



THE ALTONIAN WEEKLY

WEEK 5

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD
www.alton.gov.uk

Community Hospital

There has been some speculation on social media about the Alton Community Hospital. The Chief Executive of Southern Health Dr Nick Broughton has contacted us and has said the hospital is playing an important role during this time:

“Staff at the hospital are doing an excellent job and I thank them for their commitment and compassion.

The safety and wellbeing of our staff is crucial, and something we are taking very seriously. Colleagues at the hospital have good access to the right Personal Protective Equipment (PPE) to do their jobs and we are providing regular training and communication to help them use it safely and effectively.

Having said this some of our staff will naturally feel a certain amount of anxiety about supporting people who are COVID-19 positive. So in addition to supplying the right equipment, we are also focussed on maintaining staff wellbeing in a variety of ways, to help them manage this anxiety and continue carrying out their vital work at Alton Hospital and across our other sites.”

Message From The Town Hall

Adapting to life in lockdown has been really tough on us all mentally as well as physically and if you are struggling in any way, please do call one of the numbers listed below and ask for help. It's easy to feel overwhelmed, particularly with so much information available at the touch of a button but following some simple tips, detailed below, and just taking the situation one day at a time makes it a little more bearable. Altonians have continuously demonstrated their amazing strength and depth of community spirit day after day, showing that even in such difficult times, good things can and are happening...so keep going everyone, and we look forward to seeing you all in person again very soon.
Leah (Town Clerk).

Lego Competition - Win A Lego Voucher

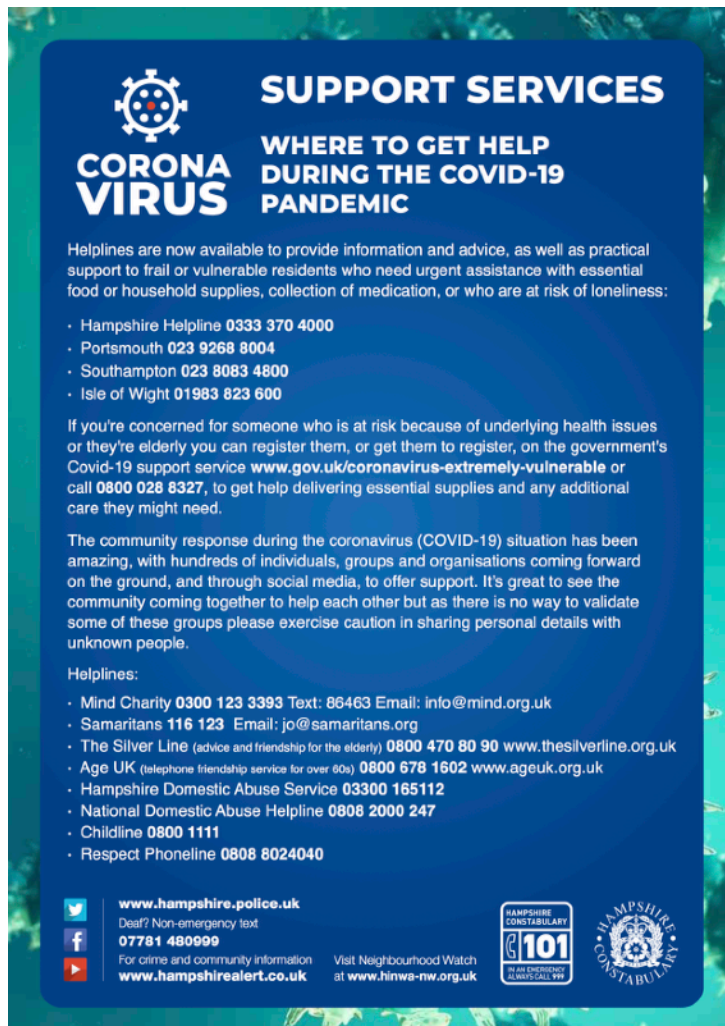


By Phoebe (age 9) and Natalie (age 40). Lego is not just for kids!

