

Chadsgrove

Family Support Newsletter

22nd May 2020



Issue #4

Need anything translating?
Let your weekly contact know.

Hello and welcome to the 4th issue of Chadsgrove's Family Support Newsletter!
We hope that you find the help and advice in this newsletter useful.

Going out

What are the rules during Covid-19?

The emergency rules about going out during Covid-19 changed on 13th May 2020.

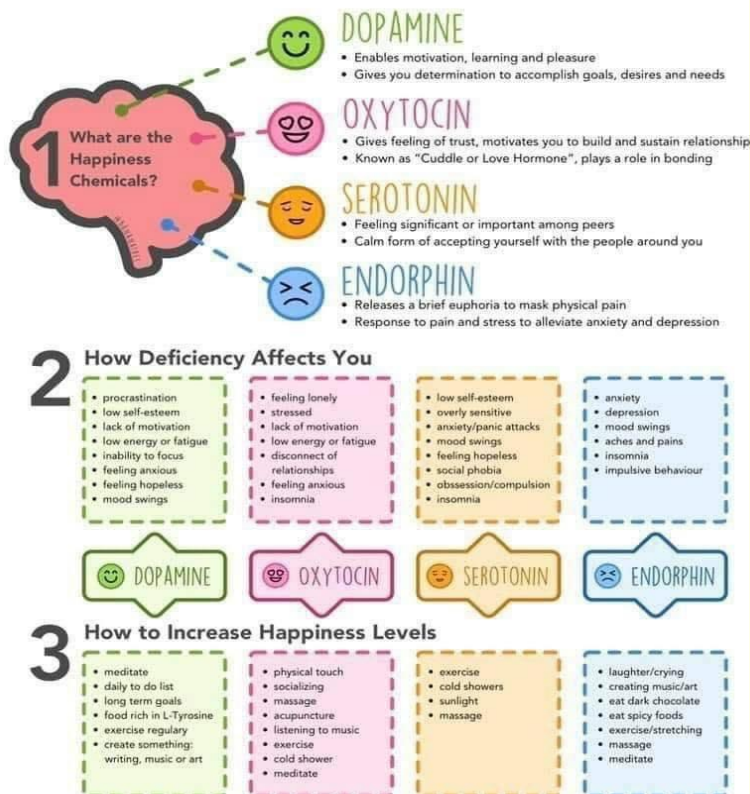
This means you can now go out if you are:

	Shopping for food: ✓ But you must do this as little as you can
	Getting medicine or medical help
	Exercising: ✓ You can exercise more than once a day ✓ alone or with people you live with
	Going to work: ✓ but only if you cannot work from home
	Providing essential care to someone who cannot leave home
	You can now travel to a public place to exercise, picnic or sunbathe. You can also meet up with one person who does not live in your home but only if you: ✓ Are outside in a public place ✓ Stay 2 metres apart
	If you are outside, the police might ask you to explain WHY . If you have broken these rules you might be in trouble.

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Find more advice and resources at www.haw.nhs.uk/sitcovid19

GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



Need tech help?

BT and ITV have teamed up to provide useful how-to videos!

www.bt.com/tech-tips



GOV.UK

Money to help low-income families with seriously ill or disabled children with the cost of equipment, goods or services.

gov.uk/government/news/37-million-to-support-children-with-complex-needs

How to access Citizens Advice

We're here to help, please contact us...

- Phone 0300 330 2157 a new direct number Monday to Friday from 10.00 am to 4.00 pm.
- Email - enquiries@bromsgrovecab.cabnet.org.uk
- Chat online to an advisor - citizensadvice.org.uk/contact-us.
- Consumer issues phone - 0808 223 1133
- Universal Credit Help to Claim - 0800 1448444.

citizens advice Bromsgrove & Redditch



Family Fund

Helping disabled children

We help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under.

www.familyfund.org.uk/ ☎ 01904 550055

Support Fund...

Support to carers aged 16+, helping to address the emergencies and difficult situations the crisis has created.
carersworcs.org.uk/news/carers-emergency-fund#



Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women)
0808 8010 327 (men)

If you are in immediate danger, call **999**. If you can't talk dial **55** and help will come.

gov.uk/guidance/domestic-abuse-how-to-get-help

Thrift Corner! We have searched the web to find some great deals that could save you ££s!



moneysavingexpert.com/deals/deals-hunter/2020/05/moneysaving-gaming-tips-and-tricks/

halfords

*****FREE BIKE CHECK*****

halfords.com/bikes/services/free-bike-check.html

£ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £ £ 😊 £