

A message from
Councillor Nick Rushton,
Leader of the Council



Summer 2020

Dear Resident,

These are extraordinary times – and your response to the coronavirus pandemic has been exemplary. By heeding the Government's advice, you are saving lives. It's as simple as that. And I want to thank you for playing your part.

This is the biggest challenge of our lifetime. Losing loved ones is devastating and not seeing family and friends is tough – but even during such bleak times, hope and resilience is there to see.

From painting rainbows to holding virtual gatherings and socially distanced VE Day street parties, I'm proud of how people are learning new skills and finding inventive ways to come together. Thousands of volunteers have come forward and communities are banding together – the response from residents is incredible.

Our staff have risen to the challenge too – and extensive efforts to support residents continue across a wide range of services. Supporting vulnerable people remains our priority. And our social care teams are working day and night to make sure they have the vital care they need – including the 25,000 Leicestershire people on the Government's shielded list. The new recruits in our army of social care staff are getting stuck in, we're providing daily support to care homes and delivering hundreds of food parcels and prescriptions to people's doors.

There's never been a more important time to support our communities – and our £1.5m communities fund is doing just that. The sizeable cash pot is helping 160 voluntary groups carry on with their vital work despite the inevitable impact coronavirus is having on their finances. A hospice, a homelessness service and a charity supporting young, older and vulnerable people are just three of those awarded money.

Our teams are supporting children, families and schools – enabling key workers to do their jobs – but also continuing to carry out vital visits and assessments to help keep vulnerable children safe.

We are running buses for youngsters who still need to go to school. And essential workers are carrying out urgent work to keep roads moving, enable people to dispose of hazardous waste and prevent people falling victim to scams.

Underpinning all this, is the work of our back office staff. From IT to finance and from emergency planners to school food, they provide the important foundations.

This is the biggest crisis since the Second World War – and in this edition of Leicestershire Matters, you can read more about what we're doing – and how we're working with police, NHS and other councils – to support you.

Social distancing is likely to be around for some time. And to reduce the chance of another peak, we must continue to follow national advice. Times remain challenging – but we'll get through this. And thank you for your continued support – you're doing Leicestershire proud.

Yours faithfully,

A handwritten signature in blue ink that reads "Nicholas Rushton". The signature is written in a cursive style.



Leicestershire Matters is sent to all residents in the county of Leicestershire.

It costs under 10p to print and deliver each copy. To help save money on the distribution, we work closely with Royal Mail. We're sorry if you receive Leicestershire Matters just over the border in a neighbouring county – but by using standard postal routes we actually save £750 per issue.

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leicestershire.gov.uk

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Post

Communications Team,
Room 400, County Hall,
Glenfield, Leicester, LE3 8RA

Leicestershire matters



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Leicestershire County Council

This edition focuses on our response to the coronavirus pandemic – find out about a wide range of support available and useful information about our services. ►

Our cabinet members and group leaders answer your questions

Q : How is coronavirus impacting the council's budget?



Councillor Byron Rhodes,
Cabinet Member for
Finance and Resources

A : We estimate that lost income and additional costs will add £56m to this year's budget. We expect our costs – and our suppliers' costs – to be higher for a prolonged period due to the impact of social distancing and other protective measures. This will impact most services including social care, school transport and household waste sites. Our historic funding and demand pressures haven't gone away – so we are looking at an escalating financial challenge for an extended period of time. Extra Government funding is very welcome but is not yet enough. Councils play a vital role in getting communities back on their feet – clarity is needed on future funding and we are lobbying our MPs.

Q : What will council services look like as we recover from coronavirus?



Councillor Nick Rushton,
Leader of the Council

A : Coming back from coronavirus will be vastly different from any other emergency. Many of our vital services are still running 24/7 to support vulnerable people. But some have been stood down or adapted. Some will recover rapidly and others may take time – it also won't mean returning to exactly how we worked before. Restrictions may be eased and tightened again – we're just not sure about what's ahead. Our focus is on bringing back services carefully, sticking to Government guidelines, supporting local communities and boosting the economy.

Q : How are councillors involved in the recovery work?



Councillor Simon Galton,
Chairman of the
Scrutiny Commission

A : The recovery effort will be cross-party with elected members working together on plans, agreeing priorities, ensuring we learn lessons and monitoring progress. We need to use the recovery period to build on the positives we have seen through our response to the pandemic – including reducing our carbon impact through less travel and greater use of technology such as meeting virtually.

