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Friday 24th April 2020

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# newtonnews

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[www.ayclifferadio.co.uk](http://www.ayclifferadio.co.uk)

Newton News, Blue Bridge Centre, St. Cuthberts Way, Newton Aycliffe, Co Durham DL5 6DS - Tel: 01325 300212  
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**This Special Coronavirus Information Edition of the Newton News is brought to you via a matching grant from Great Aycliffe & Middridge Partnership & Paul Howell MP, to aid those in our community who need help and advice.**

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## WORKING TOGETHER TO HELP THOSE IN NEED

Newton News is proud and delighted to be working alongside Great Aycliffe & Middridge Partnership and our MP, Paul Howell, to bring you this special edition of the Newton News.

There is currently a lot of information around on social media and online to help residents cope through the current Covid-19 pandemic. When

going online to check the information, please ensure you are on an approved site who are giving the correct information you require, such as Durham County Council, Locate website: [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

This site will help residents with all aspects of help and advice.

Never give out any personal or bank details to any online site you are unsure about.

Newton News tried to continue to publish editions for local residents but the lockdown prevented our delivery personnel from doing their job, we also wanted to keep them (mostly teenagers) safe.

**This edition is specifically targeted for the elderly, infirm, housebound and disabled who may not have internet access or any social media presence. If you are aware of someone who fits this criteria, please pass on this copy of the Newton News to them - it may help them with the advice they need.**

We hope the information contained within will help these residents to obtain the help, assistance or guidance they may require.

Newton News have, with the help of Great Aycliffe & Middridge Partnership and MP Paul Howell, pulled together as much information as possible to help our readers through these unprecedented times.

On behalf of Great Aycliffe & Middridge Partnership and Paul Howell, Newton News would like to thank all the local organisations who have provided the essential information in the following pages. Also, a big thank you to the army of residents and outlets who have volunteered to distribute this edition to those most vulnerable in our community.

Stay safe and we hope to have your Newton News back through your letterbox soon

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# MONEY MATTERS

## Carers Allowance Update – Self Isolation.

For any Carers unable to visit the person that they care for, the government has confirmed that providing emotional support counts towards the Carer's Allowance threshold of 35 hours of care. So, using Facetime or Skype to see the person whilst keeping a safe distance is fine. Carers Allowance Unit is operating on reduced hours 9.30am to 3.30pm weekdays and can be contacted on 0800 731 0297 for calls, but has long wait times, and 0800 731 0317 for Textphone.

## Help for Families During School Closures

Families with children who would be entitled to free school meals may receive food vouchers for additional costs during the pandemic worth £15. Shops taking part include Sainsbury's, Tesco, Asda, Morrisons, Waitrose and M&S so far. Schools will contact parents directly.

## DWP Financial Support for people affected by Covid-19

If you are self-isolating or caring for someone self isolating, you can now claim Statutory Sick Pay (SSP) at a rate of £94.25 per week. It's paid by your employer for up to 28 weeks. Talk to your employer to check sick pay entitlement. You will need to obtain an "isolation note" by contacting NHS 111, if possible the online service. If you are not eligible for SSP you can now more easily make a claim for Universal Credit (UC) or 'New Style' Employment and Support

Allowance.

## Universal Credit is an online benefit

Anyone struggling to manage an online claim can speak to an adviser on the UC Helpline 0800 328 5644 for calls and 0800 328 1344 for the Textphone service from 8.00am to 6.00pm weekdays.

## 'New Style' Employment & Support Allowance

If you are ill or have a health condition or disability that limits your ability to work, you may be able to get 'New Style' Employment and Support Allowance (ESA) which can be claimed on its own or at the same time as Universal Credit (UC). This is a contributory benefit based on your National Insurance contributions. You will need a "fit note" via NHS 111 please use the online NHS 111 service where possible.

Calls for this are to the UC Helpline 0800 328 5644 (choose option 2, then option 3) for calls and 0800 328 1344 for the Textphone service (choose option 2, then option 3) from 8.00am to 6.00pm weekdays.

## Face to Face Assessments Suspended

Face to face appointments have been suspended and existing benefits awards will be extended by 3 months during the current situation. Claimants will be contacted to discuss the next steps. If you have a benefit renewal form and you usually complete and return it without support, we have been advised that you can do this.

# Energy Bills Support for Vulnerable Households During Covid-19 Lockdown

With an estimated 16.8 million more people across the UK staying at home\* during the Covid-19 pandemic, concerns have been raised over vulnerable households in County Durham facing higher fuel costs as their energy consumption increases during the lockdown. Bills are expected to rise by about 30%\*\* in the coming months as, even with the weather starting to turn warmer, households are using more power to run their hot water, heating, computers and other appliances during the day when previously the home would be empty.

Whilst the government has signalled it may step in to support vulnerable households and the initial crash in the price of oil has provided some relief to the 16,000 oil heated households in County Durham, there is concern many will still struggle, particularly if they face reduced incomes or additional costs of looking after relatives.

In response OFTEC, the trade association for the oil heating industry, is alerting households to the support available and providing advice on how to reduce energy consumption. This includes:

- Identify the benefits available to you. Several new government measures

have been announced including extended statutory sick pay (SSP) for those self-isolating, enhanced Employment Support Allowance (ESA) for the self-employed and higher housing benefit payments if your income has dropped due to Covid-19. Contact Citizens Advice for information on the support you could claim.

- Speak with your energy provider. Customers in financial distress must be supported by their supplier, according to the government. This could include a reassessment or pausing of debt repayments. For oil households, some suppliers are prioritising deliveries to vulnerable groups such as older people, families with small children or those with underlying health conditions.

- Only heat the rooms you are using. Turn off individual radiators in rooms you are not using to save money. Also, in the rooms you use regularly, ensure radiators are not blocked with furniture as this reduces their effectiveness.

- Adjust your heating timers. You may have a new routine if you are working from home so check when you heating is set to turn on. For example, if you are getting up later in the morning you may not need your house to warm up as early. With the worst of the cold weather seemingly behind us, you could also start to reduce how long your heating is on for.

- Keep in contact with vulnerable neighbours and friends to ensure they are keeping well, especially as the lockdown could increase feelings of loneliness. There are many free video-calling platforms to stay in touch or a regular phone call can make a real difference. If you need to visit them to drop off food or other essentials, ensure you carefully follow the government's social distancing guidelines.

"During these unsettling times, many households may be feeling anxious about higher energy bills because they are spending more time at home during the day", says Malcolm Farrow of OFTEC. "However, new announcements about the support available are being made every day by the government and energy suppliers so it's important to identify those which apply to you, or to family and friends who you know are struggling.

"The warmer weather will help to reduce reliance on heating and other measures such as adjusting timers and radiators may seem trivial but, over several weeks and months, the savings can really add up. They are also usually simple jobs most people can do themselves." More information and advice, including what to do if your heating systems needs emergency repair work during the Covid-19 lockdown, is available here: <https://www.oftec.org/technicians/covid-19-contingency-planning>

## Samaritans

**Darlington and District Samaritans**  
13 Woodland Road  
Darlington DL3 7BJ

**We are still taking calls and emails, but not face to face visits because of Covid-19. We are here for anyone in distress or despair.**

**Our free contact number is 116123 and our email address is [jo@samaritans.org](mailto:jo@samaritans.org).**

**Information about how to keep well during the corona crisis is on our website [www.samaritans.org](http://www.samaritans.org)**

**To contact the Samaritans please call 116123 at any time**

# PARLIAMENTARY NEWS

You will probably have seen that Parliament is introducing virtual meetings. These have already started at committee level at the time of writing this, by the time you read it I expect that we will have had the first virtual sittings of the chamber, including questions to the Prime Minister.

At a personal level this affects me in terms of being present in the chamber for debate but also as regards the operations of the BEIS (Business, Energy and Industrial Strategy) select committee.

Whilst arrangements are still being finalised the latest information I have is that MP's are being strongly encouraged not to attend Westminster unless it is essential. Normally this would provide an excellent opportunity to get out and about the constituency but clearly that can't happen at the moment.

When it comes to debate in Westminster and asking questions these will be facilitated virtually as it is clearly a critical platform of democracy that MPs can question the government ministers on their plans and actions. I will as

always continue to submit questions in the hope of being drawn from the shuffle. This "shuffle" is a lottery type draw by the Vote office, which is non political, and is the well established process.

As regards my select committee work, this had a complication as a result of the change of Labour leadership. With a new Labour leader comes a new shadow administration.

This meant that a significant number of Labour MPs changed their roles, one of these was Rachel Reeves who chaired the BEIS committee, she is now a member of the shadow cabinet.

You are not allowed to chair a select committee if you are a Minister or Shadow Minister. We therefore had our first virtual meeting last week to appoint an interim chair whilst another Chair is chosen.

The work of this committee has been significantly impacted by the coronavirus in that we have a need to focus on the immediate situations arising rather than continue with the work plan we had. We will consider over time the actions of government in regard to business and

the economy as we entered this crisis but I expect that in the short term our focus will be on what can be done to ensure that the economy recovers as well as possible as we exit the lockdown.

This will require debate on everything from how we make sure as many businesses as possible survive, but also how we make the economic environment as supportive as possible.

I would also like to reassure anyone that had particular interest in the work program we had previously, that this will not be forgotten and we will address it at the earliest possible time.

