

Early Help Hub



COVID – 19 Information pack

The Early Help Hub want to continue to support families in these challenging times by accessing the right support at the right time.

We want to provide you with helpful information, advice and guidance to support you at this time.

In this pack we have put together some information to help support you and your family.

This guidance has been written to help support and guide the incredible community response to supporting others that has been generated by the onset of Covid-19.



100 Things to do indoors

www.spreadthehappiness.co.uk



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



www.spreadthehappiness.co.uk

1. Make non-cook playdough, then have a Dough Disco
2. Paint your families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirrt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



Home-Start Cymru

Are you feeling overwhelmed by the current situation?

If you would like the opportunity to have some telephone support please contact us on 07769634398



Citizens Advice Merthyr Tydfil

We know these are worrying times for so many people so we have set up an advice line for local residents in Merthyr Tydfil to make it easier to access advice. If you need advice, help or guidance, please call us on 0300 3302 121 to speak to an advisor.



Listening Ear Service

We at Stephens and George Charitable Trust want you to know that you have friends in us. If you want a chat with volunteer now that our movements have been restricted then please call:

01685 375331

We will take your name and number to pass onto our team of befriending volunteers who will call you back for a nice chat.

Merthyr and the Valleys Mind

Online counselling service

For an appointment, please call: Wendy Mahoney 07399 347 745

Primary care services – Rhiannon 07399 347 744

Recovery Services – Shian 07495 525 656

Housing Services - Cath 07494 688 715

Mind info line – 0300 123 3393 www.mind.org.uk

Peer support – www.elefriends.org.uk

Mind legal line – 0300 466 6463

VAMT

We've produced some basic guidelines and information for local community/good neighbour schemes which are being established across the borough in the light of the coronavirus outbreak.

<https://vamt.net/en/coronavirus/>

FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

PBS Kids	Youngzine
Make Me Genius	Fuel the Brain
Starfall	Mr. Nussbaum
The Magic School Bus	Exploratorium
Cool Math	Turtle Diary
Highlights Kids	e-Learning for Kids
ABCya	Sesame Street
National Geographic Kids	Fun Fonix
The KIDZ Page	Seussville
Funbrain	Tvokids
NGAkids Art Zone	The Story Starter
BBC History for Kids	NASA Kids' Club
Storyline Online	Crypto Club
Steve Spangler Science	Earthquakes for Kids
Mission US	Smithsonian Learning Lab
The Happy Scientist	Study Jams
Khan Academy	Grid Club
Cells Alive	Magic Tree House
KidsReads	DOGO News
Google Earth	Science Bob

Local councillors

sherelle.jago@merthyr.gov.uk	07985 648799 - Bedlinog
Malcolm.colbran@merthyr.gov.uk	01443 710254- Bedlinog
Geraint.thomas@merthyr.gov.uk	01685 558288- Cyfathfa
Andrew.barry@merthyr.gov.uk	07976 644007-Town
Kevin.oneill@merthyr.gov.uk	07971 087949-Town
Chris.davies@merthyr.gov.uk	07855 332992-Penydarren
Lee.davies@merthyr.gov.uk	07855 533016-Gurnos
Lisa.mytton@merthyr.gov.uk	01685 387009-Vaynor
Howard.barrett@merthyr.gov.uk	07814 873144-Vaynor
Jeremy.davies@merthyr.gov.uk	07790 754104-Gurnos
Gareth.lewis@merthyr.gov.uk	07903 249670-Plymouth
Brent.carter@merthyr.gov.uk	07983 615504-Plymouth
Tanya.skinner@merthyr.gov.uk	07961 784922-Park
Declan.sammon@merthyr.gov.uk	07508 604948-Dowlais
David.hughes3@merthyr.gov.uk	07484 658579-Dowlais
Darren.roberts@merthyr.gov.uk	07823 331117-Merthyr Vale

Sunshine Support

Supporting children with learning disabilities or ASD through COVID-19 isolation www.sunshine-support.org/covid-19

Family Lives

Coping practically and emotionally during the Covid-19 outbreak – Advice for families in self isolation

<https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

Merthyr Valley Homes

Our income team are providing advice and support in regards to changes with income. They have put together some useful links.

