

Coronavirus Update

Message from the Council Leader

Throughout this pandemic, I have been amazed at the generosity of our residents - this has truly been a community response.

We know that times are pretty tough at the moment. Restrictions on seeing our family and friends are causing anxiety, while many businesses are also suffering. Be assured that Trafford Council is doing all it can to support everyone here in our borough, especially our vulnerable residents.

Please continue to keep to the current restrictions, stay socially distanced, wash your hands regularly and wear a mask when necessary. By continuing to work together, we can build the best future for everyone in Trafford.



**Cllr Andrew Western,
Leader of Trafford Council**

Stay healthy this winter

It is still vital that other illnesses aren't forgotten about – especially during winter.

If you or someone you know is unwell, use **NHS111** - a free national telephone service for medical help - or contact your GP.

People most at risk from complications of flu are recommended to get a flu vaccine every year.

Demand is high this year and there may be a slight delay in receiving your vaccination. If you are eligible for the free flu vaccine, you can get it from your GP or any pharmacy offering NHS flu vaccinations.

People who need urgent medical attention at Trafford General will be urged to contact **NHS111** before attending the hospital from Tuesday 27 October. To reduce the spread of the coronavirus and seasonal flu, and keep people safe, patients are asked to contact **NHS111** before they leave home via **111.nhs.uk** or by calling **111**. Patients' needs will be quickly assessed to determine the best course of action without having to leave their home.

Your mental health is as important as your physical health; looking after yourself properly, keeping active, and trying to stay positive can help. If you are struggling with your mental wellbeing visit **nhs.uk/oneyou**

In need? Support is at hand

It's really important that we support each other. Now is the time to think about who you can ask for help if you need it – whether it's family, friends, neighbours or other support networks. And who do you know who may need support? If people are struggling, especially in relation to getting food or medication, or are feeling isolated, our community support during the pandemic offers Trafford residents information and advice, as well as practical help. Our six community hubs can provide:

- Access to food
- Help to get essential medication
- Help with fuel (such as gas and electricity)
- Help with loneliness and social isolation
- Employment and skills advice
- Wellbeing check-in calls
- Debt and poverty advice
- Mental health support

Call the helpline on **0300 330 9073** and choose **option 4** for Trafford or use a webchat service at **www.casort.org**



Trafford can Assist

Trafford Assist is our Local Welfare Assistance emergency scheme to help residents:

- Meet immediate short-term needs in an emergency or as a result of a disaster.
- Return to, or remain in, the community and live independently in their own home.

Residents in need can apply for help with food, fuel, travel expenses and even white goods and furniture.

Complete the application form at **trafford-framework.egovhub.net/TRAFFASSIST/launch** or call our community hub helpline on **0300 330 9073** and select **option 4** for Trafford.



Test, Track and Trace



The new NHS Covid-19 app is the fastest way of knowing when you're at risk from coronavirus, please download it onto your mobile phone. Visit covid19.nhs.uk.

Only book a coronavirus test if you or a family member has symptoms, including a high temperature, new continuous cough or a loss/change in sense of smell or taste.

If you have symptoms you must self-isolate with your household until you have the test results.

If you are struggling to book a test, please wait a few hours and then try again.

If you have problems using the online testing service call 119.

Important contacts

Concern for a child - Trafford Children's First Response

0161 912 5125

Concern for an adult

0161 912 5135

Age UK

0161 746 9754

Housing Options Service Trafford (HOST)

0161 537 3108

Council Tax support

0161 912 2220 www.trafford.gov.uk/counciltax

Money Advice Service

0800 138 7777

Out-of-hours Citizens Advice Bureau

0161 850 5053 citizensadvicegm.org

Greater Manchester

0161 912 3841 trading.standards@trafford.gov.uk

Trading Standards

0161 912 4176 business@trafford.gov.uk

Business support

116 123

Samaritans

0800 1111 Or text "SHOUT" to 85258

ChildLine

www.nhs.uk/oneyou/every-mind-matters

Mental health support

0800 953 0285

Greater Manchester Mental Health Trust

07534 066029 info@tdas.org.uk www.tdas.org.uk

Trafford Domestic Abuse Service

TDAS is not an emergency service. If you need help urgently call 999 For silent calls to police dial 999 – then 55.

Men's advice line

0808 8010 327

GALOP (LGBT+ Domestic Abuse Helpline)

0800 999 5428



Stay safe this Halloween and Bonfire Night

Halloween has become a major event in Britain and is normally a great time for children and families.

However, due to local restrictions people should not be going door to door as it counts as different households mixing which is not allowed.

We are asking families to stay safe by celebrating Halloween in their own home, but not to mix in each other's houses and gardens. The advice is also to not attend bonfires, even if it is a small gathering on private property.



Changes to Remembrance Sunday services

This year there will be a change to the normal Remembrance Sunday arrangements in Trafford, as a result of the coronavirus pandemic.

There will be one service which represents the whole of Trafford, on Sunday 8 November.

To comply with the current Government restrictions, it will be invitation only and will not be open to members of the public to attend.

We realise that this is an important occasion across our communities and that many people will be disappointed that they will not be able to attend one of the usual events to show their respect for those who gave their lives in the service of this country.

We are planning for the ceremony to be filmed, so that people are still able to mark the occasion.



Limit the number of people you see • Avoid crowded indoor places

Remember:



Hands



Face



Space