Why not get creative this week and enter our competition. With the launch of Alton

In Bloom and the fantastic weather we are having at the moment we thought for a bit of fun we would run a Lego competition with the theme 'Spring'.

Email Natalie community@alton.gov.uk a picture of your creation by Wednesday 22nd April and we'll add them to social media and pick a winner. **Lego Benefits**. Good luck and we are looking forward to your creations.



SUPPORT SERVICES

CORONA VIRUS

WHERE TO GET HELP DURING THE COVID-19 PANDEMIC

Helplines are now available to provide information and advice, as well as practical support to frail or vulnerable residents who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness:

- Hampshire Helpline 0333 370 4000
- Portsmouth 023 9268 8004
- Southampton 023 8083 4800
- Isle of Wight 01983 823 600

If you're concerned for someone who is at risk because of underlying health issues or they're elderly you can register them, or get them to register, on the government's Covid-19 support service www.gov.uk/coronavirus-extremely-vulnerable or call 0800 028 8327, to get help delivering essential supplies and any additional care they might need.

The community response during the coronavirus (COVID-19) situation has been amazing, with hundreds of individuals, groups and organisations coming forward on the ground, and through social media, to offer support. It's great to see the community coming together to help each other but as there is no way to validate some of these groups please exercise caution in sharing personal details with unknown people.

Helplines:

- Mind Charity 0300 123 3393 Text: 86463 Email: info@mind.org.uk
- Samaritans 116 123 Email: jo@samaritans.org
- The Silver Line (advice and friendship for the elderly) 0800 470 80 90 www.theilverline.org.uk
- Age UK (telephone friendship service for over 60s) 0800 678 1602 www.ageuk.org.uk
- Hampshire Domestic Abuse Service 03300 165112
- National Domestic Abuse Helpline 0808 2000 247
- Childline 0800 1111
- Respect Phoneline 0808 8024040

www.hampshire.police.uk
Deaf? Non-emergency text
07781 480999
For crime and community information
www.hampshirealert.co.uk

Visit Neighbourhood Watch
at www.hinwa-nw.org.uk

HAMPSHIRE CONSTABULARY
101
AN EMERGENCY SERVICE CALL 999

HAMPSHIRE CONSTABULARY

Useful Links

Emerging Minds - Webinar series focused on supporting children and young people's mental health during COVID-19.

Mind - Puzzles and games

Creative Station - Craft ideas for children

Wey Valley Radio - This Friday morning on 101.1fm to hear our Community and Events Officer Natalie

The Big Night In

The Big Night In is a collaboration between BBC Children In Need and Comic Relief and will celebrate the British public's community spirit and resilience, while offering a programme of light entertainment.

Strictly Come Dancing's professional dancers have set the nation a dance challenge. For more information on how you can get involved [click here](#).

The broadcast will be shown on BBC One on Thursday 23rd April 7pm - 10pm. We'd love to hear from you if you get involved.

Mental Health Wellness Tips

1. Stick to a routine. Go to sleep and wake up at a reasonable time.
2. Get out once a day, for at least thirty minutes. If you can't go outside, there are many YouTube videos that offer free movement classes, check out [week 3](#) with a list of on-line classes.
3. Reach out to others daily write a letter, call, skype or e-mail and don't forget to reach out for help and support if you need it.
4. Stay hydrated and eat well.
5. Find something you can control, and control it, like reorganising your kitchen cupboards, wardrobe or photo collections...
6. Find a long-term project. Now is the time to learn something new.
7. Find lightness and humour in each day.

For more information on our top tips visit our website.

Alzheimer's Society Support Line

The coronavirus is affecting the most vulnerable in our society, including people living with dementia.

Our colleagues at The Alzheimer's Society are continuing to provide up-to-date support for anyone affected by dementia, and during the outbreak, their Dementia Connect support line will remain open every day.

If you or anyone you know needs advice or support, please call The Alzheimer's Society on 0333 150 3456