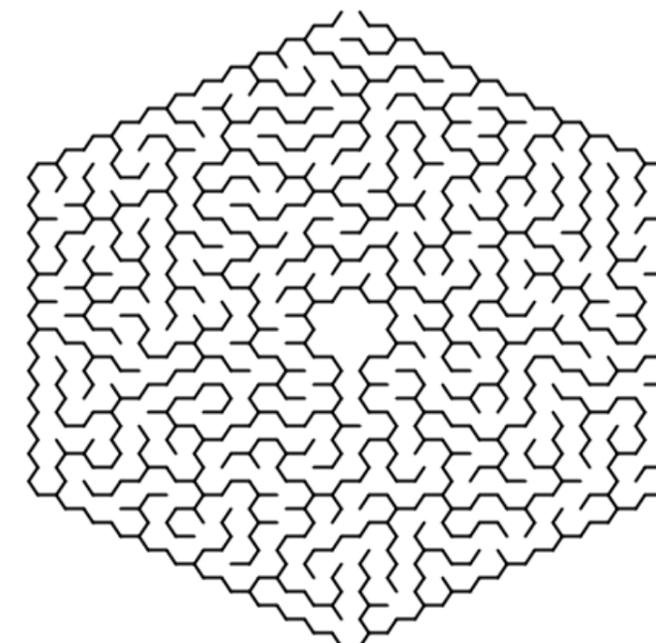


Puzzle Corner

Can you see the wood for the trees?

H	O	R	S	E	C	H	E	S	T	N	U	T	P
N	O	R	W	A	Y	S	P	R	U	C	E	A	C
P	B	D	O	G	W	O	O	D	C	L	W	O	O
S	B	U	C	K	T	H	O	R	N	Y	I	S	M
Y	H	C	W	Y	C	H	E	L	M	D	M	B	M
R	O	W	A	N	C	J	U	N	I	P	E	R	O
E	U	R	O	P	E	A	N	Y	E	W	I	Y	N
W	O	L	L	I	W	Y	A	B	R	W	E	W	A
O	H	C	R	I	B	R	E	V	L	I	S	H	S
R	C	S	S	E	R	P	Y	C	C	I	I	R	H
L	A	R	C	H	D	L	O	A	K	I	E	S	O
N	A	O	R	D	O	U	G	L	A	S	F	I	R
E	O	C	Y	S	C	O	T	S	P	I	N	E	T
A	L	D	E	R	E	Y	E	L	D	E	R	K	S

- | | |
|----------------|----------------|
| Alder | Elder |
| Common Ash | Dogwood |
| European Beech | Norway Spruce |
| Silver Birch | Horse Chestnut |
| Wych Elm | Larch |
| Hawthorn | Cypress |
| Common Hazel | Douglas Fir |
| Juniper | Elm |
| Field Maple | Rowan |
| Oak | Bay Willow |
| Scots Pine | European Yew |
| | Buckthorn |



Is it a hexagon or a cube? Starting at the top, try to find your way to the middle of the amazing maze.

Quitting in Quarantine

It is always a good time to stop smoking and particularly now.

Research shows that you are 4 times more likely to succeed, with support and stop smoking medication. Also children from a smoke free home are less likely to have persistent coughs, middle ear infections and be admitted to hospital with exacerbations of asthma and chest infections.

Across the partnership there are 3 smoking cessation schemes. These are run by Carers Count, WomenCentre and Clear.

If you would like support to stop smoking please contact one of the following (at the moment contact is via telephone support):

WomenCentre

Call 01484 150866 or email info@womenscentre.org.uk

Carers Count

Call 0300 0120231 or email info@carerscount.org.uk

Clear

Call 01484 519097 and ask for Hannah, Shauna or Simi who will explain more about the scheme. Just before lockdown, Clear were due to launch their new Smoking Cessation service. We are still planning a formal launch once we are back in the office. During Covid-19 we will be running a scaled down version and are available for telephone support.



The main symptoms of coronavirus (COVID-19) are a high temperature and a new, continuous cough.

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have these symptoms. Stay at home.

If you have mild symptoms of coronavirus, you should stay at home for at least 7 days.

To help yourself stay well:

- drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- take paracetamol to help ease your symptoms
- stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise, if you feel well enough to

There is currently no specific treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation away from other people until you've recovered.

You can usually treat mild coronavirus (COVID-19) symptoms at home. If your symptoms are severe, you may need medical care until you recover.
(from NHS)



For up to the minute advice, please check the [NHS website](https://www.nhs.uk)

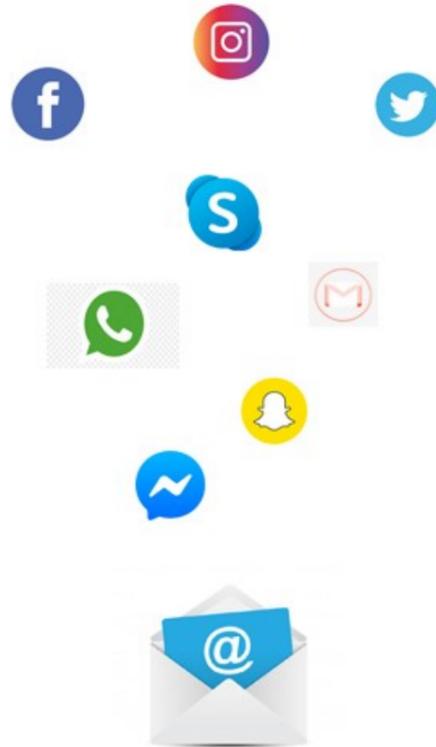
Lockdown Rhymes



My Technology.