Q : How is the council working with the NHS and other partners?



Dr Terri Eynon,
Leader of the Labour Group

A : At all levels – from the front line to our chief officers – we're working side-by-side with NHS colleagues and the police, emergency services and other councils. The Local Resilience Forum brings these organisations together and is coordinating the complex response – including creating extra mortuary space, distributing PPE stock and supporting businesses. From public health experts to emergency planners, and adult social care staff to communities teams, our staff are playing a leading role in this work – you are all Covid-19 heroes and I, and my Labour group, salute you.



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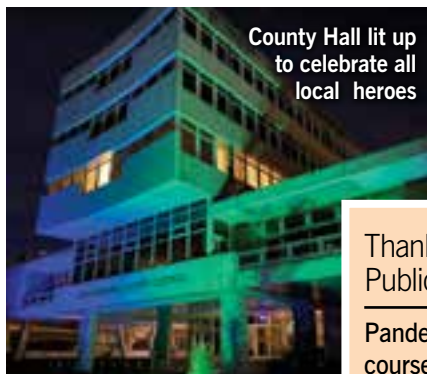
COVID-19
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From front line social care teams to supermarket staff, key workers are keeping the county running – **we want to thank our local heroes.**

During these tough times, key workers and volunteers are stepping up to the plate and making a real difference to people's lives. And we want to celebrate the life-changing work they're carrying out. Here are just some examples:

- Day in, day out, our social care staff are providing the **24/7 care** older and vulnerable people depend on.
- Our highways and transport staff are delivering oxygen to care homes. **Council workers have been redeployed** to our emergency planning teams.
- Our first contact team is calling the **13,000 shielded residents** who need support – and our customer services staff are working 12-hour shifts.
- Our carers are **ensuring people with learning disabilities are safe** and have a normal routine and our **foster carers are providing loving homes** for vulnerable children and young people.
- Our **2,000 volunteers** – recruited by working with Voluntary Action Leicestershire – are supporting community groups to carry out vital work.

To all of these people – plus our refuse collectors, lorry drivers, emergency planners, bus drivers, highways teams, delivery drivers, postal workers, back office staff - thank you for your dedication, energy and determination.



County Hall has been lit up in green and blue every Thursday as part of the weekly 'clap for carers' – underlining our support and gratitude.

Council leader, Nick Rushton, said: "Keeping people safe and well remains our number one priority. And every day, our social care

staff, alongside NHS colleagues, are working tirelessly to provide crucial round-the-clock support. Lighting up part of County Hall in green signals how we much we appreciate their hard work – and as far as we know, we are the only council to do this.

"These remain trying times. And to all of our key workers – thank you for your energy and hard work. It is really appreciated."

Thanks from our Director of Public Health, **Mike Sandys**



Pandemics can change course quickly – but it looks like hopefully we're past the peak. And that's thanks to everyone's efforts to stay at home.

I'm sure you'll have heard already that this is a marathon, not a sprint. The key to getting this under control is in all of our hands. And it lies in maintaining social distancing and good hand

hygiene – especially as restrictions are lifted. Self-isolating if you, or anyone in your home, has symptoms remains paramount – as does following the Government's advice.

Restrictions are planned to be slowly eased over the next few weeks and months – but our actions will play a large role in shaping what happens next.

Round-the-clock

It's never been more important to support people – and that's why we're working 24/7 to ensure they have the care, food and medicine they rely on.

Whether it's day, night or the weekend, our social care teams are working tirelessly to make sure that vulnerable and older residents have the support they need.

There are 25,000 people in Leicestershire who have received a letter from the Government asking them to stay at home – or shield themselves – as they are particularly at risk from coronavirus.

Our staff are calling the 13,000 of those who have registered for support and arranging delivery of emergency food parcels, picking up medication and managing any unmet social care needs.

Working in partnership with the British Red Cross, we've delivered over 300 prescriptions to residents' doors.

By teaming up with district councils, we're making sure that people have access to a wide range of support including help with tackling loneliness.

Janet and her husband Philip live in

Leicester Forest East and explained how the support is life-changing.

Janet said: "Due to our respective illnesses, we are used to being hospitalised and isolated for periods of time but the Covid-19 situation has taken matters to a whole different level.

"As we are confined to our house and garden we wanted to thank the team from the bottom of our hearts for the professional and caring way you have supported us during this time. We have not felt alone!"

