

## COVID-19 UPDATE – Tuesday 31 March 2020

People can get in touch with the hub via email at [wellbeinghub@wiltshire.gov.uk](mailto:wellbeinghub@wiltshire.gov.uk) or by calling 0300 003 4576. It's available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday.

### Support for victims of domestic abuse

People living with domestic abuse, or those that know someone who is living with the impacts of domestic abuse can call the National Domestic Abuse Helpline 0808 2000 247 which is freephone in partnership with Women's Aid and Refuge, or in an emergency call 999.

Charity [Splitz](#) also offers domestic abuse support services during the week, and can respond to people's concerns by emailing [spa@splitz.org](mailto:spa@splitz.org) or calling 01225 775276.

Splitz also has a range of advice including:

- [Keeping safe](#)
- [Support available in Wiltshire](#)
- [Talk toolkits](#)

Please kindly share this information with your community.

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### Support for mental and physical wellbeing

The Government has today published the following Guidance for the public on the mental health and wellbeing aspects of COVID-19 ([available online](#)).

The guidance covers a number of topics and provides links to useful resources and web pages to promote mental and physical wellbeing including [Every Mind Matters](#), the [NHS' mindfulness page](#) Public Health England's [10 minute work outs](#) and [NHS Fitness Studio](#).

A number of topics are covered, including;

- Helping to connect with others
- Helping and supporting others
- Talking about worries
- Look after physical wellbeing
- Looking after your sleep
- Managing difficult feelings

The council is supporting the national drive to promote positive physical and mental wellbeing by sharing information and rolling out a range of online activities for members of the community. Services such as libraries, heritage, arts and leisure are working together to support people as much as possible.

### **Council support for people to stay active**

The council's leisure centre teams are promoting fitness challenges and videos across all 10 of their Facebook pages, which will include activities for all abilities and signposting to national resources such as Sports England's #StayInWorkOut Campaign ([click here](#)).

The council's leisure service is also developing a regular member newsletter to keep their members in the loop on updates as well as sharing ideas, video links and content to support them to be as active and maintain a healthy lifestyle as much as possible while staying home. When issued this will be made publicly available at [www.wiltshire.gov.uk/leisure-memberships](http://www.wiltshire.gov.uk/leisure-memberships) and via the COVID-19 page on our website <http://www.wiltshire.gov.uk/public-health-coronavirus>

### **Council's library service provides Facebook rhyme time**

Over the coming weeks, library staff across the county will lead rhyme times and story times to children via Facebook. Despite everyone having to stay home, we're pleased we can still provide our much-loved rhyme time and we hope that providing a little familiarity will help families as they get used to their 'new normal'.

The library service's first online rhyme time which was broadcast last Friday (27 March) has been viewed more than 3,000 times and received hundreds of positive comments.

All sessions will be available to view afterwards on the libraries' Facebook pages.

To view a replay of the Trowbridge rhyme time session people should visit [https://en-gb.facebook.com/pg/TrowbridgeLibrary/posts/?ref=page\\_internal](https://en-gb.facebook.com/pg/TrowbridgeLibrary/posts/?ref=page_internal).

The next confirmed online sessions due to take place are:

- Wednesday 1 April, 11am – from Corsham Library Facebook page
- Thursday 2 April, 11am – from Salisbury Library Facebook page
- Friday 3 April, 10am – from Trowbridge Library Facebook page

People should follow @WiltsLibraries and @WiltsCouncil on Twitter for the latest updates.

### **Latest service update – Garden waste**

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As you are aware, the council would normally be contacting residents at this time of year about renewing their subscriptions for the chargeable garden waste collection service.

Due to the pressure on the council's services because of coronavirus (COVID-19), the decision has been taken that this process should be delayed. The subscription renewal period will now not commence until 15 June this year.

Collections of garden waste will continue, provided the council's contractor has sufficient staff to maintain service delivery given the risk of absence as some staff have to self-isolate. All current subscribers to the garden waste service will receive a letter or email to update them of this change within the next few days.