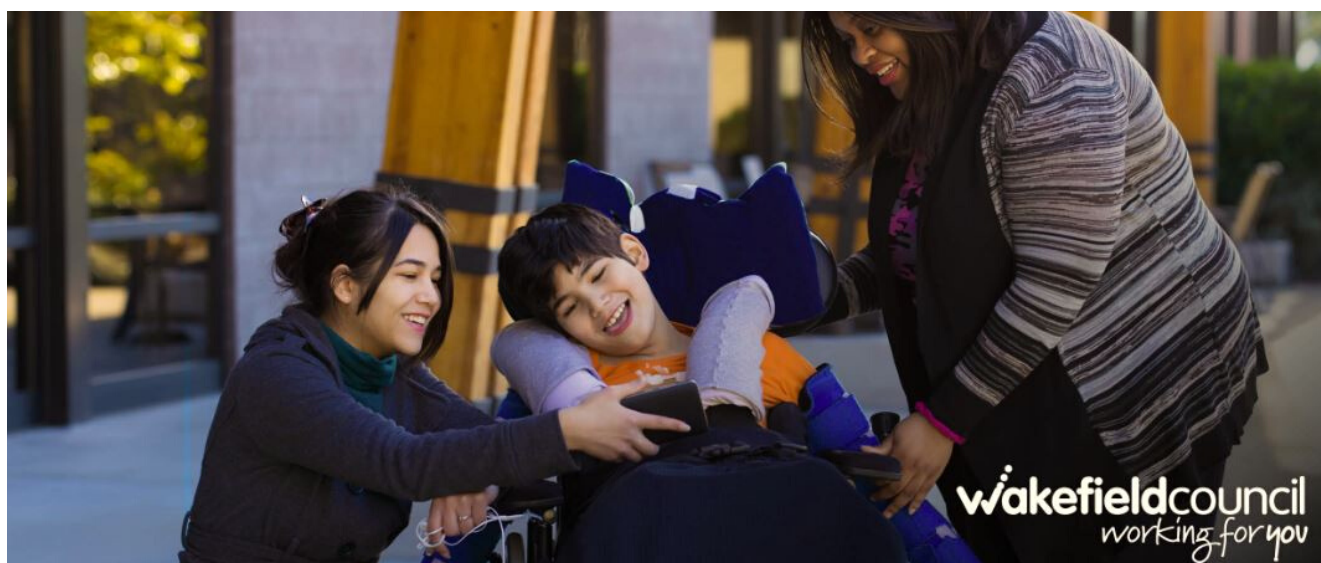


COMPLEX CARE NEEDS TEAM BULLETIN



Coronavirus Protect yourself and others

We know this time is very challenging for families, in particular for those families with children with complex needs. The single most important action we can all take in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

You should only leave the house for one of four reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home or is an essential service

Even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

Team contact

Your allocated worker in the Complex Care Needs Team should now have made contact with you, and will remain in regular contact over this period. If you think there is an alternative way your family can be supported, please discuss this with your worker.

During this ever-changing time, please be aware that there may be alterations to any shortbreak services your child attends. However, be reassured that you will always be made aware of any changes that need to take place.



Resources

Even though schools, early years' provision, or colleges might be closed for your child to attend, please remember school staff are available for support in this time. They will be happy to help with resources that you might need.

If you are aware of any resources or ideas that may help other families please email these ideas and suggestions

complexcare@wakefield.gov.uk and we can include them in the next bulletin.

Remember, you matter too

It is really important that as parents and carers you also try to take some time to care for yourselves. Some tips on how you could do this are:

- **Take care of your body:** try to exercise and stretch whilst in the house; build physical play into your day.
- **Engage your brain:** try to take time out to read, listen to the radio, or complete a quiz.
- **Take care of your mind:** take time for yourself. Practice breathing. Listen to your favourite music. Take a bath. Do something for you.
- **Connect with others:** call a friend or family member, or why not set up a video coffee chat with a friend? You could also always join an online group for support.
- **Reach out:** if you are having a bad day, reach out for support. Call a family member or friend, call us at the Complex Care Needs Team, or contact a form of local support (see details on Community Hubs).



Community Hubs

If you, or someone you know, does not have an existing support network of friends, family or neighbours and needs help with things like shopping and picking up prescriptions, you can contact your local community hub. They are working with #WakefieldCares to coordinate volunteers and support communities during this crisis.

See below for the list of community hubs, or for the latest list visit **nova.wd.org.uk**.

If you're not sure which hub to contact, the council has also set up a dedicated phone line from Monday to Friday 9am – 5pm to help. Call 0345 8 506 506, choose option 3 to make a request for support, and help will be arranged.

Castleford	Pontefract and Knottingley
Queen's Mill Castleford Call: 01977 556741 07810 290687 Email: john.heywood@castlefordheritagetrust.org.uk lornamalkin@googlemail.com	St Mary's Centre Call: 01977 705341 Email: denisepallett@stmaryscommunity.co.uk
Normanton and Featherstone	Wakefield Rural
The Well Call: 07872 551640 07307 189851 Email: michelle@thewellproject.org.uk ash@thewellproject.org.uk	Havercroft & Ryhill Centre Call: 01226 668999 01226 787824 Email: faith@havercroftcentre.com hptinstall@wakefield.gov.uk katherine.walker@havercroftcentre.com
South East Wakefield	
Kinsley and Fitzwilliam Centre Call: 01977 610931 Email: rlucas@kinsley-fitzwilliam.org.uk tcarrington@kinsley-fitzwilliam.org.uk	Hemsworth Town Council Call: 07474328310 Email: clerk@hemsworthcouncil.co.uk
Westfield Centre/South Elmsall Town Council Call: 01977 642335 Email: info@southelmsallcouncil.co.uk	Ackworth Parish Council, Churches, and School Call: 01977 233600 Email: info@ackworthparishcouncil.gov.uk
Wakefield Central	
Lightwaves/ Next Generation Leisure & Community Centre Call: 01924 360158 Email: info@lightwaves.org.uk ayub@nextgeneration.org.uk helen@nextgeneration.org.uk	St Catherine's Church and Centre Call: 01924 211130 Email: lisa@stcatherines-wakefield.org.uk
Eastmoor	Lupset
Eastmoor Community Project Call: 01924 361212 Email: info@eastmoorcommunity.co.uk cbann@eastmoorcommunity.co.uk orowley@wakefield.gov.co.uk	St George's Community Centre Call: 01924 369631 Email: sheena.ibbotson@stgeorgeslupst.co.uk berni.obrien@stgeorgeslupset.org.uk wayne.kelly@stgeorgeslupset.org.uk
Wrenthorpe and North West	Horbury
Wrenthorpe Village Hall Call: 07471141672 Email: assistwrenthorpe@gmail.com	Senior Citizens Support Group Call: 01924 565859 Email: enquiries@scsg.co.uk

Contact Us

When contacting the Complex Care Needs Team, please use **complexcare@wakefield.gov.uk** and remember to copy in your social worker.

If you prefer to receive this bulletin by email, please contact the team via the email.

The Complex Care Needs Team will continue to be working and are contactable on **01924 302124** Monday - Thursday 8.30am – 5.00pm, and Friday 8.30am – 4.30pm. Individual social workers will share their contact details with you.