



Editors Introduction

Here's our sixth collection of information that might be of interest / use to you, your families, or colleagues whilst we are getting through the coronavirus pandemic.

Please remember to follow the government and NHS guidelines on how to keep safe and minimise the spread of coronavirus.

For more information on services, remember that the website <http://www.dundeehealth.co.uk/content/coronavirus> is being regularly updated by the Community Health Team.

Until the next update,

Paul Davies
Senior Community Planning Officer

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Welfare Benefits

Dundee Advice Agencies have prepared a two page document to help you see what benefits you can / should be claiming during the coronavirus outbreak. I have attached this along with this e-bulletin.



Home Energy Scotland

We are currently operating a comfort fund – the comfort fund is for vulnerable people who are on low income or who have perhaps experienced a loss of or decrease in their income, due to the current situation, and require some additional help towards their energy bills or heating their property. Please, if you know anyone who you believe may be eligible for this fund then signpost them to get in touch with Home Energy Scotland via the free phone number: **0808 808 2282** or, if you are currently on our online referral portal refer them through this measure to discuss this option with one of our advisors.



Secondly, The Energy Saving Trust, who manage the Home Energy Scotland contract, are providing free heaters to anyone who does not currently have heating in their property. If you again know of anyone who would benefit from this then just refer or signpost as discussed above.

HELP SOMEONE YOU KNOW KEEP WARM AND WELL

If you or someone you know are worried about energy bills, we can help.
We're open; call us for free help and impartial advice.

Call Home Energy Scotland on **0808 808 2282** to speak to a friendly advisor.

HOME ENERGY SCOTLAND

Greener Scotland
Scottish Government

Dundee Children & Family Information Service

The Dundee Children and Family Information Service has put together home learning activities websites and other activities in a sub category on our website so that you can find these listed in the one place if required - these include play, craft, Facebook groups and streaming activities and other ideas for learning at home. There are currently 47 listed and we hope to add more as they arise.

The link to what is available at the moment is <https://bit.ly/2UbBSwx>.

Have Your Say Newsletter - Advocating Together

The latest newsletter, including important information about staying safe during the coronavirus outbreak is available here:

<https://advocating-together.org.uk/3d-flip-book/issue-29/>





Penumbra Service provision – 15.04.20

Nova Service – mental health and wellbeing support

- The team are home working and providing support via telephone, text, e-mail and Zoom.
- Emotional support; Explore self-management resources and coping strategies; Safe planning; Information and sign-posting to other relevant agencies.
- **We are continuing to accept new referrals**
- Criteria: Individuals must be aged 16+ and live in Dundee. It is not necessary to have a mental health diagnosis.
- Referrals can be made on behalf of an individual and self-referrals also accepted. Service information leaflet, application and risk assessment (to be completed by a referrer if applicable) are attached alongside this e-bulletin. If making a self-referral only pages 1 & 2 of the application are required. Details of where to send application noted on the form:
- Please note Dundee City Council may charge for this service and any ability to pay is calculated on a means tested basis. This continues to be the case during the current climate and the team will complete the finance form with people over the phone prior to starting support.
- Contact:
Office Tel: 01382 223487 (messages are being picked up daily)
E-mail: dundee.nova@penumbra.org.uk
Follow us on [Facebook](#) for regular up-dates and wellbeing information

Carers Support Service – for unpaid Carers providing support to family/friends who are experiencing mental health difficulties (excludes Alzheimer's/Dementia)

- The team are home working and providing support via telephone and Zoom
- Emotional support; Explore self-management resources and coping strategies; Safe planning; Information and sign-posting to other relevant agencies
- **We are continuing to accept new referrals**
- Criteria: The Carer has to be aged 16+ and the person they care for aged 16-65. Either the Carer or 'cared for person' must live in Dundee.
- Referrals can be made on behalf of an individual and self-referrals also accepted. See attached information and form. Details of where to send the application are noted on the form
- This Service is FREE to access
- Contact:
Office Tel: 01382 223487 (messages are being picked up daily)
E-mail: dundee.carers@penumbra.org.uk
Follow us on [Facebook](#) for regular up-dates and wellbeing information



The Big Lunch's Big Thank You

As part of the Community Action Response, we have also launched #TheBigThanks which allows us to say thank you to those who have stepped up and are looking out for their neighbours and strangers. Even the smallest acts of kindness can make a world of difference to people who might be struggling. The Big Thanks will help shine a light on the people who are making a difference to others locally and help us to celebrate our communities.

You can find out more and see some of the thank you's on our website at www.thebigthanks.org. We have a package of social assets for The Big Thanks.

We're trying to keep councils and others updated with progress and the fastest way to keep stay up to date about plans for alternative Big Lunches and any other initiatives that would support your residents and communities during these difficult times is to sign up for our monthly e-newsletter at:

<https://www.edenprojectcommunities.com/sign-up-to-our-newsletter>

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