



Editors Introduction

Here's our fifteenth 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 us at dundee.partnership@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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New 'Cost of the School Day' Back to School Resources

As schools return, many more children and young people will be facing a new challenge to participating fully in the school day. Covid-19 job losses, furlough and drops in income have pushed more families in Scotland into poverty. We already know that financial hardship has a serious effect on children and young people's learning and wellbeing. This year, it's more important than ever to be poverty aware and do all we can to reduce financial barriers to children and young people's learning and participation.



"Making all aspects of the educational experience open and equal regardless of costs is very much the right thing to do." (Headteacher, Dumfries and Galloway)

The Cost of the School Day project has created a package of back to school resources for you to share with schools and colleagues in your areas: [All resources are available to download and use here on our website.](#)

- Learning from Lockdown and returning to school – based on Cost of the School Day lockdown research with over 4000 parents, children and young people, this resource highlights the support from schools which families say helped most during school closures and sets out poverty considerations for the new term and any future periods of home learning
- 'How to...' Cost of the School Day guide – details five straight forward steps to embedding a Cost of School Day approach in your school
- Poverty and Cost of the School Day awareness raising presentation - can be used during in service days, at meetings or smaller group sessions, and for individual reflection and professional development. This presentation should be used in conjunction with our supporting notes and local child poverty estimate slides.
- 'Why Cost of the School Day Makes a Difference' film - features staff and pupils in Dundee, South Lanarkshire, Inverclyde, Dumfries and Galloway and Moray schools talking about Cost of the School Day approaches and how they've made a positive difference to their school communities. The film can be used across the school community to raise awareness and promote change
- Cost of the School Day Working Group guidance – provides guidance on setting up an effective working group this year and the importance of drawing experiences and solutions from across the whole school community.

We would be very grateful if you could share these resources with schools in your area and any other interested colleagues. We welcome any feedback on the impact these resources may have and, as always, examples of good practice and innovative solutions in individual schools and areas. You can contact the Cost of the School Day team at costoftheschoolday@cpagscotland.org.uk and on Twitter at @CPAGScotland #CostoftheSchoolDay.

"I think the more staff that know about Cost of the School Day, the more parents that know about it, the more children that know about it, we can make a difference." (School and Family Development Worker, Dundee)

Sara Spencer
Cost of the School Day Project Manager
Child Poverty Action Group in Scotland



Dundee Carers Survey

If you receive a direct payment and employ your own Personal Assistant(s), we would appreciate if you could complete this [short survey](#).

The Employers Quality Standard is an accreditation for people who receive direct payments to employ a personal assistant.

By completing the accreditation, employers can show that they understand and meet all the responsibilities expected of them.



Get Active at Home

Are you interested in doing a range of gentle exercise workouts from the comfort of your own home? If so our calendar of online activities might be for you, whilst the community based ones are not in action.

Working with activity instructors who have experience working with elderly and/or inactive individuals, we have developed a beginners' level set of online group activities.

These classes will help you stay active while indoors, connect to an online group to help reduce social isolation, and build up your confidence and physical abilities. There is a range of classes offered during the week and you can see those listed in the attached schedule.



If you are interested in joining these classes please contact Rachelle at greenhealth@dvva.scot or 07719969229 and she will go through a quick induction, get you registered and show you how to connect to the classes.

Places are limited, but if we have enough interest we will look for additional funding to put on additional classes. Please share with your networks.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 10-11	Beginners Yoga – Ali 10.00 to 10.45		Beginners Pilates - Ali 10.45 to 11.30	10am Falls prevention- Val	
AM 11-12			11am Seated exercises and stretching – Val		
Early PM	Gentle Exercise Sara 1pm-1:45pm				

Dundee Partnership

e-bulletin



Fuel Top Ups

Hillcrest Housing Association have a fund from which they are distributing energy top-ups to Dundee citizens with pre-payment meters (not just Hillcrest tenants) who have been financially impacted by Covid. The take up on this has been slower than anticipated.

If you have any clients/service users who are struggling as they have had a change in financial circumstances please submit a form (copy attached). If it is due to increased consumption due to adults and children being at home we have added an option for that on the form



Hillcrest

If you have any queries please do not hesitate to get in touch.

Joy M Watson
Tenant Service Manager
Hillcrest Homes
0300 123 2640

NHS Information Translations

The NHS has translated information on the coronavirus into twelve languages, including British Sign Language (BSL). This can be found about ¾ of the way down [this page](#). The page also has easy read and audio versions of the information available.