I think in particular of the review of the Post Office IT Systems that we were halfway through when Parliament rose, the importance of these has not diminished and we will not forget.

The BEIS committee will be sitting virtually on a weekly basis from now and you will be able to see this on line or on the Parliament channel.

**Paul Howell MP**  
*Member of Parliament for Sedgefield*  
[paul.howell.mp@parliament.uk](mailto:paul.howell.mp@parliament.uk)  
07464 898442

# COUNTY DURHAM & DARLINGTON CARERS

Durham County Carers and Darlington Carers are continuing to offer support to Carers who are caring for family members or friends who live in County Durham or Darlington. Although they are currently unable to offer face to face support, the following support is still available:

- Telephone support, information and advice: Durham 0300 005 1213 Darlington 0300 030 1215 (Mon-Fri 9am to 5pm);
- Facebook updates (daily) and direct messaging service;

Durham County Carers Support or Darlington

Carers Support;

- Online chat through website [www.dccarers.org](http://www.dccarers.org);
- Telephone counselling service;

- Carer break funding available for Carers (*currently limited to hobbies/interests within government restrictions*);
- Carers Discount and Carer Emergency Cards which are currently being used by Carers for identification purposes.

We are continuing to update information on all services and support available to Carers on a daily basis and our staff team are available and pleased to help.

# The Hub of Wishes

The Hub of Wishes Mental Health Charity is running by phone, text, email, social media and website.

We are the Mental Health provider for Aycliffe and surrounding areas and are available to speak to from 10am to 4pm, Monday to Friday, our numbers are:

**Vicki Lawrence: 07394 507551**

**Joanne Howe: 07394 507552**

**Email: [thehubofwishes@gmail.com](mailto:thehubofwishes@gmail.com)**

**Facebook search: The Hub of Wishes**

**Website: [www.hubofwishes.co.uk](http://www.hubofwishes.co.uk)**

We are here to support people through these extraordinary times, many people are isolated alone and scared; they are missing their family and friends and for many missing having contact with the outside world. We will listen to you and be a friendly voice at the end of the phone. Please don't suffer alone we will help and support you through these long dark days.

It is known that a phone call or text can lift the mood and make people feel loved and part of our wonderful community, we include all adults and never turn anyone away, no matter how big or small you feel your worries are we are here to help.

**Our message is, you are not alone, stay well, stay safe, don't be afraid to contact us.**

# Community Funding During COVID-19

Community and voluntary groups in County Durham can now access an additional £1.4 million of funding to help provide much-needed support during the Coronavirus pandemic.

Durham County Council is giving each of its 14 Area Action Partnerships (AAP) an extra £100,000 to allocate to groups who are working hard to provide support at a grass roots level across the county.

Great Aycliffe and Middridge Partnership have funding available to support Community groups and buildings through the current situation related to COVID-19. Groups and buildings looking for support during this difficult period are welcome to discuss and apply for funding through Great Aycliffe and Middridge Partnership.

**We envisage applications will fall in to two categories.**

- Supporting Covid-19 Help Initiatives, supporting existing and new organisations to provide support to individuals who are impacted by Covid-19. Examples of expenditure include assistance with food, transport, associated utility costs, volunteer expenses and telephony.
- Supporting the Community and Voluntary Sector through COVID-19, where income has been negatively impacted by COVID-19 and organisations require assistance with urgent expenses such as utility bills, insurance costs and urgent repairs for an initial period of up to 3 months, up to a maximum of £10,000.

Brian Riley (GAMP Coordinator) added, "The GAMP are looking to support local groups and residents in these difficult times, please contact the GAMP Team in the first instance with any queries".

Potential applicants are encouraged to contact the GAMP team to discuss project proposals and/or request further information and guidance on applying.

If you have any initial queries, please email [gampaap@durham.gov.uk](mailto:gampaap@durham.gov.uk) for advice or to request an application pack.

**75th ANNIVERSARY**  
**VE/VJ Day Celebration**  
**Sat., 15th August 2020**  
**11.00am to 4.00pm**  
**Aycliffe Town Centre**

**What's Happening:**  
*Local Armed Forces display all day*

- 11am - Aycliffe Radio
- 11.30am - Jenna Highfield
- 12pm - Aycliffe Radio
- 12.30pm - Jenna Highfield
- 1pm - Mayor Arrives + Piper
- 1.15pm - Aycliffe Radio
- 1.30pm - 1407 Cadets Drill
- 2pm - Jenna Highfield
- 2.30pm - Aycliffe Radio
- 3pm - Piper Plays "Battle Hymn"
- 3.15pm - Jenna Highfield
- 3.45pm - Aycliffe Radio

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Medical Treatment Facility Display

**1407 Squadron Air Cadets**  
Drill Display and Recruiting

**102 Battalion REME**  
Vehicles, Recruiting and Display



# Getting the Help you Need From NHS & Local Authorities

Get coronavirus support from the NHS as a clinically extremely vulnerable person across County Durham and Darlington. If you are a carer and the person you care for has a medical condition which makes them extremely vulnerable to coronavirus (COVID-19) you or the person you care for should have received a letter. You must still register on the government website and let them know whether or not they need support. As a Carer, you can in put their information on their behalf. We understand you will receive support with food and other issues. [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable) or ring 08000 288 327

Community Hubs have been set up to support those self-isolating or supporting someone they cannot leave due to illness or vulnerability.

**County Durham**  
Help can be accessed by filling in the Coronavirus help form on: [www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help) or calling 03000 260 260  
Hours: 9am to 5pm Monday to Friday and 10.00am to 3.00pm Weekends  
Email: [communityhub@durham.gov.uk](mailto:communityhub@durham.gov.uk) or go to: [www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help)

**County Durham Together** has an online support directory, they can help with food supplies and deliveries, they can post mail and pick up medication. They can also offer chat/befriending.

**Darlington Support HUB**  
Darlington Borough Council support HUB for residents who are worst affected by the Coronavirus outbreak. If you are self-isolating and can't get help from family or friends. Tel 01325 405000.  
Hours: 8.30am to 5pm weekdays or 9.00am to 1.00pm on weekends.

**Emergency support across County Durham and Darlington.**  
If you become unwell and feel you are no longer able to look after the person you care for and you are unable to get help from relatives or friends, please call 03000 267979 (for Durham) or 01325 406111 (for

Darlington). You will talk to a Duty Officer who will ask you for a few details such as your name and address and information on the person you care for. The Duty Officer will assess the situation and if necessary, arrange a Care Assistant to support the person you care for. The initial help will be free but if the support is ongoing it will be in line with the Council's charging policy. If you want a Carers Emergency Card with the information on it to hand to someone in the event you are unable to phone yourself, please contact us and we will send you one out on 0300 005 1213.

## SUPPORT AVAILABLE FROM OTHER LOCAL CHARITIES

**Alzheimer's Society Support**  
If you or someone you care for are worried about coronavirus and need support and advice:  
• Durham, Dementia Connect Support 0333 150 3456  
• Darlington, 0333 150 3456

**Age UK North Yorkshire and Darlington**  
Introducing a hot meal referral service for self-isolating over 70s and vulnerable groups aged over 50. £5 including delivery. Orders can be made by calling 01325 741492 by 11am on the day needed or emailing [catering@ageuknyd.org.uk](mailto:catering@ageuknyd.org.uk)  
Also a temporary free volunteer shopping service using volunteers.

**Age UK County Durham**  
Are offering a basic shopping and medical delivery service alongside a telephone welfare service offering daily or weekly calls to those who are self-isolating to check they are well and managing in their own homes. An information and advice service is still operating on 0191 374 6367

**Darlington Citizens Advice**  
The Benefit Entitlement Action Team (BEAT) line can be contacted on 0800 048 7023. Crisis Support (Darlington) Support to people struggling with electricity or gas costs and other essential items call 01325 736 991 for help. Debt Support - For people who have fallen into debt CAB are operating a money hub - Tel 01325 734994.

The above information has been reproduced from the Durham County Carers magazine. If you are a carer, contact them on: Telephone: 0300 005 1213, Text: 07860 017632 Email: [admin@dccarers.org](mailto:admin@dccarers.org), Website [www.dccarers.org](http://www.dccarers.org) Facebook: [www.facebook.co.uk/durhamcountycarerssupport](http://www.facebook.co.uk/durhamcountycarerssupport) Twitter: @dccarers

# iComms for ICU's Project Democracy

I have been delighted to support Jonathan Vasey, who works for me in Westminster, in his efforts to fund a project called iComms for ICUs. This started with a request from staff at Kings College Hospital and St Thomas' Hospital in London. This was well before the Prime Minister ended up as a patient there, they were looking for iPads that could be used by patients and NHS staff in intensive care units. This then started a process looking for any surplus equipment in Westminster that could help. Due to the kindness of Sir Lindsay Hoyle, the Speaker of the House of Commons, Parliament have donated 300 iPads to hospitals throughout the UK. So far, the iComms for ICUs project has distributed over 200 iPads across the UK, reaching over 1000 patients in ICUs. 72 of these iPads have been donated

to Durham and Darlington NHS Foundation Trust covering all the hospitals in our area. These iPads are allowing patients in hospital to communicate with their families back home, at a time when visiting is impossible during the coronavirus pandemic. They are also allowing NHS staff in the ICU wards to update families on the condition of patients. In some tragic cases, these iPads allow patients to say goodbye to their loved ones for the last time, meaning they will not die alone. We all owe a great debt of gratitude to the brave and dedicated NHS staff across the UK. These iPads will at least bring a glimmer of light to some in these dark days. **Paul Howell MP** Member of Parliament for Sedgefield [paul.howell.mp@parliament.uk](mailto:paul.howell.mp@parliament.uk) 07464 898442

