

Coming out of lockdown

A toolkit to help you move out of lockdown and show you where to go for more information.



Version 1 - 17 August 2020

About this toolkit



At All Wales People First, we have tried to think what you might be worried about as we come out of lockdown. It has links to where you can find more information and organisations to help you.

There are two parts:

- Things that might affect you as a person
- Things that might affect you as a group

You don't need to use all of the toolkit. Some parts might not affect you.



This toolkit is available on our website so that we can update it and add in new information when needed.

If you need a paper copy we can print one for you but it won't be possible to print out all the links for further information.

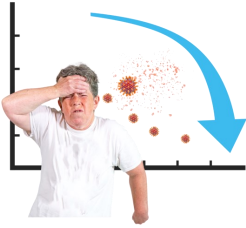


If you are worried about something that's not in the toolkit, get in touch and we'll try and add it in. You can contact Philippa Davies, our MIRROR Coordinator on philippa@allwalespeople1st.co.uk or 07399 059 585

Part 1: Things that might affect you as a person

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6	<u>Rules for what you can and can't do</u>
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Things to remember about coronavirus



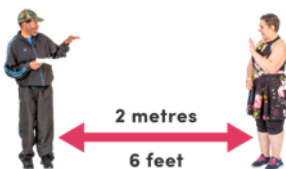
When lockdown started in March, lots of places closed very suddenly.

As the number of people with coronavirus has got less, places are beginning to open again.



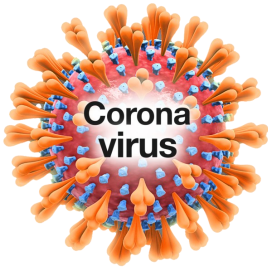
But coronavirus hasn't gone away. Washing your hands for 20 seconds is still the most effective way to combat it.

Although the virus can be dangerous, it is very weak when outside the body. And it hates soap (especially with bubbles).



You should keep 2 metres apart from other people, especially people you don't live with.

Things to remember about coronavirus



Remember the symptoms of coronavirus:

- Cough
- High temperature
- Loss of taste or smell



If you think you might have coronavirus you should stay home for 10 days. You should telephone 111 for advice on getting tested. You can also find more information about getting tested by [clicking here](#) (not Easy Read).

If somebody else in your house has symptoms of coronavirus you should stay home for 14 days as you might get it too.



Public Health Wales has more information about coronavirus and staying at home. It can be found by [clicking here](#).



You might have been shielding during lockdown. This has now ended but you still need to be careful as the virus hasn't gone away. Welsh Government has written information and advice to keep you safe after shielding. You can find it by [clicking here](#).

Rules for what you can and can't do



Lockdown is ending slowly - shops, offices and public places are opening up. You can now travel to see friends and family.

But you can't do things in the same way as you could before. There are rules you need to follow and these rules are different in Wales, England, Scotland and Northern Ireland.



Gerraint Jones-Griffiths and James Andrew are recording a video each week with the latest information and advice. You can find these videos on the All Wales People First Self Advocacy TV Youtube Channel by [clicking here](#).



Learning Disability Wales also has lots of information about coronavirus and what you can and can't do. You can find this by [clicking here](#).

Looking after your health



If you take medication every day, this should have carried on during lockdown. You might have had some medical appointments cancelled. It's important that you contact your doctor to get a new appointment if they haven't given you one already.

You have a right to an annual health check with your doctor. The North Wales Learning Disability Transformation Team have produced lots of useful information about annual health checks which you can find [here](#).



If you feel ill or have a medical emergency, you should still go to your doctor or hospital as you normally would. You don't need to be scared. Doctors, nurses, pharmacists and dentists all want to help you like they did before.

The surgery and hospital might look different:

- There might be screens and you will wear a mask.
- You might have to use different doors or waiting areas to normal.



Public Health Wales have information about looking after your body and your mind. You can find this [here](#).

NHS 111 Wales also have easy read information about different health issues. You can find these [here](#).

Meeting up with other people



During lockdown you weren't allowed to meet up with people who don't live with you. This might have made you feel sad and anxious but it was to keep you safe.



You are now able to meet with other people outside. This might be in somewhere like a park or a beer garden. You can also meet in a pub or a café but only in small groups. You must remain 2 metres apart. This is to keep you safe.



It is possible to meet with one other family in their home and they can come to your home. This is called a **bubble** or an **extended household**. You can only be in one bubble.