Police Scotland – Reassurance for Those Unable to Wear Masks



Assistant Chief Constable Gary Ritchie has issued a letter of reassurance for those who are unable to wear face masks in public spaces due to a disability or other issue. He calls for people to be understanding and not challenge people inappropriately if they are exempt from wearing a face mask. The letter and an easy read version are attached with this e-bulletin.



Maryfield Online Support



Dundee Carers Centre
Because We Care

Do you help look after a family member or friend?
(you could be an unpaid carer*)

Do you live in Maryfield?

Would you like to find out what support is available to you in your area?



If yes, then contact us on **01382 200422**
or email **maryfield@dundeecarerscentre.org.uk**
to arrange a 15 minute one to one video chat or phone call
with Sofia or Kieran (**Languages spoken English, Urdu, Punjabi**)

***Am I a carer?**

A 'carer' is an individual who provides or intends to provide unpaid care for another individual.

A carer could be caring for someone of any age, with a physical or learning disability, elderly, mental illness, drug or alcohol dependency or who is living with cancer or any other critical or chronic illness.



What Do I Do If? Leaflet – Now Available in Polish

Holding information on a number of agencies including the Connect Team, Citizens Advice bureau, Welfare Rights, Brooksbank Centre and others, the 'What Do I Do If?' information leaflet has now been translated into Polish. Copies in both English and Polish are attached with this e-bulletin.

Remembrance: Grants Available

Two types of small grants (of up to £250) are available:

Community grants: These are for organisations and communities who want to plan private remembrance events at which their community can come together (online, outside or in small gatherings) to share memories, stories and solace.

Public grants: These are for organisations who want to organise an interactive public event (online, outside or in a large public space) such as a concert, exhibition or installation, freely open to members of the public.

Who can apply?

Any organisation with a bank account can apply for a grant. We would encourage applications from charities, community groups, care homes, NHS organisations, small businesses, prisons, arts organisations, schools, education institutions and more.

What will a grant fund?

We are keen to support:

- Events that celebrate and remember a person or people who have died – whether recently or long ago and/or
- Events that recognise the loss caused by coronavirus this year, and provide opportunities to remember people who have died from covid-19 and/or during the lockdown period

Further information

The deadline for applications is 31 August 2020. More information about the grants scheme is available [here](#).

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RNIB - Supporting People With Sight Loss - Podcast Series

This podcast series is essential listening for those who support older people living with sight loss, people with sight loss and professionals working in the field of complex needs.

Iain Kennedy and June Neil, from RNIB's older people and complex needs team, have recorded the series to offer advice and support to carers and highlight the challenges presented by sight loss in older people and people with complex needs.



[These podcasts](#) - each less than 15 minutes long - should have something for everyone. But, they should be useful listening, in particular, for older people living with sight loss as well as those family members, friends and carers who support them, as well as anyone who supports and helps adults with complex needs - both in a home or care setting.

TV Licensing for Over 75s

As you will no doubt be aware, from the 1st August, the free TV license for all over 75's was removed.

Instead, the BBC have introduced a new scheme that offers free tv license assistance to only some over 75 households.

To be eligible, the license holder must be 75 years or older and you, or your partner living at the same address, must be in receipt of Pension Credit.

Pension Credit is one of the benefits that is not well claimed. To check if you qualify for this or other benefits such as Housing Benefit, council Tax Reduction or Attendance Allowance you can contact either Welfare Rights at Dundee City Council on 01382 431188 (option 2) or by email on welfare.rights@dundeecity.gov.uk or you call the Age Scotland Helpline on 0800 12 44 222.

Being in receipt of Pension Credit not only enables you to receive a free TV license, but also allows access to other benefits too.

If you had a free TV License up to 31 July, you don't need to do anything just now to stay licensed. This week TV Licensing have started to write out to all those affected asking them to pay or apply for a free one. This may take a couple of months. They will explain in their letter to you what you need to do to set up your next license. These letters should arrive within the next couple of months and the licensing authority has confirmed that currently you continue to be covered.

The following information from Age will help you to spot a scam letter or email regarding this, so please be advised that TV Licensing will only ask you to pay using the following options:

- By post using the address: **TV Licensing, PO Box 578, Darlington, DL98 1AN**
- Online at tvl.co.uk/75pay or tvl.co.uk/75apply
- Over the phone on **0300 790 6151**



If you are contacted and asked to pay for your TV license using a different phone number, a different website or by posting your details to a different address you have been contacted by a scammer.

TV Licensing have also been clear that they will not come to your doorstep to collect the license fee if you are over 75, so anyone who claims to do so is also a scammer.

If you are unsure about anything, you can call TV Licensing on 0300 303 9695 to speak with someone who can help.

If you have been scammed then we need to know about it, so please report this to Police Scotland on 101.