One of the big concerns of a number of MP's in the legislation that has been passed to facilitate necessary actions on Coronavirus is the impact on civil liberties. There are a number of aspects around public freedom that we have voted through that under normal circumstances would be seen as an attack on our personal freedoms. These range from surveillance permissions to legal obligations re safeguarding. It is well seen throughout history that when Governments are able to grab powers like we have given them they tend to try to keep them. We are assured that this will not be the case here and I can cascade that assurance to you in that I will be monitoring this and looking for powers to be relinquished as soon as practicable. **Paul Howell MP** Member of Parliament for Sedgefield

# Care & Support in the Local Area

Check the Durham County Council help website for more information: [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

*If you don't have a family member, friend or neighbour who can collect shopping or your prescriptions for you or to provide emotional support to you, there are a number of organisations/groups within your local area who can support you through this difficult time. It is important that you continue to follow the government's rules on staying home and away from others. This includes staying 2 meters (6ft) away from other people and washing your hands with soap and water for 20 seconds on receipt of the goods. This includes any volunteers who may help you.*

**Supporting Families**  
Support for families, with baby essentials including: Milk, nappies, baby toiletries, travel systems and other baby equipment. Newton Aycliffe, Durham. Contact Sheena, Yvonne or Liz on 07725 369 915.

**Newton Aycliffe Foodbank**  
In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a Foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Our Foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors. To find out more about the agencies that hold our vouchers and how you can get help, please contact us. When you visit a referral agency they will take some basic details from you to complete the voucher. This will help them to identify the cause of your crisis and offer practical guidance. It also means we are able to prepare suitable emergency food for the right number of people. Once you have been issued with a voucher, you can exchange this for a minimum of three days of emergency food at your nearest Foodbank centre. We are open Wednesday and Friday, 1.30pm - 3.30pm. St Clare's Church, St. Cuthbert's Way, Newton Aycliffe Telephone: 0191 303 7559 Email: [web1@durhamfoodbank.org.uk](mailto:web1@durhamfoodbank.org.uk)

**Aycliffe Play Café**  
Supporting food poverty, providing food parcels on request. Accommodation and accommodation with support (by referral only). The Big Club, Sheraton Road, Newton Aycliffe Contact Alison Firby Telephone: 07565 417338 (prefer text, unanswered calls will be returned) Email: [aycliffeplaycafe@gmail.com](mailto:aycliffeplaycafe@gmail.com)

**Family Support COVID-19**  
Play Cafe is supporting families with school aged children who are experiencing difficulties during the Coronavirus crisis. Referrals from agencies and family support workers are welcomed. Support with groceries, personal hygiene products and activities for children. Email: [aycliffeplaycafe@gmail.com](mailto:aycliffeplaycafe@gmail.com) Tel / text 07565 134194

**Humankind**  
To help reduce the spread of the virus, we may need to reduce some of services or carry out appointments by phone, where we can. Please contact your local service or worker and they will let you know what that means for you. Please read more about how we will continue to support you.

We provide specialist support/services to those with multiple complex needs. Our services include: Children and young people, criminal justice and offenders, drug and alcohol misuse, education, training and employment, family support, health, disability services, housing support.

Visit our website to find a support service near you or call us on the number listed. Telephone: 01325 731 160 Email: [info@humankindcharity.org.uk](mailto:info@humankindcharity.org.uk)

**Gypsy, Roma & Traveller Housing Support**  
Our Gypsy, Roma and Traveller support (GRT) project provides housing related support to all main sites within County Durham as well as engaging with those travellers who have settled or wish to move into mainstream housing and accommodation. We can also help with: Improving health and wellbeing, maximising benefits, managing legal issues, planning permission requirements, grant applications etc., improving budgeting skills and reducing debt, improving literacy and numeracy skills, access to education and employment, managing substance misuse issues, improving parenting skills, access support in relation to domestic violence Telephone: 01325 731 160

**DISC Housing Service**  
We offer accommodation to potential tenants who are considered high risk by other housing services because they may be facing issues such as unemployment, substance misuse, domestic violence, mental health, physical disability, leaving care, anti-social/offending behaviour and poor basic skills. We have a range of different types of housing and accommodation services throughout the north of England. We are continually increasing the number of properties we have on a daily basis and have links with a range of other key people that enable us to take on a specific property to meet the needs of our tenants. If you think we can help you please visit our website or call the number listed.

Telephone: 01325 731 160 Email: [info@humankindcharity.org.uk](mailto:info@humankindcharity.org.uk)

**Junction 7**  
We are a Foodbank service based in the Newton Aycliffe area. Access to the service is by appointment only. For more information, or to arrange an appointment please contact us on the details listed.

7 Silverdale Place, Newton Aycliffe Telephone: 07783 539 167 Email: [junc7tion@gmail.com](mailto:junc7tion@gmail.com)

**Optimum Skills**  
Are offering short online courses for the employed and the unemployed. Ground Floor, Bede House, St Cuthberts Way, Newton Aycliffe DL5 6DX Chelsea: 07806 768354 Telephone: 01325 311 832 Email: [info@optimumskills.co.uk](mailto:info@optimumskills.co.uk)

**ROCSOLID**  
is a service for young people aged 16 to 25 years who are vulnerable, homeless or in unsuitable accommodation. We can help you in two ways:

**Accommodation-based services** - We provide supported housing to provide you with a stable environment and extra help. Our staff are available to help you 24 hours a day, 365 days a year.

Young people who need intensive support are housed in shared accommodation within the local community.

**Floating Support** - We provide housing-related support to vulnerable people for short periods of time from a few weeks up to two years. We can help you wherever you live, whether you are tenants, living in temporary housing or homeowners. We will help you to remain independent and sort out the difficulties you are having. Floating support is available for single people, couples or those who are part of a family group.

Hope House, Burnhope, Newton Aycliffe Contact Mandy Shaw Telephone: 01325 310 009 Email: [mandy.shaw@reachoutcare.co.uk](mailto:mandy.shaw@reachoutcare.co.uk)

**Middridge Covid Response Group**  
We are looking to provide essential services for those in need. These are split into proactive telephone support - providing a regular telephone check-in/contact as required to reduce the impact of social isolation, and reactive practical assistance such as: Necessary shopping, prescription collection, possibly lifts to urgent appointments where volunteer capacity allows.

We are posting updates and useful info on our Facebook group (Middridge Residents Forum) and we have also formed a closed group specifically for active volunteers. We hope to build on this with regular volunteer support meetings etc if the demand starts to pick up (Middridge only)

Telephone: 07771 540 193 Email: [sue-smith@outlook.com](mailto:sue-smith@outlook.com)

**County Durham Together**  
The 'County Durham Together' virtual support hub contact details are:

Telephone: 03000 260260 Online help form: [www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help) Opening Hours: Monday-Friday 9am-5pm & Saturday & Sunday 10am-3pm (these hours are subject to change, and could potentially be extended in the near future).

**HAVE YOU MADE A WILL?**  
We can help protect your family's interests. Protect your PROPERTY for your loved ones. Lasting Powers of Attorney, Trusts, Storage. Call NOW on **01325 324515** for appointment **£49.00** inc VAT (per will) and **Free Home Visit** During the day or evening  
**E.M.P. SOLUTIONS WILLWRITERS & ESTATE PLANNING PRACTITIONERS**  
 Members of the Society of Will Writers F.IN.P.A (Qualified Paralegal)

**coop** Funeralcare

Providing a caring personal service 24 hours a day, 7 days a week.

**Newton Aycliffe Funeralcare**  
Oakcliffe Cottage, Macmillan Road, DL5 4LH  
**01325 300 510**  
[www.coop.co.uk/funeralcare](http://www.coop.co.uk/funeralcare)







## Programme Schedule

IN PARTNERSHIP WITH NEWTON AYCLIFFE  
TOWN CENTRE MANAGEMENT

"Aycliffe Town Centre... Shopping for You"



**Every Night from 12 Midnight to 3am  
cuddle up and listen to classic "Love Songs"**

**Some of our shows will be cancelled until  
the Coronavirus situation is resolved  
HOWEVER WE WILL CONTINUE BROADCASTING 24/7  
Daily Update from MP Paul Howell at 12noon**

### SATURDAY

9-10am	Eurovision Show	Simon Harding
10-12am	Moderation	Jack & Garvey
12-2pm	Kitchen Floorfillers	Cazbo Jangles
2-4pm	Weekly Edition	Paul Baker
4-6pm	Northern & Classic Soul (R)	Kevin Sowerby
<b>"The Saturday Night Experience" Sponsored by Bengal Lounge Indian Restaurant &amp; Takeaway</b>		
6-8pm	Evening Session	Jimjams
8-9pm	Rock the House	Carl Booth
9-10pm	Retro Trance Mix	OZ-DJ
10-12am	Street 'n' Drum 'n' Bass	MC Supa

