



## **Editors Introduction**

Here's our eleventh 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.

If you have anything you would like to contribute to our next extra update, or our regular bi-monthly issue (no item too small!) then please send it to me at [paul.davies@dundeecity.gov.uk](mailto:paul.davies@dundeecity.gov.uk). News on what is happening in your community would be particularly welcome. Until the next update, hoping you all stay safe and well.

Paul Davies  
Senior Community Planning Officer

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## Staying In Fund

Homeless Network Scotland is making a cash transfer payment available for up to 1000 people experiencing homelessness in Scotland. The one-off payment can be made to households in temporary homeless accommodation, or people who have recently taken on a Housing First tenancy.



The money has been made available through the Scottish Government's Wellbeing Fund (with thanks to SCVO and the Hunter Foundation) and Homeless Network Scotland has £100K available to support those in the greatest need. Payments of up to £100 can be accessed through support and advice services that people and families are in touch with, or directly from Homeless Network Scotland via our website.

Other than the criteria of living in temporary accommodation or in a housing first tenancy in Scotland, there will be no other qualifying conditions – but it is a limited fund that will be distributed on a first come first served basis. Transfers will normally be in the form of cash payment direct to a bank account, or if preferred a voucher payment which can be spent at mainstream retailers.

Maggie Brunjes, Chief Executive of Homeless Network Scotland, said:

"These payments won't remove people's most pressing problem, or reach everyone, but we hope it can ease some immediate money worries while the transition out of lockdown is made harder by the stress of either needing to move again, or needing to stay where you are."

The Staying In Fund is on a first-come, first-served basis and we want to quickly get it out to people who could do with it. If you support people in any type of temporary, emergency, or supported accommodation or in a Housing First tenancy in Scotland, please return a nomination form and help us spread the word. Click below or email [hello@homelessnetwork.scot](mailto:hello@homelessnetwork.scot)

Please note that application does not guarantee a grant payment. [Apply Now](#)

### Our mailing address is:

Homeless Network Scotland, Unit 16a, The Adelphi Centre,  
12 Commercial Road, Glasgow, G5 0PQ, United Kingdom



## Get Active At Home

Nicola Mitchell at DVVA was contacted by the Green Health Prescription Officer and has agreed to work with her to set up a Get Active at Home project with Green Health Prescriptions to help people aged over 50 to keep active. We have received funding from the Big Lottery Supporting Communities Fund to do this.



Whilst we are now in Phase 1 and we are starting to see some restrictions ease, it is likely to still be some time before we can go out and take part in our usual social activities so we are looking for a way to keep people active whilst at home.

We are not suggesting that you hike up and down the stairs or walk as many laps of the garden as Captain Tom did, but we are looking at delivering online, live guided gentle and beginners exercise tutorials including seated that can help to keep your muscles strong and supple.

I am hearing more reports from the older people's network of people being worried about engaging in future group activities when they do start up again having lost their confidence, but also because they are worried about how they would physically manage as their physical ability has been reduced due to inactivity during lockdown.

We have created a survey to find out your thoughts on what type of activities you might like to take part in online. These activity sessions will be live so that you can speak to the instructor in advance and during the class to make sure that the lesson is suitable for your ability level, plus you'll get the opportunity to meet and chat with other participants.

We plan to run these for a period of 8 weeks with the hope that following these online classes, we can hold some socially distanced hosted classes outside for 6 weeks as a way to help build the confidence of people leaving their homes, when it is appropriate to do so. Hopefully, we could then apply for some more funding to keep these classes going since connections will have been made.

I would be most grateful if you could please complete our survey to give us an idea of what if anything you might be interested in. You can find this at:  
<https://www.surveymonkey.co.uk/r/8VJJKZY>

I understand that the idea of attending an online class can be daunting the first time that you do it, so we can arrange free help to get you set up from the lovely volunteers at Ability Net.

If you have any questions about our Get Active at Home with Green Health Prescriptions project, please do not hesitate to get in touch with Rachelle, Green Health Prescriptions Development Officer on [greenhealth@dvva.scot](mailto:greenhealth@dvva.scot) or on 0771 996 9229.