Care homes are dealing with an extremely challenging situation and we're providing support on a daily basis. This includes help with sourcing personal protective equipment (PPE), rolling out coronavirus tests to staff and support with managing outbreaks through advice on infection prevention and control.

We've set up a dedicated enquiry line



Hello

MEET OUR STAFF



Beckie Bradshaw works in our First Contact team. Beckie

is working with colleagues from adult social care and our customer service centre team to call our shielded residents to check if they need help.



Simon Jelffs is working on our direct payments helpline –

this is when money is paid directly into people's bank accounts, giving them greater choice over the support they receive and how it's provided.

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 leicestershire.gov.uk/
 coronavirus

support

for all care providers, weekly conference calls and a new online resource hub and send out regular bulletins featuring key national and local updates.

And our 'shared lives' carers are working hard to support adults with disabilities and older people – you can read more about this on page nine.

Our focus remains supporting vulnerable people – and this means redeploying staff. Since March, people from our adult learning and library teams have been moved in to new roles – such as providing care and support to those in need, working in our customer service centre to make essential calls to vulnerable people and supporting our care worker recruitment drive.

Across our adults and communities department, more than 100 people have been redeployed into different roles, with a further 15 from across the council also taking on a new challenge. This includes Simon Jelffs. He usually works as a library services assistant based in Coalville – but is now part of our 'direct payments' team.

Simon said: "During the Covid crisis I've been redeployed to cover the direct payment phone helpline, taking calls from people with enquiries about their payments, PPE requirements and more. I've really enjoyed being able to assist people and just reassure them in these challenging times."

If you need support from adult social care, please call us on 0116 305 0004.

.....
 Our social care teams
 are working hard to
 provide vital services:

Ensuring
 the 25,000
 people most
 at risk have
 support and
 care in place

.....
 200
 emergency food
 parcels delivered

.....
 Over 300
 prescriptions
 delivered to residents

Schools keep their doors open

Vulnerable children have been kept safe and key workers able to keep the county running, thanks to our schools staying open.

Around 230 schools have been open, every day, with around 3,000 children attending in Leicestershire.

We've been helping schools and early years providers stay up to date through daily bulletins and we'll continue our support as we move towards a recovery phase and schools start to welcome back more children.

Councillor Ivan Ould, cabinet member for children and families, said: "Huge thanks to all school staff for their hard work during this



Ivan Ould

time. Their continued efforts to support children and young people at schools and colleges cannot be underestimated.

Our schools are working really hard to plan to re-open, in line with Government guidance. Keep in touch with your school for updates."

Looking for advice on home schooling? Try these resources:

- Healthy at home – support from Leicestershire and Rutland Sport: www.lrsport.org/healthyathome
- www.leics-als.ac.uk/familyfun
- www.bosworthbattlefield.org.uk/learning-new/home-schooling-resources
- www.doningtonleheath.org.uk/learning/resources-for-home-learning

Landmark fund supports communities



Leicestershire County Council Communities Fund

HOW WE ARE SUPPORTING PROJECTS



Councillor Louise Richardson, cabinet member for community engagement, said: “We value the important role that local groups have played in supporting our communities during the pandemic and we are proud to have been awarded a Leicestershire Cares award for supporting them with this funding.”

Louise Richardson



A charity that supports older people and the most vulnerable in Syston was awarded

£5,000, meaning that those in need are still able to access the service. ■



Local radio stations including Fosse 107, Harborough FM, Sunflower Radio 92 FM in Lutterworth,

Carillon Wellbeing, and Eye FM have been funded to enable vital coronavirus messages to be broadcast. ■



A group responding to 999 calls have been funded to buy extra medical response rucksacks.

This will allow more volunteers from Leicester University Community First Responders to reduce the time taken for patients to begin receiving potentially life-saving treatment. ■

We set up the Communities Fund to help local organisations continue to support our communities during the coronavirus pandemic.

Charities, voluntary and community organisations and social enterprises were invited to apply for a maximum of £25,000 to provide activities to support vulnerable people. Just under 250 groups applied for funding for extra staffing to meet higher demand on services, adapting services to enable contact with people, extra transport or travel expenses and essential equipment.

A homeless prevention service and a centre to support youngsters with

autism were among the first successful applicants in early April, and demand was so high we increased the fund from £1m to £1.5m. In total, 160 groups - in all seven of the county’s districts - were awarded funding.