### SUNDAY

9-10am	Church Service	Xcel Centre
<b>Yesterdays Music Today Sponsored by MV Mobility</b>		
10-11am	Yesterdays Music Today	Alan Brown
11-12pm	Mystery Year	Paul Baker
12-2pm	Country & Americana Show	David Ringer
<b>Blues Show Sponsored by Whitehouse Funeral Service</b>		
2-4pm	Bear Blues Show	Colin & Monica
4-6pm	Folk/Celtic/Rock Show	Steve & Col
6-7.30pm	Jazz Time	Mike Dixon
8-10pm	The Rock Show	CAD
10-12am	Paul's Down Time	Paul Kjenstad

### MONDAY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop	Richard Smith
1-3pm	Afternoon Aycliffe	Paul Baker
6-7pm	60s Show	Karl Simons
7-8pm	70s Show	Peter Rush
8-9pm	80s Show	Gary Avery
9-10pm	90s Show	Paul Baker
10-11pm	00s Show	Producer Dan
11-12am	Teens Show	Andy Fittes

### TUESDAY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop	Richard Smith
1-3pm	Afternoon Aycliffe	Paul Baker
6-7pm	All About the 60s	Honest John
7.30-9.30pm	Northern & Classic Soul	Kevin Sowerby

### WEDNESDAY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop	Richard Smith
1-3pm	Afternoon Aycliffe	Paul Baker
8-10pm	Alternative Aycliffe	Gaz n Alby

### THURSDAY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop	Richard Smith
1-3pm	Afternoon Aycliffe	Paul Baker
6-8pm	The List	Colin McNeillie
8-10pm	BeatRoote	Graeme Roote

### FRIDAY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop	Richard Smith
1-3pm	Afternoon Aycliffe	Paul Baker
6-8pm	Techno Trance Mix	PVR Studios
8-10pm	Guest Presenter Session	
1st May	Nathan Abbott - 90s Classix	
10-12am	Alternative Aycliffe (R)	Gaz n Alby

**Check our website for full schedule  
www.ayclifferadio.co.uk**

Newton Broadcasting Limited (t/a Aycliffe Radio) is a Private Company Limited by Guarantee, registered on 19th February 2018 in England and Wales.  
Registration number 11211835. Registered office: Aycliffe Radio, c/o Blue Bridge Centre, St. Cuthbert's Way, Newton Aycliffe, Co. Durham DL5 6DS.  
Aycliffe Radio is CIC Registered (No. 11455404)  
Scheduled shows can be changed/cancelled at any time.



### LISTENING OPTIONS:

www.ayclifferadio.co.uk - Free App (all formats)  
TuneIn - Radios Online - Internet Radio - Alexa  
UK Online Radio - Radio Garden - Online Radio Box  
Streema - StreamFinder - Deezer  
Radio Shaker - www.radio.net

## The Methodist Church Keeping in Touch During the Pandemic

For many of our church members, Sunday morning at 10.30am, was the time that they gathered at the Methodist Church on Neville Parade. They came together to worship God, to meet friends and catch-up on news and share together in fellowship. It was an important time of "togetherness"; and now that is on hold. Like everyone else we are coming to terms with isolation.

For those who are on-line, internet access offers a wealth of resources. The Methodist Church nationally <https://www.methodist.org.uk> (as with all other denominations) has made available video links to Sunday Services. On our Circuit website <https://www.basmethodistcircuit.org.uk> we have links to resources being offered from Bishop Auckland Methodist Church <http://bishopmethodist.org.uk> - where one of our Local Preachers has been producing video sermons since the start of the crisis. There is also very creative prayers and reflections that have been produced by church members and are available for others to use. In fact, as time goes on the volume of material available from many Christian sources, is ever increasing and reaching many thousands of people. However, there are many of our members who are not part of the internet generation. Remaining in touch with them is dependent on letters or phone calls, Church Stewards and Pastoral Visitors help to maintain this contact with church members. The church fellowship is well established, and members have been friends for many years. Keeping in touch is second nature. We all miss the face to face contact, but to hear a familiar voice can make such a difference

as well as ensuring that everyone is getting the support they need, including food and any prescriptions. Being a good neighbour may lie at the heart of the Christian faith, but it is also deeply rooted in our humanity. As we find our movement greatly restricted, those in our immediate neighbourhood, as well as family, become significant. Many of our church members are part of the generation who, because of age or health concerns, have to remain isolated, while they can be a good neighbour through their prayer and care, they are also the recipients of the fruit of human kindness, often from those who live near them. This enforced time apart, is helping our community of faith, to focus on the importance and the power of prayer. Praying for each other, for our communities, our nation, our world; takes on new meaning. Even in the midst of pain and loss when all is dark, and we cannot imagine ever finding our way into the light of some sort of normality, as a church in isolation, we continue to trust in God, for this Easter period reminded us that all is not lost and we are not alone and the future is full of hope.

## HAVE YOU GOT NEWS FOR US?

We are always interested in local news stories.  
We like to feature good news and interesting items on achievements & community service

**Tel: Paul  
01325 300212  
or paul@newtonnews.co.uk**

## New Generation Church



New Generation Church based at the Bethany Centre in Newton Aycliffe are currently offering online Church Services every Sunday at 10.30am via our website or YouTube/Facebook pages.

We are also offering "Prayer for People", you can get in touch through our website or by emailing [pray@newgenerationchurch.co.uk](mailto:pray@newgenerationchurch.co.uk) - our contact number is 07572 242417

For general enquiries  
Please email: [info@newgenerationchurch.co.uk](mailto:info@newgenerationchurch.co.uk)  
Website: <http://www.newgenerationchurch.co.uk>  
Social Media:  
[www.instagram.com/newgeneration.church](https://www.instagram.com/newgeneration.church)  
[www.facebook.com/NGCUK](https://www.facebook.com/NGCUK)  
[www.youtube.com/newgenerationchurch](https://www.youtube.com/newgenerationchurch)

## St Clare's Foodbank

St. Clare's Church Durham Christian Partnership Foodbank is opening every  
**Wednesday & Friday  
1.30pm to 3.30pm**

If you are receiving Universal Credit you can access a Foodbank Voucher in the form of an EVoucher by requesting one on your Universal Credit App. EVouchers are also available from Citizen Advice, The Job Centre, Livin, Social Workers and most agencies, please just ask your assigned worker.

If you are in need and are not sure on how to get help, please call at St. Clare's Foodbank at any of the above times and we will be able to sign post you to receive the support you need.  
Contact via website: [web1@durhamfoodbank.org.uk](mailto:web1@durhamfoodbank.org.uk) or ring 0191 303 7559.

## Xcel Online Services

As a Church we are continuing to connect with our church members and the community through a regular online schedule - mostly through Instagram - if you look at our account you will see the schedule which is posted every Sunday afternoon for the week ahead.

### Online Sunday Service 10.30am

YouTube  
(look for Xcel Church)

**8.30am**  
Devotionals every Monday, Wednesday and Friday (live on Instagram).

**6.00pm**  
Online Prayer every Tuesday (Xcel Church Instagram)

**6.30pm**  
Let's Talk Every Wednesday (Pastor Julian with guests live on his Instagram).

**7.30pm**  
Planet Youth Live Friday Nights (on Planet Youth Live Instagram).

We are also continuing to take donations for our Foodbank and provide basic food parcels for those in need at this time.

Donations to the Foodbank are accepted on a Thursday morning between 9am and 10am at the Xcel Centre.

Our preferred method of request for help with a Food parcel is through local agencies or social workers who work with the most vulnerable to ensure we are helping those most in need. They should contact us via [info@xcelchurch.com](mailto:info@xcelchurch.com) - People can also ring Xcel on 01325 329500 between 10am - 4pm. Messages are being picked up and dealt with appropriately.

*It should be noted that we provide a food parcel with some basic food items, with no fresh items included at this time.*

## St. Clare's Community of Volunteers

Though the church building is closed, we as a community of volunteers are open! I am receiving calls quite regularly from vulnerable people, (who I do not know), and I pass them on to Jeff who then responds according to current Foodbank practise. I am sure Cath Halford will inform you about all that they are doing, opening twice each week and supplying emergency parcels, often via Jeff, to those really stuck. Anyone needing a chat, can call me and I will respond or get someone else to call them

back; especially important as people's mental health is suffering during these times. Anyone can join our Facebook page and message us through Parish of Great Aycliffe Facebook page. On both the website and Facebook page we are sharing prayers and Services that, we hope, are keeping spirits lifted in these times.  
**Rev. Ann Anderson and Rev. Jeff Anderson**  
St. Clare's Rectory  
St. Cuthbert's Way  
Newton Aycliffe DL5 5NT  
Telephone 01325 315194  
Messages can also come to [parishofgreataycliffe.co.uk](mailto:parishofgreataycliffe.co.uk)



**Paul Howell, Member of Parliament for Sedgefield**

I would like to start by thanking Newton News for putting this issue together and I am delighted to help in sponsoring alongside our local area action partnership, GAMP.

It is important that we continue to reach out with information to everybody. It is very easy to believe that just because things are on websites, the Internet and social media generally that everybody knows what is happening and where to get help if they need it.

There are also too many opportunities for false news and misleading information, I would encourage you all, if you can, to access the Durham County Council, .gov and .NHS websites as your primary sources of information and beyond them your local press and in particular the Newton News are your most reliable places to look.

There are many people who do not access social media for many reasons, they either can't use the technology, don't have the technology or simply don't like it. It is imperative that we do everything we can to ensure that everyone knows where help is available should they need it.