Technology is great but very fast
It's updating more before I have finished the last.
I do quite well and try and keep up to date
But it does not know that I hesitate
My mind is slower as I have got old
Brains got smaller with too much to hold
What with google advice which is a must
I feel more confident and I can trust
Instructions and help to me are a boon
But the next update always here too soon.
However I will battle on with pride
To show people what I can do while shut up inside.

iPads, mobiles, computers and the rest
Always a challenge and a great way to test
My ability and mind seem always on the go
Trying for knowledge for things I should know.
Although bridge, scrabble, hearts I find I do stray
Isolation has taught me that there's always a way
To keep concentration while things are going on
Outside or inside I need something for fun.
My life is so different, no golf, no recreation at all
Just have to appreciate things, no matter how small
I try to think of others who have not got it quite so good
Take care keep safe and patient till we are out of this wood.



Can We Help You?



<https://touchstonesupport.org.uk/about-us/>



<https://womenscentre.org.uk/>



<https://www.s2r.org.uk/>



<http://carerscount.org.uk/>



<https://www.commlinks.co.uk/cleargroups/>



<https://www.hootcreativearts.co.uk/>



<https://www.richmondfellowship.org.uk/yorkshire/kirklees-employment-service/>

Coronavirus Information Service on WhatsApp



Kirklees Council have launched a WhatsApp chatbot tool to ensure that the public have trustworthy information about COVID-19 from GOV.UK and NHS.UK, including advice on prevention, symptoms and staying at home.

The new service has already attracted one million messages and you can add **07860 064422** in your phone contacts and then send 'hi' in a WhatsApp message to get started.

Free Legal Advice to Help Working People From Pattinson & Brewer Solicitors

I know many of you are worried about the impact of the coronavirus lockdown on your jobs and finances. To try and help, our Employment Rights lawyers will offer **free legal advice** to anyone who believes they have been treated unfairly by their employer.

Our firm is one of the longest established in the UK – we represent thousands of working people every year. Emily Bradshaw (@emilybrdshw), our Head of Employment Rights, is leading the team of lawyers available to help you.

You may have a potential claim if:

- You have recently been made redundant by your employer without them having given consideration to offering you furlough leave.
- Your employer has made at least 20 employees in your workplace redundant without complying with their obligations to consult with you.
- You have been dismissed or subjected to a detriment for exercising your right to request dependant or parental leave.
- You are an agency, casual, or zero hours worker who has been refused SSP having been prevented from attending work because they have symptoms or have been identified as vulnerable by the Government.
- Your employer has sopped paying or reduced your wages without your agreement.

If you feel one of these situations applies to you, or if you feel you have been treated unfairly in another way, then please contact us for **free legal advice**.

Call us free on our 24/7 helpline on 08003077660, and one of Emily's team will get back to you to see if we can help.

I hope we will be able to help you. Take care and stay safe

Jamie Hanley

Partner, Head of Client Relations

Pattinson & Brewer Solicitors

Find us on Twitter @PB_Employment / @TradeUnionLaw / @jamiehanley / @emilebrdshw



With Hope

The coronavirus recovery seems a very long process
We wonder why we had to get into this mess
Our morale weakens and soars as we go through each day
With everyone trying to find a way

We are all working together to get through this fight
Dedication and patience to help us through each night.
What sacrifices and how many do we have to make
As we go through this torture for goodness sake.

All doing our part and giving support as much as we can
Everyone trying, child, woman and man.
We must not give up hope and keep being strong
As we go through each day, no matter how long.

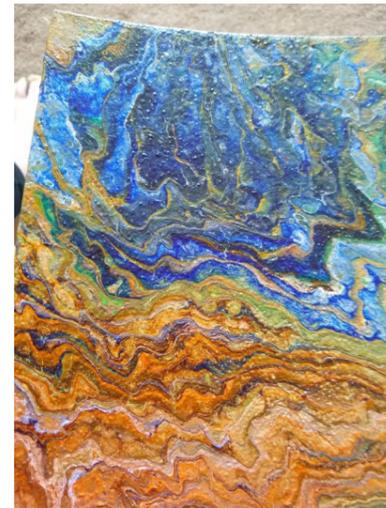
We will get through this with stamina and grit
So keep being positive, healthy and fit.
Think of those people on the front line there for us
Doing all possible to get rid of this virus.

We must do our utmost throughout this nightmare.
Stay home, save lives, please. Everywhere.



Lockdown Tales from Carers Count

The clients of Carers Count have been keeping busy during lockdown, producing textiles, artwork and crafts and keeping their gardens looking beautiful. Enjoying an existing hobby—or finding a new activity you love—can be beneficial in stressful times, but the main thing is finding your own way to cope.



Carers Count mental health service offers specialist support to carers of adults with mental health issues in Kirklees. It is a free, independent support service.

Please contact us for support on 0300 012 0231, or email us at info@carerscount.org.uk.

You can find out more about our services, and other useful information and resources for carers on our website at www.carerscount.org.uk

We are also on Facebook: <https://www.facebook.com/carerscountkirklees/> and Twitter: https://twitter.com/carers_count

