

# COVID-19 Useful Help and Advice

We understand that the coronavirus (COVID-19) may be a difficult and precarious economical time for some. We just wanted to share some information with you which you may find helpful at this time.

## Government Support

On Friday 20 March, the Chancellor outlined support plans for business and low income workers to support them during this very difficult time. The plans include increasing the standard rate in Universal credit and Tax Credits by £20 a week for one year from April 6th, meaning claimants will be up to £1040 better off. Further details on the full announcements can be found at on their [website](#).

## Travel Information

As we head towards Easter, the Foreign Office have advised against all but essential travel. This is now a trigger for travel insurance payouts. Money Saving Expert says: Most insurers will cover you if there is a Foreign and Commonwealth Office (FCO) advisory in place – as there now is for all non-essential travel overseas, to any destination. But for a rough check, see what individual insurers have told us – though this will vary by policy and can change over time. For further details visit: [Money Saving Expert](#)

## Supermarkets

### Sainsbury's

From Monday 23 March, Sainsbury's are changing their opening times. From 7.30-8am Monday to Saturday, NHS and social care workers can shop half an hour before opening. From 8-9am elderly, vulnerable and their carers can shop every Monday, Wednesday and Friday. They are still offering over 70's and others that have a disability access to priority online delivery slots and also an expanded click and collect service for those who are able to travel to a store. Product restrictions will apply - Item limits of 2-3 products (depending on type)

### Asda

From Friday 20 March, from store opening to 9am, stores will be available only to vulnerable groups and NHS workers (check your local store for details). They have temporarily closed stations such as pizza's and the rotisserie to direct staff to other essential duties. They are continuing their reduced store opening times in 24 hour stores to allow for replenishment of stock and Item restrictions are in place.

### Tesco

From Sunday 22 March, there will be a browsing hour for NHS workers, allowing them to fill their trolleys before store opening. They are continuing with their hour for vulnerable groups and this is usually 9-10am but can be dependent on stores. All stores will now close at 10pm to allow for replenishment of stock.

### Morrisons

7-8am will be NHS hour at Morrisons. Shoppers will have to show their ID badge to be allowed in and all other customers are able to shop from 8am. There are limitations on the number of items that can be purchased.

### Aldi

From Friday 20 March, stores will close slightly earlier to allow for replenishment of stock. Sunday opening hours remain unchanged.



## Iceland

They are continuing to restrict the first hour of shopping to the elderly – check with your local store.

## Co-op

Each store has a dedicated hour for vulnerable people and those who care for them – check with your local store for details.

## Internet Updates

### KCOM

To help customers work from home and access Government websites and other sources of valuable information about coronavirus, KCOM have temporarily removed data caps for all online activities other than gaming and streaming or downloading media (from 19 March).

### BT

BT have removed all caps on their broadband packages so every customer has unlimited data during this time. They've also made all visits to the NHS online free, so you won't use any data while accessing information (even if you've already run out completely). For BT landline-only customers, they have capped the charges of calls to all UK landlines and mobiles to £5 a month, so you can make the calls they need to without worrying about their bill. (This doesn't include international calls and premium calls).

### Netflix

Due to increased demand for streaming services, Netflix have temporarily reduced picture quality which would reduce your data consumption by 25%. Do not adjust your sets!

### Mobile phones

Vodafone, EE, O2 and Three have all announced that they will give their customers free online access to the latest NHS health information about coronavirus. You will not use any data whilst visiting [nhs.uk](https://www.nhs.uk) and also [111.nhs.uk](https://www.111.nhs.uk)

## Free Subscriptions and resources

### Audible

In the current situation, Audible is offering hundreds of titles children ages 0-18 completely free of charge. Divided into four different age groups (Teen, Tween, Elementary, and Littlest Listeners,) these titles have been hand-selected by Audible's team of editors specifically to entertain, engage, and even educate young people who are stuck at home because of school closures and quarantine efforts. The selection includes many classics, such as Lewis Carroll's *Alice's Adventures in Wonderland*, Lucy Maud Montgomery's *Anne of Green Gables*, A. A. Milne's *Winnie-the-Pooh*, Charlotte Bronte's *Jane Eyre*, and Mary Shelley's *Frankenstein*. There are modern works as well, including plenty of Audible Originals, such as Ashli St. Armant's *Viva Durant and the Secret of the Silver Buttons*, Lee Bacon's *The Mystery of Alice*, and V. E. Schwab's *The Near Witch*. There are also plenty of educational offerings, including Neil deGrasse Tyson's *Astrophysics for Young People in a Hurry* and Richard Robert's *Becoming Fluent*. There are even books to teach foreign languages. See [stories.audible.com](https://stories.audible.com) for further details.