The primary purpose of this edition is to provide that information. You will find submissions from many organisations where help or assistance can be found and these remind us that there are some fabulous people doing extraordinary things in our community. One of the great personal frustrations for me is that I can't get out to meet as many of you as I would like but I have also included some updates around my parliamentary world. At times like this it would be normal for me to be out and about seeing where help is needed but like everyone my movements are restricted and I am only going where I have been specifically

invited and know that social distancing can be managed. I would again like to thank all our frontline workers for their outstanding efforts at this time. This starts with those in the NHS and social care environments but there are so many others that are critical in this difficult time. I think of teams working for the council whether they be at GAMP, be providing any of the day-to-day services we normally take for granted or indeed have been retrained to support others. We should not forget the Ambulance, Police and Fire Services nor the many private businesses from shops to farmers to factories trying to survive and give our economy the best chance of recovery and I must of course thank my team of Jonathan, Rachel and David whose outstanding efforts are helping me to help you.

A particular thanks as always to the many volunteers that have stood up and are providing invaluable help to so many people. I would also like to give a special mention to people who are putting a smile on the faces of others by entertaining them, so a shout out to Georgio who I think started off the craze for entertaining the street and putting it live online, others that have followed include Amy Harrison, Nev Jones and who could forget Professor Nincompoop who does a live children's balloon making and magic show at 3pm on a Tuesday, Wednesday and Friday.

So please follow the guidelines, stay home, protect our NHS, save lives. Thanks to you all we can start to see the beginning of the end of this and if there is anything we can do to help please ask.

**Paul Howell MP**  
Member of Parliament for Sedgefield  
[paul.howell.mp@parliament.uk](mailto:paul.howell.mp@parliament.uk)  
07464 898442



## Paul Howell MP

Member of Parliament for Sedgefield

### Coronavirus (COVID-19) Advice & Support Information

Dear Resident,

This is to provide you with the contacts and information you may need in this uncertain time.

During this time of National Crisis due to the Covid-19 (Coronavirus) pandemic it is more important than ever that we follow the advice the government has published, it will save lives.

The single most important action we can all take, in fighting coronavirus, is to

**Stay at home to protect the NHS and save lives.**

You should only leave the house to: -

1. shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
2. one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
3. any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person.
4. travelling for work purposes, but only where you cannot work from home.

These reasons are exceptions - even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

The Government has also identified a number of critical workers whose children can still go to school or their childcare provider. This critical worker definition does not affect whether or not you can travel to work - if you are not a critical worker, you may still travel to work provided you cannot work from home and your employer is able to satisfy social distancing rules.

Please think of your friends and neighbours and stay safe.

**Stay at home to protect the NHS and save lives.**

Paul Howell MP  
Member of Parliament for Sedgefield

## CORONAVIRUS

### PROTECT YOURSELF & OTHERS

#### NHS HEALTH INFORMATION AND ADVICE

For the most up to date guidance please visit:

**[www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)**

Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

#### What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do:  
<https://111.nhs.uk/covid-19/>

#### Only call 111 if you cannot get help online

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital.

- For health information and advice, use the NHS website or check your GP surgery website.
- For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.
- For life-threatening emergencies, call 999 for an ambulance.
- Read more advice about getting medical help at home.

#### Advice for people at high risk

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it. These include:

- not leaving your home – you should not go out to do shopping, visit friends or family, or attend any gatherings
- avoiding close contact with other people in your home as much as possible

Read the full advice on protecting yourself if you're at high risk from coronavirus on [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

#### Who is at high risk?

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

**If you're at high risk, you will be contacted by the NHS.**



[fb.com/PaulHowell4Sedgfield](https://fb.com/PaulHowell4Sedgfield)



[@PaulHowellIMP](https://twitter.com/PaulHowellIMP)



# Local Advice & Support

## LOCAL AUTHORITY LATEST INFORMATION

### Durham County Council

- Coronavirus Hotline: 03000 260 260
- Website: [www.durham.gov.uk](http://www.durham.gov.uk)
- Coronavirus request for help form can be filled in at: [www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help)
- Email: [help@durham.gov.uk](mailto:help@durham.gov.uk)
- Twitter: @DurhamCouncil
- Facebook: [www.facebook.com/durhamcouncil](http://www.facebook.com/durhamcouncil)

### Darlington Borough Council

- Coronavirus Hotline: 01325 405 000
- Website: [www.darlington.gov.uk](http://www.darlington.gov.uk)
- Twitter: @darlingtonbc
- Facebook: [www.facebook.com/darlingtonboroughcouncil](http://www.facebook.com/darlingtonboroughcouncil)



**CHECK YOUR LOCAL AUTHORITY WEBSITE TO FIND YOUR COUNCILLOR**



**There are now several support services for the vulnerable locally. If you are elderly and struggling to get food, or you have another problem, please contact the local branches of Age UK.**

### Age UK County Durham

website: [www.ageuk.org.uk/countydurham](http://www.ageuk.org.uk/countydurham)  
Telephone: 0191 3863 856  
email: [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

### Age UK Darlington

website: [www.ageuknyd.org.uk](http://www.ageuknyd.org.uk)  
Telephone: : 01325 362 832

**The following social media accounts are posting the latest factual advice and information related to COVID-19**

- Public Health England: @PHE\_UK
- Department of Health and Social Care Facebook & Twitter: @DHSCgovuk
- NHS: [www.nhs.uk](http://www.nhs.uk)
- NHS Facebook: @NHSwebsite
- NHS Twitter: @NHSuk
- BBC: [www.BBC.co.uk](http://www.BBC.co.uk)
- UK Government: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## BEWARE OF CORONAVIRUS SCAMS - TRADING STANDARDS ADVICE

- Always follow government advice.
- Use local council websites, local council services and trusted charities like Age UK.
- Contact your local councillors or MP if urgent.
- Be careful on social media, especially with coronavirus response groups springing up.
- Be as careful as you would normally be... don't be side-tracked or rush into decisions.
- Don't purchase items from your doorstep or respond to surveys.
- Don't draw attention to the passer-by that you are self-isolating (signs in windows).
- Don't give bank details, cash, credit or debit card information to strangers to do shopping etc.
- Don't buy cures and medicines online.
- Don't buy soaps and sanitizers from unknown sources.
- Buy all products from known sources.
- Trust and seek help from family and friends.



**Please pass these messages to your friends & family - by phone, internet or social media - and ask them in turn to make sure that anyone they know who might need supporting knows where to turn.**

**STAY CALM**



[fb.com/PaulHowell4Sedgfield](https://fb.com/PaulHowell4Sedgfield)



@PaulHowellIMP

## VOLUNTEERING

\*\*\*Only volunteer for registered organisations\*\*\*

**NHS volunteer responders:**  
www.goodsamapp.org/NHS

**Age UK County Durham:**  
Telephone 0191 386 3856  
email info@ageukcountydurham.org.uk

**Age UK Darlington:**  
https://www.ageuknyd.org.uk

**Durham County Council:**  
www.durham.gov.uk/covid19volunteer  
www.durhamlocate.org.uk

**Darlington Borough Council**  
www.darlington.gov.uk

## FOOD BANKS IN THE LOCAL AREA

### St Clare's Foodbank.

St Clare's Church, St Cuthbert's Way. Newton Aycliffe DL5 5NT  
Durham Christian Partnership 0191 303 7559

### Shildon Alive

01388 417 600  
St John's Church, Shildon DL4 1DT

### St Aidan's Church, Chilton DL17 0EX

### St Luke's Church Foodbank

01740 655 232  
Church Lane, Ferryhill. DL17 8LT

### Sedgefield Foodbank

Sedgefield Town Council, Front St. TS21 3AT  
Durham Christian Partnership 0191 303 7559

### Fishburn Foodbank

Fishburn Youth and Community Centre, Butterwick Rd TS21 4ED

### Trimdon Village Foodbank

Village Hall, Hallgarth Rd. TS29 6JX  
Durham Christian Partnership 0191 303 7559

### Trimdon Station Foodbank

Trimdon Station Community Centre, Station Rd West TS29 6BS  
Durham Christian Partnership 0191 303 7559

### Aycliffe Play Café

The Big Club, Sheraton Rd. Newton Aycliffe DL5 5NU  
aycliffeplaycafe@gmail.com

### Junction 7

Junc7tion@gmail.com  
7 Silverdale Place. Newton Aycliffe. DL5 7DZ

### Livin Housing Association

0800 587 4538  
contactus@livin.co.uk

### Kingschurch Foodbank

01325 469884  
admin@kingschurchdarlington.org  
The King's Centre, Prospect Place, Whessoe Road, Darlington, DL3 0QT

### Firthmoor Food Bank

Firthmoor and District Community Centre, Burnside Road, Darlington  
DL1 4SU

## My office continues to support and assist constituents with all enquires and casework.

However, following government advice on tackling corona virus our ways of working are changing. All enquires will be responded to as quickly as possible and we ask for your patience as it may take longer than usual to reply. We are prioritising casework to help those most in need and those who are most vulnerable as well as supporting local and national efforts to fight the Coronavirus outbreak.

Please make contact via email as I cannot guarantee we will be able to respond in a timely manner to telephone calls or letters. Constituents can contact me by email: please send to **paul.howell.mp@parliament.uk** Due to the evolving nature of Coronavirus the Governments response is also evolving please do check reputable news outlets for updates and do not believe everything you see on social media. It is imperative that people use sources of information that are reliable and have integrity.

