

# Alan Campbell MP

## Community News April 2020



Good afternoon

I do hope that you and your family are safe and well during this difficult time.

I thought I would get in touch to give you some information I have found useful. Please feel free to send on to family and friends who may be interested.

I and my team are all working hard from home. If you need to get in touch please call 0191 2571927 or email [campbellal@parliament.uk](mailto:campbellal@parliament.uk)

You can also find useful information on my website at [www.alancampbellmp.co.uk](http://www.alancampbellmp.co.uk) or on Facebook at;

[https://www.facebook.com/AlanCampbellForTynemouth/?eid=ARCt\\_uybFykBHP9Ze74JblWM5zGUiDhFgl8FizrUZK7Zmr1vijlCM68TFI\\_cGhOnsm\\_TvNnVuiYMhiLm](https://www.facebook.com/AlanCampbellForTynemouth/?eid=ARCt_uybFykBHP9Ze74JblWM5zGUiDhFgl8FizrUZK7Zmr1vijlCM68TFI_cGhOnsm_TvNnVuiYMhiLm)

I continue to write my fortnightly column for the News Guardian, you can access these [here](#).

I hope that you find this update useful. As we come to the end of the 4th week of lockdown, it is more important than ever that we stay at home, protect the NHS and save lives.

Best wishes

Alan Campbell MP

Tynemouth

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## Thank you to the frontline



I want to put on record my thanks to NHS staff, care workers and key workers for all you do to keep our community safe and well in this difficult time. You really are true heroes.

## Return of Parliament



Parliament returned from Easter recess this week with a historic first step towards virtual proceedings.

Approval has been given to allow up to 120 MPs at any one time to take part in proceedings virtually, while around 50 can remain in the chamber under strict social distancing rules.

The unprecedented step towards a 'hybrid' House was taken by the House of Commons Commission and is vital to keep democracy going during the coronavirus crisis.

## Coronavirus Job Retention

### Scheme Guidance



HMRC has now published updated guidance on the Coronavirus Job Retention Scheme, further guidance on how to calculate a claim, and a simple, step-by-step guide at:

<https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme>

Employers should have all their information and calculations ready before beginning their application.

## Financial Help



Turn2us is a national charity that provides practical information and support to people facing financial crisis. Their website [turn2us.org.uk](https://turn2us.org.uk) and helpline support includes:

- Benefits Calculator so that people can work out what they are eligible for (coronavirus updated)
- Grants Search – containing over 1,700 charitable grants (searchable by profession, health condition, location and age)
- Information on benefits and grants (including additional rights due to coronavirus)

The helpline is available on 0808 802 2000

## Consumer Rights



If you have any questions or concerns about your consumer rights at this time, please do visit the Which? Coronavirus consumer rights and advice hub at:

<https://www.which.co.uk/news/coronavirus/>

This page brings together relevant news, advice, and community discussions on many issues related to Covid-19. This includes what people should do about cancelled travel arrangements, postponed events and insurance issues; right through to helping people to spot fake news and scams, how to manage their finances if they find themselves in an uncertain situation, and recommending technology to help them stay in touch with elderly and self-isolated friends and family.

## Advice for Older People



Age UK has produced a new guide about Coronavirus that includes information about the symptoms of the virus, what people should be doing and how they can help keep themselves and others healthy and well.

[https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig59\\_coronavirus\\_inf.pdf](https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig59_coronavirus_inf.pdf)

Age UK also have a telephone befriending service. Find out more here:

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

## Domestic Abuse and Coronavirus

**Useful Domestic Abuse helplines:**

National Domestic Abuse Helpline* 0808 2000 247	Forced Marriage Unit* 020 7008 0151		* (24/7)
Local Wearside Women In Need helpline* 0800 066 5555	Karma Nirvana (support for honour based violence and forced marriage) 0800 5999 247		
Women's Aid on line chat <a href="http://www.chat.womensaid.org.uk">www.chat.womensaid.org.uk</a>	Victims First Northumbria 0800 011 3116		
The Men's Advice Line, for male domestic abuse survivors 0808 801 0327	Samaritans* 116 123		
The Mix, free information and support for under 25s in the UK 0808 808 4994	Respect helpline 0808 8024040 or <a href="http://www.respect.uk.net">www.respect.uk.net</a>		
National LGBT+ Domestic Abuse Helpline 0800 999 5428			

Sadly, we have seen domestic abuse rise during this time, so it is more important than ever that people know that there is still help and support available 24/7.