Council leader, Nick Rushton, said: “The response we have had to the Communities Fund has been nothing short of remarkable. It’s never been more important for communities to band together and support each other. These awards will help groups to continue their crucial work and step up activities to support vulnerable people and those isolating.”

£1.5 million given to support 160 groups



COVID-19 FIND OUT THE LATEST

[leicestershire.gov.uk/
coronavirus](http://leicestershire.gov.uk/coronavirus)

Scams on the rise

Our Trading Standards team is warning people to be aware of scams, which are on the rise during the coronavirus pandemic.

A 400 per cent increase in coronavirus-related frauds has been reported and scams can take many forms, including emails, text messages, phone calls, doorstep visits and social media advertising.

The scams can look like real websites or convincing emails and text messages with hyperlinks that appear to be from genuine organisations.

During this pandemic, criminals have scammed people by offering fake virus tests, tax refunds, free school meal vouchers and supermarket vouchers or have alarmed people with fake outstanding payments or fines which need to be made.

Tips to avoid scams:

- Make sure that your anti-virus software is up to date.
- Check for spelling mistakes in messages.
- Ask yourself if it's too good to be true and is this something you expected?
- Remember to stop and take a moment to think before parting with your money or information, it may keep your money safe.
- Challenge and assess if it could be a fake message or offer - it's OK to reject, refuse or ignore any requests.
- Protect yourself - contact your bank immediately if you think you've been scammed and report it to Action Fraud www.actionfraud.police.uk
- Your information is precious - don't give it to anyone you haven't contacted directly.



CASE STUDIES



Feed the Need Coalville

This independent foodbank was awarded £8,300 to fund delivery of food parcels to people in need. Felicity Middleton, committee chair, said: "We will use the grant money to buy food and other essentials for people struggling to manage during this crisis. People will be reassured that help is at hand when they need it most. We can be responsive when people need baby milk and nappies, food for special diets or supply toiletries and cleaning materials to help people stay safe in their own homes while they are self-isolating. We are often able to respond within an hour or two of receiving a request and it is important to us that people trust us and have confidence that we understand their situation. This grant has been an absolutely vital lifeline for us."



Lutterworth Crisis Action

Lutterworth Crisis Action was awarded £5,250 to provide support to residents during the coronavirus pandemic. Led by St Mary's Church, in partnership with other community groups, the scheme has so far recruited nearly 150 local volunteers and provided support to over 200 residents.

Rev. Charlie Styles from St Mary's Church, said: "This is very much an example of what can be achieved when local community groups come together for the greater good. We are so grateful to all of the local residents who have come forward to volunteer, they have been amazing, and we really hope this scheme will have a lasting impact on the wellbeing of people in our town." www.lutterworthchurch.org/crisis

To find out more, go to
www.leicestershirecommunities.org.uk

JOBS

Inspired to care

HELP KEEP
LEICESTERSHIRE
SAFE AND WELL
AT HOME

2017
VOTED
MOST
PRODUCTIVE
COUNCIL
iMPOWER
RANKING

2018
VOTED
MOST
PRODUCTIVE
COUNCIL
iMPOWER
RANKING

2019
VOTED
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iMPOWER
RANKING

Our Inspired to Care team is looking for 1,600 new care staff to help residents stay safe and well.

The recruitment drive is helping care providers recruit staff. It means they are able to carry on providing services to vulnerable people and supporting those discharged from hospital, helping to free up beds for the NHS.

So far more than 1,200 people have enquired or applied for positions - and around 100 have been offered jobs. Councillor Richard Blunt, cabinet member for adult social care, said: "There has been a huge response to the recruitment drive so far which is fantastic and we are now in a position where people are able to start vital work.



Richard Blunt

"This is a challenging situation and we are doing everything we can to keep critical services going, particularly those supporting vulnerable people."

Eve, our first new starter, told us why she wanted to support vulnerable people during the coronavirus outbreak:

"I am studying Medicine at Leeds University and my holiday jobs tend to be working with adults and children with learning disabilities, but in a community-

based group setting, so these activities aren't running at the moment. I was looking for something I could do to help out in the current situation. The Inspired to Care team contacted me through Indeed and found me a role working at Rowan House and the Briars, which provide supported living for adults with learning disabilities and difficulties. Residents have a mix of abilities, some are more able than others, so care is tailored to each person and their needs.

"My role is to help around the house, helping residents cook dinner and do their laundry. I have been organising activities such as skittles and bowls outside in the good weather, and dominoes and arts and crafts indoors. We've also gone on some lovely walks. Basically, it's about supporting the residents to do what they like to do.