## USEFUL NUMBERS

Durham County Council - 03000 260 000

Darlington Borough Council - 01325 405 000

Crimestoppers - 0800 555 111

Durham Police - 101 for non emergency - 999 for emergency

UK Visa and Immigration - 0300 123 2253

Citizens Advice Bureau - 0300 330 1175

Shelter - 0808 800 4444

Debt Advice (Stepchange): 0800 138 1111

Law Society (Find a Solicitor) - 020 7320 5650

HMRC - 0800 015 9559

School Closures - 0800 046 8687

Universal Credit - 0800 328 5644

Government Business Support Hotline -  
0300 465 3565



HM Government



## Government response to Coronavirus (COVID-19)

### WHAT YOU NEED TO DO

For practical advice and help around issues such as employment, financial support, business, healthcare workers & carers, travel, how you can help etc please visit:

**[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**



**Government Business Support Hotline**  
**0300 456 3565**

**Universal Credit Hotline**  
**0800 328 5644**

The breakdown of all the financial support currently available for individuals and business can be found here: **[www.gov.uk/government/publications/support-for-those-affected-by-covid-19](http://www.gov.uk/government/publications/support-for-those-affected-by-covid-19)**

## Protecting the most at risk



Strictly **avoid** contact with anyone with COVID-19 symptoms



**Do not leave** your house



**Do not attend** any gatherings



**Food or medication deliveries** should be left at the door



**Keep in touch** with phone, internet, and social media



Use the **phone** or go **online** to contact your **GP** or other essential services

### Getting assistance with foods and medicines if you are reducing social contacts

Ask family, friends and neighbours to support you and use online services. If this is not possible, then the public sector, business, charities, and the general public are gearing up to help those advised to stay at home. It is important to speak to others and ask them to help you to make arrangements for the delivery of food, medicines and essential services and supplies, and look after your physical and mental health and wellbeing.

If you receive support from health and social care organisations, for example, if you have care provided for you through the local authority or health care system, this will continue as normal.

### Disposal of waste

If you're self-isolating, please ensure you keep used tissues separate from your household waste in sealed bags for 72 hours before fully disposing. This is to contain the spread of the virus both in and out of your home other household waste can be disposed of as normal.

### Laundry

To minimise the possibility of dispersing virus through the air, do not shake dirty laundry. Wash items as appropriate in accordance with the manufacturer's instructions. If you do not have a washing machine, wait a further 72 hours after your 7-day (for individual isolation) or 14-day isolation period (for households) has ended when you can then take the laundry to a public launderette.

### Cleaning

When cleaning you should use your usual household products, like detergents and

bleach, as these will be very effective at getting rid of the virus on surfaces. Clean frequently touched surfaces such as door handles, handrails, remote controls and table tops. This is particularly important if you have an older or vulnerable person in the house.

### Shopping and Groceries

All the UK's major supermarket chains are now providing Elderly & Vulnerable Priority Shopping Hours. Please check with your local stores and online for more information. Food shops and pharmacies will remain open and stores have also reassured customers they are doing all they can to ensure their shelves remain full and their supply chains running smoothly.



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This Leaflet is funded from Parliamentary allowances



# Support for Residents Concerned About Housing Costs

Residents concerned about losing their home due to the financial impact of Coronavirus are being urged to contact a council's housing team as soon as possible. Durham County Council has reissued the plea following a recent poll by the homelessness charity Shelter, which found almost one in five private renters in England – an estimated 1.7 million adults – say they are likely to lose their job in the next

three months as a result of the pandemic.

According to the research, 24 per cent of renters have already seen their income fall or have lost their job, with two million tenants saying becoming unemployed would leave them unable to pay their rent.

And with record numbers of people across the country claiming Universal Credit, Shelter is calling on the Government to increase the housing benefit element of the welfare payment. It argues that the current level will leave renters who pay an average amount of rent with a massive shortfall. In County Durham, the council's Housing Solution

team is working hard to support residents who are concerned about paying their rent or mortgage during these uncertain times. Housing advice is being offered by telephone and email and information is available online at [www.durham.gov.uk/covid19housing](http://www.durham.gov.uk/covid19housing)

There is also advice and information for businesses, employees and the self-employed at [www.durham.gov.uk/covid19business](http://www.durham.gov.uk/covid19business). Cllr Kevin Shaw, the council's Cabinet member for strategic housing and assets, said: "The research published by Shelter is very concerning and I would encourage any County Durham residents who are worried about paying their rent to contact our Housing Solutions team as soon as possible. Similarly, if you are concerned about paying your mortgage, please contact your mortgage provider and then get in touch with us. "The sooner we hear from

you, the sooner we can provide advice and support and put your mind at ease. Help is available; and we will do what we can to ensure you remain safe and secure in your home." As well as the assistance being offered by the Housing Solutions team, the council is committed to supporting residents who are finding it hard to make ends meet because of the pandemic.

Durham County Council is already one of only a small number of local authorities in the country to provide council tax discounts of up to 100 per cent for eligible residents. The Government's £500 million Coronavirus Hardship Fund has allowed the council to offer further reductions of up to £300, with revised bills with a combined saving of £1.9 million sent to more than

7,000 households in the last two weeks.

Debt recovery for anyone falling into arrears with their council tax has also been postponed and an additional £1 million from the Hardship Fund has been invested into the Welfare Assistance Scheme. This offers short-term awards for daily living expenses to help people in crisis situations, providing food, clothing, sanitary products and help with utilities.

Tenants who need additional support to meet their housing costs may also be eligible for Discretionary Housing Payment. The council awards these stand-alone payments to help meet rent shortfalls in the short-term, while the tenant addresses their money problems in the long-term.

Cllr Angela Surtees, the council's Cabinet member for social inclusion, said: "We know some of our residents are finding it tough at this time. If you are struggling, please be reassured that we will do as much as we can to help. We have a range of support measures in place, including our Welfare Assistance Scheme, which provides assistance when people need it most."

The Housing Solutions team can be contacted on 03000 268 000 or [housingsolutions@durham.gov.uk](mailto:housingsolutions@durham.gov.uk)

To find out more about financial assistance, visit [www.durham.gov.uk/covid19money](http://www.durham.gov.uk/covid19money), and for advice on how to look after your mental health and the support available, visit [www.durham.gov.uk/covid19mentalhealth](http://www.durham.gov.uk/covid19mentalhealth)

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# Keeping Adults with Learning Disabilities Connected

In the face of Covid-19 our communities are experiencing unprecedented change and challenges. We are adjusting to a new world; a world of social distancing where information changes quickly.

To support the most vulnerable in our communities to manage with this adjustment, Bishop Auckland-based organisation Bridge

Creative, along with DAD (Darlington Association on Disability) and Include In Autism have introduced a new, over the phone support service covering the whole of County Durham – 'Keeping People Connected.'

'Keeping People Connected' has been set up to support people who have, or may have, learning disability and/or autism during the outbreak of Covid-19 and is being co-ordinated by the North East & Cumbria Learning Disability Network and Inclusion North.

'Keeping People Connected'

provides an over the phone service that connects those in need of support with an experienced, friendly and specialist professional.

Vulnerable members of our communities will be able to reach out to ask questions, to share their experiences, to have a conversation and to connect with a reliable, trustworthy and experienced member of staff.

Bridge Creative has recently launched a 'Keeping Connected' Facebook group and video call service offering people another way to stay connected. The Facebook group is closely monitored and offers a

safe place for friends to socialise online with regular daily updates with things to do at home and group conversations.

Staff are supporting people to take part in daily group video calls via Facebook Messenger and WhatsApp so that people can keep in touch and do activities with their friends via video call.

Ben Tinkler, one of the directors of Bridge Creative said 'the project launched last week and this week we've put out our first timetable of group video calls, there'll be one every day, Monday-Saturday at 4pm. We've supported people by video call to take part in exercise and dance sessions so far and will be having a quiz night later in the week. We're open to suggestions too.'

The Network, Inclusion North and organisations delivering Keeping People Connected across the North East and Cumbria have been supporting people with learning disability

over many years. We know that vulnerable people can struggle in normal times; in times of pandemic these struggles can magnify hugely.

Bridge Creative are working with Local Authorities and CCGs to identify and provide support to vulnerable adults. By working together, we will support those who need help during this difficult time.

'Keeping People Connected' provides a safe, reliable and friendly outlet for vulnerable people; connecting through regular calls and conversation, the service brings those who are feeling isolated connection and support.

If you or someone you know may benefit from the service or you are an organisation supporting people with learning disabilities and/or autism, you can speak with someone at Bridge Creative by calling 01388 449410 from 10am-4pm Monday-Saturday, or email hello@bridgecreative.org

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Council, County Hall, Durham  
DH1 5UL, during office hours,  
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authority (from which relevant  
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Finally, if you are a Cancer patient and are struggling mentally or just need someone to talk to, please don't hesitate to call us. It's such a hard time especially for those who are in the vulnerable category as many patients can't even leave their front door. We have several members that can phone you regularly checking you are okay and whether you need anything, and most of all to let you know that you are not alone.