## Weareteachers.com

The big list of children's authors doing online read alouds and activities.

## PhonicsPlay

[www.phonicsplaycomics.co.uk](http://www.phonicsplaycomics.co.uk) have made their site free to use during this period to help keep small children entertained. All you have to do is enter the following log in details - Username: march20, Password: home

## Sign language

British sign language have changed their courses to pay what you can. They are happy for children and young people to access their courses for free at this time but they are saying a guide price for a key worker is £10 as it actually costs them £15 for each enrolment. The course is a 20 hour CPD certified course and can be studied at your own pace. Further details can be found on their [website](#).

## Edinburgh Zoo

Edinburgh zoo are giving everyone the chance to watch some of the animals up close and personal via a live webcam. Choose from either watching a panda, penguins, tigers or the koalas! [www.edinburghzoo.org.uk/webcams/panda-cam/](http://www.edinburghzoo.org.uk/webcams/panda-cam/)

## Museums

Museums across the world have opened their doors to allow people to have virtual tours. See where your tours will take you on their [website](#).

## JK Rowling

Author JK Rowling has issued an open licence to teachers, relaxing copyright permissions needed to post videos reading the books aloud. Further details can be found [here](#).

## Shakespeare

Visit The Globe Theatre online to get your Shakespeare fix whilst all the theatres are closed. To view what is available to view online visit <https://globeplayer.tv/>

## Scouts – skills for life

Great ideas from Scouts for indoor activities at home at <https://www.scouts.org.uk/the-great-indoors>

**Educational free websites -** [www.Learnincolor.com](http://www.Learnincolor.com)



## Health and Fitness

Government advice (as at 23/03) is you are able to go outside and walk, or do a form of exercise such as running 1 time per day, whilst maintaining social distancing. However, there are a number of online fitness videos and tutorials which are now accessible:

If you have a gym membership – check with your gym directly as most of them are freezing membership or offering access to online classes.

The Body Coach – Joe Wicks is doing a daily 30 minutes PE class via You Tube. If you search You Tube for The Body Coach TV, you are able to subscribe to the channel.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

<https://www.youthsporttrust.org/free-home-learning-resources>

Youthsports trust is launching a campaign to keep people active during the current situation. Further details can be found at [www.youthsporttrust.org/news/government-supports-sport-sector-response-keep-children-active-during-coronavirus](http://www.youthsporttrust.org/news/government-supports-sport-sector-response-keep-children-active-during-coronavirus)

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

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## MIND

Mind have developed the following page of information specifically about 'Coronavirus and your wellbeing'. It includes ideas of ways to keep people well during this time:

[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?fbclid=IwAR37Ak6u2nBVRVeeW1YfAX7w3rqP88mD9nh\\_Isyoj1r80JnSMEOBYROM5fw#collapseaefc0](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?fbclid=IwAR37Ak6u2nBVRVeeW1YfAX7w3rqP88mD9nh_Isyoj1r80JnSMEOBYROM5fw#collapseaefc0)

In addition, they have provided signposting information:

- Self-care – Find what works well for you and give yourself the time you need to stay well
- Support network – Stay in contact with your support network as much as possible (friends, family, colleagues etc.).
- Websites and apps – Make use of the Mind website or any other online support available
- GP – If you have any further concerns then you can talk to your GP or contact 111
- Emergency services – If you have a medical emergency, contact 999 or access A&E as soon as possible

School Website information and resources – Mind have put together a fact sheet of information and signposting resources for specific mental health problems. In addition, all of their digital Mind branded WSA resources for students, staff, parents and carers have been saved into a shared drive on pCloud for you to upload. Both the fact sheet and resources can be accessed by following the link below. You may be required to sign up to use pCloud, but this only takes a few seconds and the service is free (just like drop box): <https://my.pcloud.com/publink/show?code=kZiJ19kZKYqxjw9gkRRwppCiBookDJ7yXMAk>