Llywodraeth Cymru
Welsh Government

Welsh Government have produced some guidance about leaving your home and seeing other people. It's not in Easy Read but you can find it by [clicking here](#).

Meeting up with other people



If you share your home with other people everybody's needs has to be looked at. Your care worker should talk to you about:

- What you would like to do
- Who you would like to meet
- Where you would like to meet them

They will help you to understand the risks of meeting people outside of your home. They will help you to understand if your plans might mean you'll need to self-isolate on your return.



Your care worker will need to look at the needs of everybody in your house. They will work with you all to make sure you are all kept safe and that you keep each other safe.



It might not be suitable for you to stay overnight somewhere else. This is because it might put you or your housemates at a very high risk of getting coronavirus. Your care worker should explain what you should and shouldn't do and explain why.

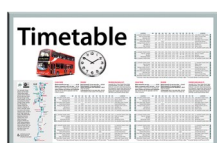


Welsh Government have produced some guidance about forming extended households. It's not in Easy Read but you can find it by [clicking here](#).

Using public transport



You might feel a bit worried about going on buses and trains.



Timetables might have changed and you won't be able to use all seats. Traveline Cymru can help you to plan your journey before you go. You can visit their website [here](#).



You can still use your travel pass to use public transport for free. Traveline Cymru can also help you to apply for travel passes. The page on their website can be found [here](#).

Using public transport



Most people need to wear a mask when using public transport. Mencap have written a useful guide to help you. You can find it by [clicking here](#).

If you can't wear a mask due to distress or a disability or illness that affects your breathing you don't have to wear one. The UK Government has made some signs, badges and cards you can keep on your mobile phone or print out. These let other people know that you can't wear a mask. You can find them by [clicking here](#).



You can find out more information from the Welsh Government about travelling safely by [clicking here](#) (this information is not easy read).

Going into shops and other buildings



You might feel a bit worried about going into shops, offices and other public buildings such as libraries.

These places will look a bit different than they did before. This is to keep you safe.



You might see screens around tills and staff wearing masks and visors.

You might have to queue to go in and follow signs about where to walk or sit.

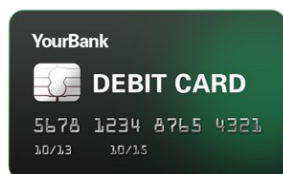


Some businesses such as hairdressers might ask you to wear a mask.



Hidden Disabilities is an organisation that can help you to show people that you might need support. They have cards and lanyards with sunflowers on them for you to wear. You can find out about them [here](#).

Using cash and payment cards to buy things



During lockdown you might have seen shops asking you to pay using a card, not cash.

Paying by card means you have to use a number that only you know and remember. This is called a PIN number.



If you are only spending a small amount of money, you might not need to use the PIN number. You will need to hold your card near the machine. This is called contactless payment.

If you would like to find out more about a card, contact your bank.



Dosh is an organisation that supports people with a learning disability to manage their money. You can find out more about them by [clicking here](#).

If you don't want to use a card then it's ok. Clean your hands regularly when using cash.

Using Technology



You may have begun using a computer, tablet or mobile phone over lockdown. This might have been to:

- Chat with friends
- Take part in activities like bingo or video calls
- Order some shopping on the internet
- Find information about coronavirus

If you didn't have your own equipment, you might have been given some to keep or you might have to give it back.



Friends Against Scams are an organisation to help you spot websites, e-mails and phonecalls that might be trying to steal your money. You can find out more about them by [clicking here](#).

If you are using Zoom meetings, make sure your link is private so others can't get into meetings to be rude to you

If you want to keep using technology and going online, Digital Communities Wales can help you. You can get more information by [clicking here](#).

Your relationships



You may have found it difficult to keep your relationship going during lockdown. It might have been upsetting not being able to see your partner if you don't live together.

You might now be thinking about the future of your relationship.



If you are not in a relationship perhaps you're looking for a partner.

Or maybe you are happy on your own – that's fine too.



Easy Health has some guides to help you with relationships. You can find them by [clicking here](#) and choosing the name of the information you want to see.

Getting the right support



The support you pay for might have been a bit different over lockdown.

Your right to support hasn't changed.



Speak to a support worker to get the latest information on what you should be getting.

They will be able to help you if you want to change your support or if you think your needs have changed.



There might be help in your community from groups set up during lockdown. These groups may be run by volunteers.

They could help to get your shopping or medication from local shops. Many of these groups have Facebook pages and leaflets to tell you how they could help.

Where you might live in the future



Spending so much time at home might have made you think about where you are living.