If you interested in any of the services we are providing at this difficult time, or you just simply want a chat please call us: Allison 07762 258696 or Janice 07874 709014

## Health & Social Care Services Are Still 'Here to Help You'

Health officials in County Durham and Darlington are reminding people the NHS and health and social care services are still 'here to help' after concerns that people may be putting off using health services for illnesses not related to Coronavirus.

Despite mounting pressures across the UK, health chiefs are urging patients to continue to contact their local health services if they need medical help.

Jeremy Cundall, Executive Medical Director at County Durham and Darlington NHS Foundation Trust said: "While we are very grateful to the public for their responsible use of the NHS at this time, and for continuing to follow the national 'stay home' guidance, we want to reassure our local populations that we are still here for you if you, your child or your relative becomes ill with non-COVID-19 symptoms.

"Do not delay seeking medical advice. If you need to come into our emergency departments, there are clear streams for those patients with possible COVID-19 symptoms and those who are otherwise unwell in order to keep these groups separate and minimise risk to all.

"Coronavirus is having a huge effect across the whole country but it has not taken away other health care needs

and people should not ignore symptoms and hope they will go away or put off essential care such as childhood immunisations.

"We are starting to see late presentations of illnesses which actually make the condition harder to treat and is likely to require a longer admission into hospital."

"Our staff are continuing to assess and admit children and young people who require urgent or emergency treatment during the coronavirus pandemic.

"We are also working closely with our GP colleagues to give advice, ensuring that children only attend hospital if absolutely necessary.

"The quicker people seek help the better their outcome is likely to be. You will not be wasting our time. It might not exactly be 'business as usual', but it is extremely important that people continue to seek treatment for their ongoing health care needs."

The advice is being echoed by the Trust's stroke clinicians. Stroke Consultant Dr Gemma Smith, said: "Strokes and TIAs will continue to strike indiscriminately, just as they did before Covid-19. These symptoms need urgent medical attention to start treatment quickly and prevent significant disability. People are encouraged to remember the FAST test as

advertised on TV – Face, Arm, Speech, Time. If someone has a new droop to their Face, if they cannot lift their Arm properly or if their Speech is slurred or incomprehensible then it's Time to call 999. If you are asked to attend the stroke unit urgently please be assured staff will only do so if there is no other option and will endeavour to provide protection from coronavirus whilst on the ward."

Clr Lucy Hovvels MBE, Durham County Council's Cabinet member for adults and health services, said: "It's really encouraging that people are following the Government's guidance to stay at home to help stop the spread of Coronavirus and protect our NHS. However, it is important we continue to take care of our own health and our families' health, especially if someone has an ongoing medical conditions or requires a vaccination.

"I would like to reiterate the messages of our NHS colleagues and urge you to continue to take up vaccinations, as these are vital to protect children against diseases, and to seek advice for other medical needs."

GP services, pharmacies, NHS 111, out-of-hours services and emergency departments are still available to patients with all NHS staff following strict infection control measures.

GP practices have introduced safety measures to protect patients and staff with initial 'triage' assessments to enable practices to prioritise appointments for those most in need and allow health professionals to provide the most appropriate treatment.

Doctors' are using telephone, online and in some cases video consultation appointments to ensure that continued care is provided to patients and health advice is also available by completing an online (eConsult) form on practice websites.

Repeat prescriptions can be requested online, or by using the NHS App.

Anyone not online can contact their surgery, who will advise them how to order their medication, patients are also being asked to plan ahead by ordering repeat prescriptions in advance to help ease pressure on community pharmacies. To find out which pharmacies are open in which areas visit: [www.urgentemergency.co.uk](http://www.urgentemergency.co.uk)

For urgent medical help people are asked to make use of their local minor injuries unit or urgent care centre where there are likely to be shorter waits but patients should still continue to dial 999 in the event of a life threatening emergency. For further advice on how to best use the NHS, and ordering medicines online, visit: <https://www.nhs.uk/> For the latest advice on coronavirus including the symptoms and government restrictions visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

## Here are a Few Activity Ideas to do at Home

### Keeping active:

Dance group Diversity have made all their dance tutorials free until 1st May 20, [www.20dv.co.uk](http://www.20dv.co.uk)

Dance with Oti Mabuse live on her Facebook page at 11.30am each day. You can see previous sessions too. She also does a class for adults in the evening.

Dance with Darcey Bussell on twitter [twitter.com/diversedancemix](https://twitter.com/diversedancemix)

And of course, there is Joe Wicks' PE lesson (far too energetic for me!) 9.00am on his YouTube Channel

### Stories:

David Walliams Elevenses is proving very popular. Daily story at 11.00am - [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com) Download the Epic app for a free trial. It is full of audio books – fact and fiction for the children to listen too. It's very popular in our house!

### Science:

Science with Maddie Moate, she is live at 11.00am each day, but you can watch previous episodes. With things to make and do we have found it a great resource.

Steve Backshall is live at 9.30am daily answering questions about wildlife, biology, conservation and geography. Find him on his Facebook page

### Maths:

Free access to Carol Vorderman's website (there is usually a subscription) [www.mathsfactor.com](http://www.mathsfactor.com)

### Music:

with Mylene Klass on her YouTube Channel twice a week. You can watch previous episodes.

### Cooking:

with Jamie Oliver at [www.jamieoliver.com/features/category/get-kids-cooking](http://www.jamieoliver.com/features/category/get-kids-cooking) Home economics with Theo Michaels (Mon, Wed and Friday) [www.instagram.com/theocooks](http://www.instagram.com/theocooks)

### History:

with Dan Snow, free 30 days subscription at [www.historyhit.com](http://www.historyhit.com)

### Drama:

at [www.filmendonstage.com](http://www.filmendonstage.com) they have a programme of plays and musicals that they are showing for free.

There are also some Facebook groups that are a good source of information ... try searching for; Family

## ROTARY NEWTON AYCLIFFE

Rotary Newton Aycliffe are a charitable trust who are available to help wherever possible. They can be contacted via Facebook, search: [rotarynewtonaycliffe](https://www.facebook.com/rotarynewtonaycliffe) The club website can be found at [www.newtonaycliffe Rotary.org.uk](http://www.newtonaycliffe Rotary.org.uk) They are available for advice and assistance to access support and signposting to possible charitable aid. Please leave a message on their Facebook page, which will be answered within 24 hours.

## SURGERY NOTICE

Bewick Crescent Surgery, like all surgeries nationally, have a telephone triage service in place. This means if you want an appointment we will ask a clinician to give you a call back to assess whether you have to come down to the surgery or not. Only those urgently requiring medical support are being seen. Understandably, this has placed significant demand on our telephone system creating more delays. In order to open more phone lines we have noticed the following trends that can be avoided:

- If you are wanting advice on COVID-19 please visit the Government Website or go to NHS / NHS 111 online website.
- The prescriptions line is very busy so please be patient and do not ring our general number to try and bypass the queue.
- Set up Electronic Prescription Services to save calling our prescription line. In order to reduce footfall in the surgery please:
- Only attend the surgery if you have been invited to do so by one of our staff; do not wander into the surgery asking for an appointment.
- Do not bring us your full sharps bins (yellow disposable bins) please take them to the chemists for disposal.

We would like to thank you for your support and co-operation in playing your part to keep us all safe

## HAVE YOU GOT NEWS FOR US?

We are always interested in local news stories. We like to feature good news and interesting items on achievements & community service

Tel: Paul  
01325 300212  
or [paul@newtonnews.co.uk](mailto:paul@newtonnews.co.uk)



### COMFORT IN CRISIS

#### Pets and Coronavirus (COVID-19)

Here are some top tips from the UK's best loved national pet charities and experts.

##### Pets and Coronavirus PROTECTING EACH OTHER

- 1 There is no evidence that pets can get sick from COVID-19.
- 2 Just like human hands, pet fur could carry the virus from one person to another.
- 3 Wash hands well with soap after touching any pets or their belongings and avoid pet kisses – them and you!
- 4 If your pet is sick or injured, call your vet before going to the surgery.

Pets provide invaluable companionship, let's take care of them too

##### Pets and Coronavirus PRACTISE SOCIAL DISTANCING

- 1 Each person in the household can walk your dog once a day, but...
- 2 Keep you and your dog at least two metres from others.
- 3 Avoid contact with other people's pets.
- 4 Ensure you have your pet's normal supplies for 14 days; make only essential trips to the pet shop.

Wash your hands, follow the latest Government guidance and play your part to protect others

##### Pets and Coronavirus IF YOU ARE SELF ISOLATING

- 1 Think about how you can provide for your pet's needs.
- 2 Dogs can be let out into your garden, or just outside your home to toilet, but keep your distance from others and minimise time outside.\*
- 3 Can anyone else care for your pet if you are sick or in hospital?
- 4 If your cat is used to staying in then keep them inside and clean their litter tray regularly. If an outdoor cat, try and minimise interactions with them.\*

If you are sick, restrict close contact with your pets

##### Pets and Coronavirus HELPING EACH OTHER

- 1 Can you safely help a vulnerable person in your community with their pet?
- 2 Can you offer remote help to your local animal charity?
- 3 Could you donate pet food to your local food bank?
- 4 All animal charities will be impacted by this crisis - please consider donating to support their work.

Pets are family – let's look out for each other

To find out more visit: [www.cfsg.org.uk/coronavirus](http://www.cfsg.org.uk/coronavirus)

\*Advice on these specific points may be subject to change so please regularly check Government guidance.