If you are experiencing domestic abuse, you can report an incident by ringing 101 or visit the police website at [www.northumbria.pnn.police.uk](http://www.northumbria.pnn.police.uk) Also in a non-emergency situation you can text on 07786 200814.

In an emergency, always call 999. If you dial 999 and are unable to speak, the emergency operator will ask you to dial 55 and to follow their instruction to quickly put you in touch with police.

As well as the police, there are a number of specialist organisations which provide support.

The National Domestic Abuse Helpline offers a free helpline – 0808 2000 247 – that can provide victims/survivors with emotional support and advice on their options and signpost to local services.

Where it isn't safe to telephone, Women's Aid has an instant messaging service (Monday–Friday, 10am–12pm) which can be accessed via <https://chat.womensaid.org.uk/>

For more information about domestic abuse advice search Northumbria Police online, where there is also guidance on deleting your internet history.

## Mental Health and Coronavirus



During this time of lockdown and isolation evidence suggests that people's mental health may suffer. There is still lots of help and support available.

There is advice on the government website at;

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

For local support visit;

<https://healthwatchnorthtyneside.co.uk/supportingmentalhealth/>

## Community and Voluntary Support



We are protecting those most at risk in North Tyneside by supplying essential, non-medical support.

For anyone who cannot be supported by family, friends or social care services, contact our COVID-19 support hub:

**0345 2000 101**  
contact.us@northtyneside.gov.uk

COVID-19 support hub phone lines open:  
Monday to Friday, 8am - 5pm

North Tyneside's Voluntary Organisation Development Agency is doing a fantastic job supporting the voluntary and community sector of North Tyneside throughout this crisis. Is you need support or want to offer your services please visit their website at;

<https://voda.org.uk/covid-19-informationcentre/>

## The Bay Foodbank



A big thanks must go to the Bay Food Bank who delivered their 30,000th food parcel this week. They are doing an extraordinary job in a very difficult environment. If you are able to help, they are gladly accepting donations or if you need a food parcel, more information can be found on their facebook page or you can call 0191 257 3820

<https://www.facebook.com/thebayfoodbank/>

Coronavirus:  
Giving safely to  
charities in Tynemouth



We are seeing a surge in both volunteering and donations from the public and thanks must go to the people of Tynemouth for their generous donations and community spirit.

In order to ensure donations continue to reach the most people most in need, the Charity Commission, in collaboration with the Fundraising Regulator, National Trading Standards and Action Fraud, is asking everyone to 'give safely' and donate to genuine registered charities. This plea for safe giving comes as regulators have received reports of charity scammers targeting vulnerable people, for example by impersonating British Red Cross workers. Search the charity register here;

<https://www.gov.uk/find-charity-information>

COVID-19 Rapid Response Requests

Can your business help?



The North East Growth Hub has launched a Rapid Response Requests Directory, detailing the current calls for support in responding to COVID-19. It is being updated with new opportunities to support front-line services.

It includes opportunities for businesses in a range of sectors to help develop solutions to the challenges that COVID-19 is bringing - from requests to provide rapid sanitising technology for ambulances, to an open call for creatives to use their skills to help spread public health messages. Access the directory here;

<https://www.northeastgrowthhub.co.uk/call-directory>

If you can help with the manufacture of PPE equipment, Northumbria NHS Healthcare Trust has set up a local facility, get in touch here [Covid19@northumbria-healthcare.nhs.uk](mailto:Covid19@northumbria-healthcare.nhs.uk)

## Help with digital skills



Large numbers of people are self-isolating or are confined to their homes. It is vital that people with low or no digital skills can keep in touch with family and friends and access health services.

BT Skills for Tomorrow has free resources and information to help people with each of these challenges:

[www.bt.com/skillsfortomorrow](http://www.bt.com/skillsfortomorrow)

Key information includes:

- How to access GP services online – providing key information on how to find and register with your local GP surgery, apply for repeat prescriptions and look up health records online.
- How to use the NHS website – outlining how to make the most of the NHS website to find advice and local health services like GPs and hospitals online.
- Using public services online – how to understand what public services are available online, how use the GOV.UK government website and find local council services. This information can be found at: <https://www.bt.com/skillsfortomorrow/daily-life/accessing-public-services.html>
- Video calling – learn how to use video calling to connect with family and friends <https://www.learnmyway.com/courses/video-calling>



## Armed Forces



At this difficult time, the Royal British Legion is working hard to ensure vital services and support remain available to the Armed Forces community.