New starter, Eve

"Outside of lockdown the residents would go to day centres, to church on Sunday, have their own outside events going on, so it's nice to help them find activities.

"It's always nerve-racking starting a new job and getting to understand the role, but in my first few days everyone was very friendly and welcoming, they helpfully showed me how things worked and how best I could help.

"I know my job is making a huge difference to people's lives and that makes it very rewarding. The other day a resident got upset because she wanted to go out and do her usual activities, so I spent some time reassuring her.

"And there are so many benefits for me. It's another kind of social life, I get to go out and speak to different people. I've enjoyed having something to do and making a difference. It has definitely helped my wellbeing and confidence too. And developing my interpersonal skills, experience of working in a care setting and caring for people with different abilities, will all be very helpful for my future."

Shared Lives



Dominic and Janine

JOBS

Work from home and make a real difference to someone's life

Shared Lives is an alternative way of supporting adults with disabilities and older people, where the carer lives with or regularly visits the person they care for.

They share family and community life, offering a more personal and nurturing approach.

A Leicestershire man has praised our care scheme for 'ensuring normality' during the coronavirus pandemic.

Dominic, who has autism, lives with his carer Janine, and her husband and son in Newbold Coleorton as part of Shared Lives.

Dominic, who works at Cancer Research in Ashby, is supported to manage his condition with routine, which helps prevent anxiety from occurring. He said the support from his carer ensured the coronavirus outbreak did not 'turn his world upside down.'

"The important thing was to try to keep life as normal as possible and

Janine has helped me to do that. I'm coping really well."

Janine, who has worked as a carer for 22 years, said that more people were needed in the role to make a difference.

She said: "Shared Lives is a great way of caring for someone and offering them a good quality of life. It's such a rewarding role and doesn't feel like work. I would urge anyone to find out as much as they can about it."

Becoming a Shared Lives carer is a rewarding career which gives people the opportunity to change the lives of those with adult social care needs from their own homes. Some carers offer long term accommodation and support, while others offer short breaks, where people stay for a few days or weeks at a time.

If you are interested in making a difference, like Janine, and becoming a Shared Lives carer, visit leicestershire.gov.uk/shared-lives-service.



JOBS

Long-term and temporary positions are available for anyone who is interested in supporting people.

We are looking for the following types of candidates:

- Previous care professionals
- People who are out of work or have reduced hours
- Self-employed people
- Retail/hospitality/leisure professionals
- Students/graduates

No experience is necessary. We will pay for DBS checks and provide training to ensure applicants can begin work as soon as possible.

For more information and to apply visit www.inspiredtocare.co.uk/jobs or call 0116 305 5186.

Inspired
to care



Keeping people safe

START A CONVERSATION

We want to remind people that it's okay to not feel okay, especially during this time.

Coping with change and uncertainty during the coronavirus pandemic is challenging, and it is important that we have access to practical support for our mental wellbeing.

We have been working closely with our healthcare, public and charity partners to lend a helping hand to those in mental health crisis, and to address a growing need for mental health support across Leicestershire.

A set of resources aimed at reaching those who are experiencing diverse mental health difficulties has been produced, led by Start a Conversation, our suicide prevention campaign.

Organisations working in partnership to share the messages include Leicester City Council, Rutland County Council, Leicestershire Partnership NHS Trust, Leicestershire Police and the Office of the Police and Crime Commissioner, along with Leicester, Leicestershire and Rutland Clinical Commissioning Groups.

Tailored information, advice and support is available on the Start a Conversation

website: for those in crisis, who require urgent or emergency help; for those experiencing symptoms of depression or anxiety, who are struggling to cope; and for those who are more worried than usual and wish to improve their mental wellbeing.

Councillor Lee Breckon, cabinet member for health and wellbeing, said:

“The Covid-19 pandemic and lockdown are presenting a range of challenges to our mental health, with an increased number of residents across Leicestershire sadly reaching crisis point and unsure of where to turn.



Lee Breckon

“For this reason, we have produced an online resource pack to offer a helping hand to those in need of mental health support, as well as their friends, families, health and care teams and referral services. By organising the information according to need, we hope to signpost people to the most appropriate support for them in a clear and effective way.”

