



Local Coronavirus help and support

New Helpline!

A new helpline is now available to provide information and advice, as well as practical support to frail or vulnerable Hampshire residents.

The Coronavirus Hampshire Helpline – Hantshelp4vulnerable - can be contacted on 0333 370 4000. The helpline is available seven days a week, from 9am to 5pm, and is for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues.

East Hants District Council

For EHDC service updates including the latest information on bin collections and business support, please visit their website: <https://www.easthants.gov.uk>.

Volunteering

If you would like to volunteer to help residents during the coronavirus pandemic, please visit the Volunteer Wessex website: <https://www.volunteerwessex.org>.

Requesting help

If you have a request for assistance such as deliveries of medicines or food, please email: support@cfirst.org.uk.

Food banks

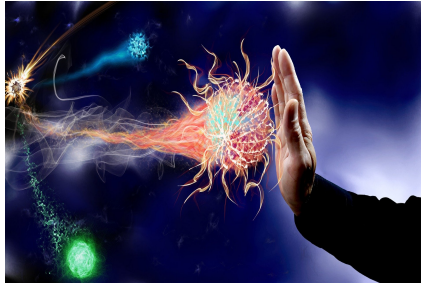
Petersfield Foodbank - referrals have been simplified, no vouchers needed. If you need food please contact Home-Start Butser and we will phone the referral through. Food can either be collected from the Salvation Army Hall or, if not possible Home-Start Butser will arrange collection and delivery.

Horndean and Clanfield Foodbank - provides a short-term, free, emergency food supply for families in crisis. If you'd like to request a food parcel, contact 07914 504 715. If you would like to volunteer to deliver food parcels, email foodbank@horndeanbaptistchurch.org.uk.



Coronavirus outbreak FAQs

The government have put together a list of FAQs to advise members of the public about what they can and can't do during the Coronavirus lockdown. <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>



Boosting your immune system

Alongside following all the Government and NHS advice to protect yourself from Coronavirus it is also important to have as healthy a lifestyle as possible to ensure your body's natural defences are as good as they can be. Below are some tips to help boost your immune system.

- Healthy gut - A varied gut biome is important for your health. Try and ensure that you eat a varied diet that includes lots of high-fibre and plant foods.
- Exercise - To be immunologically fit you need to be physically fit. The NHS recommends that adults should be physically active in some way every day and do at least 150 minutes per week of moderate aerobic activity (e.g. hiking/gardening/cycling) or 75 minutes of vigorous activity a week (e.g. running /swimming fast/an aerobics class).
- Drinking alcohol – Heavy drinking depletes our immune cells. This means that a high alcohol intake could impact your immune system potentially impacting its ability to fight off the Coronavirus.
- 5 a day – Eating the recommended amount of fruit and vegetables a day will provide you with enough vitamins to help boost your immune system. Even if you cannot always get access to fresh fruit and vegetables, frozen and tinned fruit and vegetables contains lots of nutrients and vitamins.
- Sleep – Ensuring that you eat well and exercise is likely to help aid better sleep. Getting enough sleep is beneficial for helping to boost your immune system because when your body is tired it is more susceptible to getting bugs.

Helping your child deal with Coronavirus

The Coronavirus lockdown can be a very confusing time for children. The lack of routine and missing friends and family can be very hard for children to understand and process. The Children's Commissioner has produced a 'Children's guide to Coronavirus' that aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home. The guide can be found here <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

For younger children there is an online book called 'Dave the dog is worried about Coronavirus. A nurse Dotty book'. <https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

Nosy Crow have also released a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler.

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Getting creative!

Easter eggs

Decorating Easter Eggs is a fun and simple activity to do with children.

- Boil the eggs. Hard boil the eggs for fifteen minutes. Allow the eggs to cool completely. Set them in the fridge if you'd like to speed up the process.
- Use acrylic paint. Acrylic paint is ideal for eggs because it covers them well and adheres nicely.
- Paint one half of the egg at a time. You can paint any design you want.



Easter Crafts

There are plenty of Easter craft ideas activities available online, some of which are really simple to do. A favourite one are these super simple paper plate rabbits.

Explore your creative side with these other ideas online <https://www.thebestideasforkids.com/easter-crafts-for-kids/>

Music

If your children love music, the Facebook Home School of Rock - Album of the Week has some brilliant ideas and resources to develop your children's music knowledge and some really interesting ideas of how to link music related activities to the curriculum.

https://www.facebook.com/groups/2891949057538396/?multi_permalink=2895027503897218¬if_id=1585687501484816¬if_t=group_highlights.

Learning a language

If you are finding it hard to keep your children occupied all day, Rosetta Stone are offering 3 months free language learning for school children. There is a broad range of different languages on offer including Swedish, Hindi and Japanese. <https://www.rosettastone.co.uk/lp/freeforkids/>.



Singing, dancing and acting

Italia Conti Petersfield may have temporarily closed but they have been busy putting on FREE online classes every week through Facebook Live (and will continue to do so until they are back). They are live every Tuesday, Thursday, Friday and Saturday. If you miss some of the classes, don't worry as they will be posting the tutorials on their Italia Conti Associates Petersfield YouTube channel! The posts are not only from their Facebook Live classes but we they also be posting acting and singing tutorials. <https://www.youtube.com/channel/UC8cqU8Zplh26WKgd1seMZCQ/about>.

Calling all budding scientists!

- STEM Learning (science, technology, engineering and mathematics) launched a new page on their website (www.stem.org.uk/home-learning) providing free content and resources for home learning. The content will be updated weekly with new activities and covers primary and secondary, and across maths, science, computing and D&T.

- The Science Museum has some great activities to try at home and fun games and apps to play <https://www.sciencemuseum.org.uk/>.

- Winchester Science Centre and Planetarium have put together some fun resources for families to build their science inquiry skills – to think creatively, design, build, test, ask questions, research and evaluate – just like STEM professionals! - <https://www.winchestersciencecentre.org/science-home/science-home/#.XoWQfyXTUIQ>.

- Osprey Kids have a whole range of aviation themed home-based learning activities and resources for both parents and children <https://kids.ospreycsl.co.uk/>.



Cooking

If you enjoy cooking and want to try something new, Jamie Oliver's new television show 'Keep Cooking and carry on' has easy-to-follow, super-flexible recipes with lots of useful swaps and tips to help you feed yourself and your loved ones in these unique times. It features lots of yummy recipes such as Allotment Cottage Pie and Veggie Quesadillas. All the recipes can be found on the website <https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/> and the show is aired every weeknight at 5:30pm on Channel 4.