The Legion continues to provide much needed support to the Armed Forces community, especially those who may be feeling more isolated than ever at this time, in a number of ways:

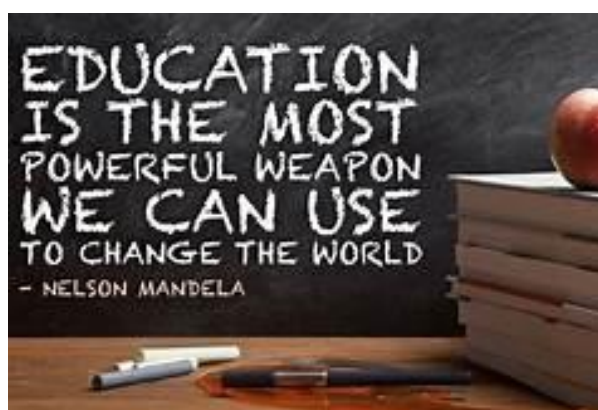
The Legion's contact centre remains fully operational to support the Armed Forces community and can be reached on 0808 802 8080 (8am-8pm, seven days a week) or at [info@britishlegion.org.uk](mailto:info@britishlegion.org.uk).

The Legion continues to operate the Veterans' Gateway along with a network of Armed Forces organisations. The Gateway supports veterans and their families across a range of issue including housing, employment and finances. Advisers are available 24 hours a day, seven days a week, on 0808 802 1212.

Legion Branches are undertaking a range of activities to help the vulnerable in their communities, including operating a telephone buddy service to support vulnerable individuals and our wider community. The Membership team can be contacted at [membershipservices@britishlegion.org.uk](mailto:membershipservices@britishlegion.org.uk).

The Legion continues to operate its 6 care homes providing residential, nursing and specialist dementia care to approximately 450 veterans and their dependents.

## Education Resources



In order to assist home educators, the Institution of Engineering and Technology (IET) has made its extensive range of exciting STEM (Science, Technology,

Engineering & Maths) activities and resources available, free to all children and parents.

The resources provide home-learning teaching resources and activities for primary and secondary schoolchildren, including lesson plans, handouts and videos. They aim to ensure children can continue to be engaged and kept busy learning while their school is closed.

The education materials can be accessed at:

Primary: <https://education.theiet.org/home-learning-resources-key-stage-1-and-2/>

Secondary: <https://education.theiet.org/home-learning-resources-key-stage-3-and-4/>

The BBC has also produced a wealth of resources that can be accessed at:

<https://www.bbc.co.uk/teach/live-lessons>

For a list of frequently asked questions about schools and exams please see the government website here;

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

## Help for Carers



There are an estimated 11031 people in Tynemouth providing unpaid care. It is crucial at this time that people know what help is available.

Carers UK have produced a comprehensive list of resource, information, and advice on their website at

<https://www.carersuk.org/help-and-advice>

They also have an email advice line ([advice@carersuk.org](mailto:advice@carersuk.org)) and a telephone Helpline service (0808 808 7777). Helpline hours have been extended to 9am to 6pm, Monday to Friday, to help carers access information at this time.

## North Tyneside Council



Please see here for a link to the latest update from North Tyneside Council with a comprehensive guidance to council services during this time;

<https://my.northtyneside.gov.uk/page/26134/coronavirus-covid-19>

## Police and Crime Commissioner



Please see here for the latest newsletter from Kim McGuinness our Police and Crime Commissioner.

<https://indd.adobe.com/view/cb1d9dce-a842-4097-9690-b1cc41c76146>

## Northumbria NHS Healthcare



**Northumbria Healthcare**  
NHS Foundation Trust

Please see here for the latest information and advice

<https://www.northumbria.nhs.uk/coronavirus-information-and-advice/?fbclid=IwAR1O8qWMplsNYTid5Fm84YDSGQeBEiiLv8eWDH0u1Mu0Z3veZrS0d4hhCA0>

## Further Information

This list is not intended to be exhaustive but I have also put a further list of useful links on my website.

You can access the list at:

<https://alancampbell.laboursites.org/coronavirus/coronavirus-useful-links-for-information/>

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