Some people have said that lockdown has helped them to get to know their housemates better. Other people have said it has caused arguments being with the same people for a long time.



If you are not happy with where you are living at the moment you should speak to your care manager.

If you don't have a care manager you can call the Duty Care Manager.

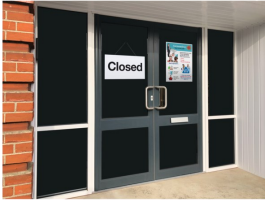


Different counties in Wales have different housing options. Your local authority will be able to tell you what's available where you live.

Part 2: Things that might affect you as a group

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	Click on the topic to go straight to that page.
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20 & 21	<u>Keeping staff safe</u>
22	<u>Keeping members safe</u>
23	<u>Traveling to and for work</u>
24 & 25	<u>Group funding and policies</u>
26	<u>Restarting group activities</u>

Getting groups back to normal



When lockdown started in March, lots of places closed very suddenly.

Group meetings and face-to-face activities stopped. Offices closed and staff began working from home.

Groups have kept in touch with members through:



- Telephone and video calls
- Activity packs
- Online activities such as Bingo and Quizzes
- Visiting vulnerable members who needed help but keeping their distance.

Groups have started using:

- Facebook
- WhatsApp
- Zoom
- Microsoft Teams
- Youtube

and other programmes to deliver activities and share information.

Keeping staff safe



You may decide it is time to reopen your group office. There are changes you will need to put in place for this to happen safely. A useful summary of what you need to think about can be found by [clicking here](#) (not Easy Read).

You may want to consider writing a strategy so everyone knows what the rules are.

You need to have a Covid Safety Officer who will take charge of keeping staff and members safe by following rules and guidelines.



The best information for what you should do to keep safe when re-opening can be found on the ACAS website [here](#).

Keeping staff safe



You might want to check how likely those attending your group are to catch Covid 19. You can do this by measuring how much at risk everybody is. The main things to think about are:

- Age
- Gender
- Ethnicity



You can find our more information about this and how to assess your staff safety by following the Welsh Government guide by [clicking here](#).

Keeping members safe



You might not want people who are not staff to come into your office. Or if they do you may want them to wear masks.

Put signs up so that people know what they can and can't do. You can put tape or signs to show people where to sit or stand to keep 2 metres away from others.



You might want to put screens up or wear visors when people are coming into your office.

It is a good idea to have hand sanitiser available for staff and visitors to use.

Travelling to and for work

You may need to think about whether members and staff are safe to travel for work. The main things you need to think about are:



- Why are they traveling?
- Where are they going and who else will be there?
- Is the person low, high or very high risk (follow the Welsh Government Guide [here.](#))?



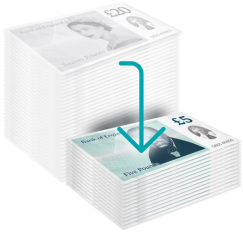
Whether to use public transport or private car should be covered in your strategy. Advice for staying safe on public transport can be found on [pages 8 & 9](#) of this toolkit.

Group funding and policies



Most funding from contracts has continued over the lockdown period. But perhaps your targets might not have been met.

Most funders understand why this might have happened but it's a good idea to talk to them and agree new targets.



Funding from trusts, events or local grants might not have been available during the lockdown so you will need to look elsewhere if this income is needed to run your services.

In some areas there is funding available for organisations that have lost income during the lockdown. This funding is worth applying for if you qualify.

Group funding and policies



You might need to look at how much money you have been spending too. Travel costs might be a lot lower than you planned but postage and telephone costs might be higher.

It is also a good idea to check your policies for staff and members are up to date and cover all your activities. For example you might need:

- To put a homeworking policy in place if staff are going to continue working that way
- Revisit your lone working and office security policies if people are going to be working more on their own



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All Wales People First has a MIRROR pack of policies that you can use in your organisation. These can be found by [clicking here](#).

Restarting group activities



Members might be excited about meeting again if they haven't seen friends for a long time. You might need to remind people to keep 2 metres apart and not to hug each other.

Shouting and singing are not recommended. They could cause the virus to travel a longer distance when breathing than normal talking.



Some members might be nervous about meeting again. They shouldn't be forced to take part if they don't feel safe. It might be a good idea to still run some activities online or through packs to keep everybody involved in your group.

Allowing members to talk about their feelings and experiences will help them to support each other.



Now is a great time to look at what your group does and what members might want to start or stop doing in the future.