SUICIDE
is preventable

WELLBEING ADVICE

There are lots of situations that can impact on how you feel but help and support is available if you're struggling to cope. The Start a Conversation website provides advice on:

- Coronavirus and mental wellbeing
- Mental health problems
- Abuse and discrimination
- Big life changes
- Financial difficulties
- Substance misuse
- Lifestyle
- Children and young people



Visit www.startaconversation.co.uk/advice-and-support

To download the mental health resource pack go to www.startaconversation.co.uk

Watch out for children's welfare



SIGNS THAT MAY INDICATE ABUSE:

- Very young children being left on their own
- Children looking dirty or not changing their clothes
- Children are withdrawn or anxious
- Aggressive or repeated shouting
- Sounds of hitting or banging and things being broken
- Children crying for long periods of time
- Relatives denied access to talk to children by phone or video call

We're asking people to look out for signs of abuse toward children in their family or street during lockdown and to report any concerns they may have.

Local safeguarding partners, including the police, councils and health, are concerned that, despite a fall in calls since the introduction of social distancing measures, cases of child abuse may be

on the rise, with fewer opportunities for it to be seen, reported and stopped.

To report concerns about children's welfare in Leicestershire call 0116 305 0005 (for urgent situations) or report online [leicestershire.gov.uk/report-abuse-of-a-child](https://www.leicestershire.gov.uk/report-abuse-of-a-child)

If a child is in immediate danger call 999 and ask for the police.

Supporting survivors of domestic abuse

More than £700,000 of funding has been awarded to help support survivors of domestic abuse.

We are one of 75 councils across England that has been chosen to receive a share of a £16.6 million Government pot, which aims to strengthen protection for those who have suffered domestic abuse.

The funds will go towards supporting the Hope Project,

that delivers support for men and women from all backgrounds, together with dedicated specialist services for black, Asian and minority ethnic (BAME) groups who may be at risk from honour-based violence and forced marriage.

The funding will go towards services that include refuge for women and their children, outreach domestic abuse

support for men and women, mental health support to suit a variety of needs, substance misuse support and emotional management programmes.

Councillor Lee Breckon, cabinet member for health and wellbeing, said: "We're delighted to have been selected to receive a share of the Government's fund.

"This funding will allow us to continue to support the

Hope Project and provide essential support to those identified as being in the most vulnerable situations."

Anyone in need of outreach support can call 0800 055 6519 or email hopeproject@wallaction.cjsm.net.

Look after yourself



The coronavirus pandemic has been an anxious time for many. You may have concerns about whether you should self-isolate or be shielded, or you may be wondering what the future holds.

Coping with uncertainty is difficult, and it is important to find practical ways to protect your physical health and support your mental and emotional wellbeing.

The **Five Ways to Wellbeing** are useful steps you can take to improve your mental health and wellbeing. They are daily acts you can adapt to your circumstances – even if you're self-isolating or shielded.

1 Connect

Connecting is all about developing and nurturing our social relationships. Having a strong support network can help you through difficult times in life and can combat feelings of loneliness or isolation.

- Make the most of technology such as Skype or Zoom.
- Join a local mutual aid group.
- Check in with your colleagues each morning if you're working from home.
- Offer your support in the community.

2 Be Active

Find forms of physical activity that you enjoy and that motivate you to stay active. Daily activity is a great way to maintain your mental wellbeing and can really boost your mood, even during self-isolation.

- Follow an online video workout or yoga session.
- Do some cleaning – tidy surroundings can have a calming effect.
- Gardening is an ideal way of getting a dose of fresh air.
- Be creative with ways to keep fit at home – run in your garden or climb the height of Snowdon on your stairs.
- Find fitness initiatives like Leicestershire and Rutland Sport's Healthy at Home www.lrspport.org/healthyathome

3 Take Notice

Taking notice is reminding ourselves to look at the small things in life, which is proven to improve our mental wellbeing.

- Try mindfulness or mindful meditation.
- Make a list of everything you're thankful for each day.
- Be mindful about the news or social media. If constant updates make you feel more anxious, take time away or give yourself a daily time limit.

4 Learn

Learning new things works wonders for your self-esteem and mental agility. You can do this by trying something completely new, or by returning to activities you once enjoyed and have always meant to pick up again.

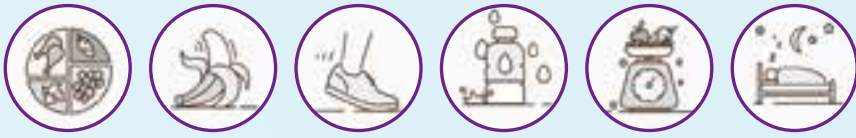
- Download a brain training app. Or a crossword, Sudoku or word game.
- Learn a new language through local live classes or an app such as Duolingo.
- Take a free online course from the Open University or FutureLearn.