### Paul Howell MP

Member of Parliament for Sedgefield



## CORONAVIRUS ADVICE





I am not currently able to hold face-to-face advice surgeries, but if you live in the Sedgefield Constituency and you are self isolating and finding it hard to manage, please contact us on any of the details below and we will do everything we can to get you the help you need.

[paul.howell.mp@parliament.org.uk](mailto:paul.howell.mp@parliament.org.uk)  
Telephone: 0207 219 1599  
Mobile: 07464 898442

Paul is not a Parliamentary adviser



# JUNCTION 7

The Ark, Silverdale Place, Newton Aycliffe DL5 7DZ

Junction 7 during this time of the COVID19 crisis are offering a Foodbank service. This is for people who have little or no money to buy food. We can be contacted via email or phone to see if you are eligible for this service.

We rely on donations of food from our community and the people of Aycliffe, as we are an independent Foodbank. Any food donations will be greatly appreciated. We would like to thank everyone who has donated.

We still continue to collect surplus fresh food from supermarkets. We have been amazed at the donations from Darlington stores, Morrisons on North Road and Morton Park. We also continue our usual pick ups from Darlington Co ops, Bishop and Spennymoor Asda, Aycliffe Sainsburys and Tesco.

We also offer a shopping service for vulnerable people or people who are staying at home because of the government/NHS request.

This will involve a phone call to take the clients details. A suitable volunteer will then be matched with the client. Not only will the volunteer do the shopping but they will also keep in contact with the client to check on them, and hopefully help with the loneliness many people are encountering.

Junction 7 has just provided free packed lunches to 75 children each day over the Easter holidays. This was funded by GAMP. Each child received a varied packed lunch and activities to do at home.

Junction 7 is run by volunteers, we do this because we are very much aware of the need in Aycliffe and surrounding areas.

Without our amazing volunteers we could not help the amount of people we do.

#### Contact information:

Email: [junc7tion@gmail.com](mailto:junc7tion@gmail.com)

Facebook: Junction 7

Telephone: 07851 723647 or 07783 539167

## UTC South Durham

Long Tens Way,  
Aycliffe Business Park,  
Newton Aycliffe,  
Co. Durham DL5 6AP

**Open:**  
**Monday to Friday**  
**9.30am-3.30pm**  
**Telephone: 01325 430250**  
**office@utcsouthdurham.org**  
**www.utcsouthdurham.org**  
**@utcsouthdurham**

**Visors for Victory**  
Visors for Victory is an initiative that has been set up by UTC South Durham to create face visors for key workers for free. The face visors are being manufactured at the UTC by our staff who are volunteering to make the visors. It is important to note that these visors are not medical grade. If any health care workers or front line COVID-19 workers are in need of this PPE then they can email or contact us via Facebook. More information can be found on the UTC webpage.

## TOWN COUNCIL SERVICES



#### Council Meetings

All Council and Committee meetings have been suspended on Government instruction to avoid gatherings of people.

#### Council Offices

The council offices are currently closed to visitors. The website is updated to provide the latest information on services. Staff are attending the office on a limited basis and working from home to comply with government requirements to stay at home if possible.

#### Information on Cemeteries

Following clarification from the Ministry of Justice under Section 5 (8) of the Health Protection (Coronavirus, Restrictions) (England) Regulations 2020 cemeteries will be closed for the preparation of burials and maintenance of the site. In order to manage social distancing and further protect our staff, Stephenson Way Cemetery and West Cemetery are now being used as a base for our Works Section employees. On this basis it is estimated that Stephenson Way and West Cemetery will be closed between 8am to 4pm Monday to Friday. Pedestrian access is permitted outside of these times on evenings and weekends. When visiting the cemetery, the public are requested to adhere to current social distancing rules and hand washing and sanitising advice.

#### Guidance for funerals

Public Health England (PHE) has issued further guidance for those managing or organising funerals during the coronavirus COVID-19 pandemic. The guidance aims to ensure that bereaved people are treated with sensitivity, dignity and respect, while protecting individuals, communities and those in the funeral industry from the risk of infection.

The advice includes:

- those who have symptoms of coronavirus COVID-19 must not attend and must stay at home
- limiting the numbers in attendance to as low as possible to ensure safe social distancing. Only the following should attend, alongside the Funeral Director and funeral staff:
  - members of the person's household
  - immediate family
  - or if the above are unable to attend, close friends
  - Celebrant or Minister of choice, should the bereaved request this.
  - observing social distancing guidance across all aspects of attending a funeral
  - people who are extremely clinically vulnerable (shielded) can

attend with measures put in place to reduce their risk

- people self-isolating because someone in their household is ill may attend if they do not have symptoms themselves

#### Allotments

Following advice from The National Allotment Society, allotment tenants may continue to tend their allotments.

Access is restricted to tenants and the family of tenants residing at the same address.

When possible, tenants should walk to their allotment rather than driving but we aware that this is not always possible.

When visiting the allotment, tenants are requested to adhere to current social distancing rules and hand washing and sanitising advice.

#### Oakleaf Sports Complex

The Sports Complex is currently closed due to Government instruction

#### Oakleaf Golf Complex

The Golf Complex is currently closed due to Government instruction. The course is being maintained to enable it to be opened again when the current crisis is over.

#### Pre-School

The Pre-school based in St. Oswalds Park is open for Key Worker children to attend. It has also been open over the public holiday period for Key Worker children to enable them to carry on with their essential work.

The Pre-school has also accommodated children of Key Workers who are not present clients of the Pre-school, but who were in need of assistance.

#### Play areas and Parks

All play areas have been closed to the public following Government instruction to avoid cross infection of the virus.

Two parks have been closed, Town Park has been closed in order to restrict access to play equipment, skate board ramps and Muga; St Oswalds has been closed to enable the Pre-school to continue to operate a service for children of key workers as there is no segregated play areas.

All other parks and open spaces remain open for exercise but users are reminded to maintain social distancing when using the areas for exercise.

#### Grants

The Council has made grants to two Foodbanks based in Newton Aycliffe to assist in their efforts to help support members of our community who are in need of help.

Surplus plastic aprons have been provided to a local care home.

## Paid Opportunities in the Care Sector

An online recruitment and training programme has been launched by the County Durham Care Academy in response to the pressures placed on the sector by COVID-19.

There are three key roles, including care workers, kitchen assistants and domestic assistants being recruited as part of the campaign.

The academy, which we set up, is also offering remote training and development to provide potential new staff with the skills they will need to access opportunities in the sector.

These are available to anyone wishing to work in adult social care, including those without prior experience.

Job opportunities, online training modules and an online application form can be accessed on the County Durham Care Academy web page.

The academy will then be able to match candidates' skills against a range of potential vacancies, both within the council and the county's independent sector providers, once the online form has been completed.

There are more than 100 independent sector care providers in County Durham, supporting adults with social and physical activities

including household tasks, personal care and attending appointments.

#### Supporting Providers:

Cllr Lucy Hovvells MBE, Cabinet member for adult and health services, said: "Social care is the second largest employer in County Durham and it is vital that we work closely with our providers to ensure that they are supported effectively, especially during the extreme challenges that are arising because of the COVID-19 pandemic.

"We are already being proactive in finding out what gaps there are in the workforce and they're being addressed by this campaign from our care academy. These online training courses and advice will be extremely valuable in allowing us to improve care across County Durham in these uncertain times.

"I would also encourage people who aren't currently working in the care sector to consider upskilling and applying for one of these roles. Some people may be feeling a lack of security in their current role because of the impact of Coronavirus, or would like to support the care sector at this time, and they could find these courses and roles very rewarding."

## P.P.E. LATEST

We have seen many messages in the press about PPE (Personal Protective Equipment) and shortages. I get briefings around the levels we have for our public services and locally supplies are robust either through the normal channels or via the LRF. (The Local Resilience Forum is a back up structure coordinating our key public services, both emergency services and local authorities, with military support if required).

One of the problems in the discussions around PPE is that not everyone agrees on what PPE is appropriate. Public Health England in conjunction with the national colleges have advised what it thinks

is appropriate and this is what is being provided to front line workers. I get a number of representations from these workers who vehemently disagree with the level of equipment provided and I don't dispute their concerns and I share them with ministers but I do not profess to be more of an expert than either them or PHE.

From the stories I hear from our front line my admiration just grows and my team and I will do everything we can to support them.

**Paul Howell MP**  
Member of Parliament for Sedgefield  
[paul.howell.mp@parliament.uk](mailto:paul.howell.mp@parliament.uk)  
07464 898442

## OFFICE UNITS TO LET



Fully refurbished offices now available to let in an eco-friendly building. Located at the entrance to Aycliffe Business Park on St. Cuthberts Way (old Newton Press building), easy access to A1M.

Office comes with:

- Secure Private Access
- 24 Hour Access
- Multiple Electric Points
- New Ceilings
- No Rates Chargeable
- Internet and Telephone Ready
- Communal Kitchen and Toilet Facilities
- 24 Hour CCTV Security in Operation
- Private Lockable Door
- Parking
- LED Lighting
- Eco Friendly Heating
- Fitted Carpets

**From 42m<sup>2</sup> (500ft<sup>2</sup>) to 89m<sup>2</sup> (958ft<sup>2</sup>)**

**For more information contact Stuart on 01325 300212**



**ONLY ONE UNIT LEFT**

\* Subject to small business relief

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