I would appreciate as always if you could please share this email with your networks.

Keep safe.  
Kindest Regards

Nicola Mitchell  
Older Peoples Services Development Officer



## Centre for the Protection of National Infrastructure Information

Dear Colleague,

Please find attached and via [this link](#) information that might be of help to you or your partner organisations.

The attached document provides the reader information and sources of information relating to "COVID-19: Moving your business from the physical to the digital". This is directed mainly for small to medium sized organisations however might also provide some helpful information regarding digital security.

Also below are two links to the website for the Centre for the Protection of National Infrastructure who have helpfully created a range of documents that might be helpful for all workplaces in the future after the current lockdown. This will be helpful to all organisations and includes posters etc. for use within workplaces.

- [Staying Secure During Covid-19](#)
- [Covid-19 Workplace Actions Campaign](#)

I hope you find this information helpful and please circulate to those within your own organisations or partners that might be helped by it.

Kindest regards,

Valerie Arbuckle  
Partnership Development Manager  
Partnership, Prevention and Community Wellbeing  
Safer Communities  
Police Scotland



## Preventing Commercial Sexual Exploitation

Colleagues in the Dundee Violence Against Women Partnership have produced a leaflet looking at what to do during covid-19 to help prevent commercial sexual exploitation, as part of their 'If Not You, Who?' campaign. A copy of the leaflet is attached for information, and contains information on a range of agencies that can provide different forms of support. Please circulate to anyone that you think it may help.





## **POLICE SCOTLAND – MESSAGE TO COMMUNITIES**

### **Message from Assistant Chief Constable Gary Ritchie – 22<sup>nd</sup> May 2020**

Police Scotland continue to urge victims and witnesses of hate crime to report it during the COVID-19 pandemic. We understand the impact this type of incident can have on individuals, their families, friends and the wider community.

Police Scotland is fully committed to keeping people safe and protecting all our communities and I acknowledge communities and individuals may feel vulnerable as a result of COVID-19.

A hate crime can include name calling, harassment, graffiti or a physical attack motivated by prejudice or ill-will towards a social group. Social groups covered by hate crime legislation are disability, race, religion, sexual orientation and transgender identity. What you may view as a minor incident can have a major impact and we want to assure you that any form of hate crime will not be tolerated and will be fully investigated.

Should you experience or witness such an incident, please report it to us by calling 101, or 999 in an emergency, or by using our [online hate crime reporting form](#) on the Police Scotland website.

If you do not feel comfortable reporting the matter directly to Police, there is a network of Third Party Reporting (TPR) Centres available to provide support remotely during the current situation. Although, at the moment, you cannot attend a TPR centre in person, many organisations are now offering an option to report an incident over the telephone or via e-mail. Please visit the TPR page of the Police Scotland website for more information on [Third Party Reporting](#) and for a list of active centres.







## Big Virtual Lunch



Online, on the phone, on your doorstep – join in!

The Big Lunch is about celebrating community connections and getting to know each other better. Now more than ever, we need to make time for each other but we also need to stay safe, so this year will be the first ever Big Virtual Lunch!

For those of you who have been to a Big Lunch before, things will need to be a little bit different, but community spirit is shining bright, and whether you are a first timer or an old hand, there are lots of ways you can join in, online, on the phone and on your doorstep.

We've created a range of resources that you can download to get your neighbours and community talking, celebrate connections and thank those around you. There are games to play, digital invitations to spread the word, and lots of tried and tested ideas from The Big Lunch team.

Let's get the nation talking over a cuppa and a bite to eat – join the annual thanksgiving weekend for neighbours and communities and have fun with The Big Virtual Lunch!

We love hearing from you, so get in touch, share your stories and tell us how your neighbourhood and community is staying connected by [emailing us](#). You can also join the conversation on [Facebook](#), [Twitter](#) and [Instagram](#). Don't forget to use the hashtags #TheBigLunch and #BigVirtualLunch.