5 Give

People who volunteer their time and help others are much more likely to feel happy and more connected to their community. Now more than ever, acts of kindness can go a long way in helping yourself and those around you.

- Say thank you to someone for a favour or kind deed they've done for you.
- Phone a relative or friend so they know you care about their welfare.
- Raise awareness of local charities on social media.
- Volunteer to pick up supplies for people who are self-isolating or shielded.

For more information about wellbeing visit leicestershire.gov.uk/wellbeing-support



Weight Management Leicestershire

Help with a healthy lifestyle

Our scheme, designed to help people develop and maintain a healthy weight and lifestyle, has been praised by a Loughborough resident.

Abida, who suffers with rheumatoid arthritis and osteoarthritis, visited her GP for support in making lifestyle changes, and was signposted to Weight Management Leicestershire.

The service features dieticians and nutritionists who help people to manage their weight

through a 12-week telephone programme.

Abida completed her sessions last month and said it had benefitted her not just physically, but also mentally and emotionally. She said: "The weight management scheme, with its resources, clear weekly targets and step-by-step changes, allowed for a gradual shift in my mindset. I really liked the fact that the goals were focused on altering my habits and outlook.

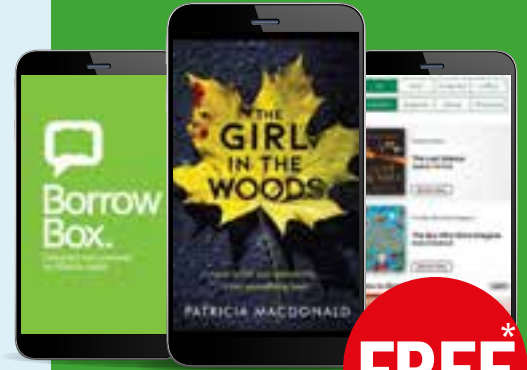
"I cannot believe I have lost just over eight per cent of my body weight through the programme! I hope to see bigger and better changes to my health and medication."

Leicestershire residents interested in joining a programme can visit: leicestershirewms.co.uk

Anyone looking for advice on healthy eating can call 0116 305 1510 9am - 5pm Monday to Friday or visit the website for inspiration.



Abida



Borrow e-books online

You can join the library and start reading e-books, e-magazines, newspapers and audiobooks anytime, seven-days-a-week, at a time that's best for you.

Loans are free on most devices and you can get instant access to a range of titles. E-books are an accessible way to read as it's easy to change font size and you can use screen readers like PressReader to read newspapers and magazines to you.

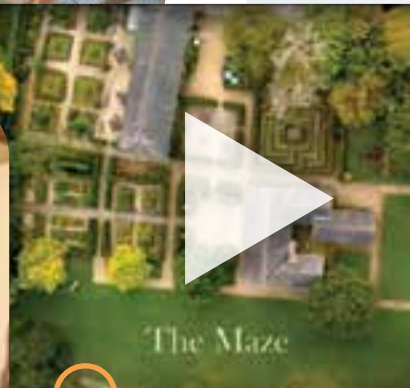
Audiobooks are great if you struggle to find the time to sit down and read. You can listen while walking or doing chores. They're also a good way to keep children entertained.

To borrow e-books you will need an internet connection and a valid Leicestershire library card and PIN. If you are not already a library member you can join the library at leicestershire.gov.uk/join-the-library



* Library account required. Free on most devices.

HERITAGE



Visit our museums from your living room!

Our museums and heritage sites might be closed at the moment – but you can still visit them from the safety and comfort of your own home.

Thanks to the wonders of technology, you can still take a close-up look at the Hallaton Treasure at Harborough Museum, browse the archaeology cabinets at Melton Carnegie Museum and wander through the rooms of the 1620s House and Garden in a virtual tour.

For parents looking for help and inspiration with home schooling, Bosworth Battlefield Heritage Centre has created a new web page, packed full of fun and interesting information to help with medieval and Roman history teaching.

It's also running Tutoring Tuesdays with videos narrated by Boudicca herself, and Fascinating Finds Friday.

The learning resources page on the website of the 1620s House and Garden

features a room-by-room virtual tour of the house, a Jacobean maths challenge and a quiz. There's also Mystery Object Mondays on Facebook.

Melton Carnegie Museum has launched an interactive digital experience, so you can find out more about the archaeology collections online. There's also an archaeology quiz, Meltonian Top Trumps and a 'How Well Do You Know Melton?' trivia sheet.

Harborough Museum offers a close-up look at the Hallaton Treasure. There's also an Iron Age treasure hunt for children, as well as trails showcasing the museum's star objects and photographs.

Staff at Charnwood Museum are bringing the museum right into your home through their Facebook page.

They have been creating exhibitions using objects from their own homes and sharing them as part of the #MuseumFromHome project, while What's on Wednesday showcases an object from the museum collection each week.



COVID-19

**FIND OUT
THE LATEST**

[leicestershire.gov.uk/
coronavirus](http://leicestershire.gov.uk/coronavirus)

Great
for home
learning

TRY A DIFFERENT MUSEUM EVERY DAY



It's Mystery Object
Monday at the 1620s
House and Garden:
www.doningtonleheath.org.uk/learning



Tutoring Tuesdays are
at Bosworth Battlefield
Heritage Centre:
www.bosworthbattlefield.org.uk/learning



What's on Wednesdays
at Charnwood Museum:
[www.facebook.com/
CharnwoodMuseum/](http://www.facebook.com/CharnwoodMuseum/)



A Thursday Treasure Hunt
at Harborough Museum:
www.harboroughmuseum.org.uk



Fascinating Finds Friday
at Bosworth Battlefield
Heritage Centre: www.bosworthbattlefield.org.uk/learning



And every day is a local
trivia day at Melton
Carnegie Museum:
www.meltonmuseum.org

#CV19Isolatedbutinspired

Help create a digital time capsule for Leicestershire

Are you making, mending,
creating, recording, caring,
remembering, designing?

- Share how you are making lockdown better
- Let's inspire each other during this crisis
- Let's preserve this for future generations

We are making a time capsule to save in the **Record Office for Leicester, Leicestershire and Rutland**, so people in years to come can see what life was like during lockdown.

It will be a film but you don't need to show your face if you don't want to. You can show your art, your animals or other family members can help if they give consent. If you don't want to send film then send photos.

Any film clips sent should be a maximum of two minutes and be landscape format. We are not expecting high quality, professional videos. As long as we can hear you, your phone camera should suffice.

Send your videos via email to Louise.sharples@leics.gov.uk or Facebook Messenger www.facebook.com/CommunityCurators

If you have another way you'd like to send over the content, get in touch and we can try to accommodate!



Participation
Leicestershire, Heritage & Libraries

**Community
Curators**

LOADING ...

ENVIRONMENT

Wildflowers bloom

A scheme that will see wildflowers and wildlife flourish on roadside verges across Leicestershire is blossoming.

We've teamed up with 12 parish councils on our Urban Wildlife Verge Project which aims to improve biodiversity – and give them the opportunity to turn urban roadsides into dedicated wildflower verges. Volunteers are giving up their time to make a difference in their community by weeding, planting seeds and developing areas of wildflowers.

We're investing £16m in tackling climate change over the next four years and have published a refreshed strategy, underlining our commitment to becoming carbon neutral by 2030.

The wildflower verges support our

ambitious plans which also include rolling out more 'green' vehicles and aiming to create a carbon-neutral industrial estate.

Councillor Blake Pain, acting deputy leader and cabinet member for action on climate change, said: "As a green council, we're committed to thinking globally, but acting locally. Tackling climate change remains a main priority for us – and we've seen real change already. We have a long list of projects that we'll continue to explore and take forward in order to face this challenge head on."



Blake Pain



WHAT WE'VE DONE SO FAR:

- Built the award-winning Airfield Business Park in Market Harborough which will cut carbon emissions by 79.4 tonnes in its first year – the equivalent of a car travelling 238,000 miles.
- Installed solar panels across council and public-sector buildings, producing 2,700 megawatt hours of green electricity – the equivalent of powering 675 homes for a year.
- Upgraded 68,000 street lights to LEDs as part of a £20 million investment programme – cutting carbon emissions by 79 per cent and electricity use by 65 per cent.
- Signed the UK100 pledge, underlining our commitment to clean energy.



While COVID-19 restrictions are in place....

Visit our website for the latest on our waste sites:
[Leicestershire.gov.uk/waste](https://www.leicestershire.gov.uk/waste)

#CAN YOUR WASTE WAIT?