Can also provide care/activity packs for children.

www.mvhomes.org.uk/coronavirus-covid-19-wellbeing-advice-and-support

Merthyr Valley Homes (Youth provision)

Provision of food / hygiene packs for identified vulnerable young people who would usually attend the Youth Provision at Calon Las.

Mental Health Foundation

How to look after your mental health during Coronavirus outbreak

www.mentalhealth.org.uk/coronavirus

Young Minds

Advice for teens and young adults, on what to do if you are anxious about coronavirus. Providing information on self-care and mental health

www.youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Merthyr Tydfil Housing Association

MTHA are still open, just the office is closed. All the information you may need is here: 01685 352800 mtha@mtha.org.uk

If you ring us please be aware of the slight silence when the system is transferring you.

May provide packages of essential food items to those in need in this period. Additional items will be sourced via Fareshare Cymru and will supplement the packages provided. This service will be able to start straight away and will run for 3 months

MTHA Freephone 0800 731 4293

Liberty Gas 0800 328 4322 low rate for mobile users 0330 123 9622

Gas Emergencies 0800 111999 (if you smell gas)



In line with government advice, we have taken the decision to reduce our office opening hours.

Therefore, as of tomorrow we will be open;

Monday-Friday: 9:30am until 11:30am

We understand that this is a worrying time for both members and staff and want to assure everyone that we are taking the correct measures to protect us all.

Here's what you need to know...



BBC

We are all having to limit our physical contact with family, friends and work colleagues at the moment, but that doesn't mean we can't see their faces and keep the conversations going.

The BBC has put together this guide for older people who aren't already familiar with skype, Facetime or other video calling solutions.

<https://www.bbc.co.uk/news/technology-51933618>

Dowlais, Pant & Penywern

Below are a list of businesses and community groups that may be able to provide either groceries, cooked food, care packages or just to chat.

<p>Dowlais & Pant Community Action Group</p> <p>For the most vulnerable if you do not have family or friends who can support you, we may be able to provide one of the following:</p> <p>A 4 day emergency necessity pack Or homemade soup Paula or Declan on 07508 604948</p>	<p>Merthyr Motor Auctions Dowlais Engine House</p> <p>Care packages may be available for the most vulnerable with no support from family or friends.</p> <p>Merthyr Motor Auctions 01685 377818 Dowlais Engine House 01685 375318 Cllr David Hughes 07484 658579 Cllr Declan Sammon 07508 604948</p>
<p>Pant Cost Cutter</p> <p>Will be able to deliver goods to the elderly and vulnerable on a Mon, Wed & Fri 10am-1pm Ross & Staff 01685 722815</p>	<p>M Richards Fruit & Veg</p> <p>Will be available to deliver goods to the elderly and vulnerable wherever possible 10am-2pm Helen or Betty 01685 722280</p>
<p>Hendersons</p> <p>Can deliver news, groceries, bread, milk, etc Available 7 days Phil 01685 385554</p>	<p>Dowlais Stores</p> <p>Will deliver goods to the elderly and vulnerable Monday between 10am -1pm 01685 374084</p>
<p>Mogsy Belle</p> <p>Milk, Bread, Coffee, Tea bags, Sugar, washing up liquid, washing powder Ice-cream and dessert delivers available Sat & Sun Josh & James 07539 281002 Contactless card payments on delivery</p>	<p>Pantyscallog Steak House</p> <p>Sirloin, Lasagne, Cod, Gammon, Beef curry, Chicken curry, Hunters chicken</p> <p>For delivers 07938 647016</p>
<p>Merthyr Valleys Meals on wheels 07743 348456</p> <p>Meals delivered to your door. There is a cost for this service but it could give you peace of mind for a family member</p>	<p>Dowlais Community Centre</p> <p>Shopping service available for older residents, vulnerable residents and key workers 01685 375331 Care packs may also be available</p>

Voluntary Services

Dowlais Community Centre - run by The Stephens & George Charitable Trust

Food delivery service to vulnerable and isolated.

Pre-loved book delivery service.

Limited childcare for keyworkers.

Educational programmes on social media

helenhughes@stephensandgeorge.co.uk

07940 094 638 /01685 377 688

Gellideg foundation group

Foodbank vouchers, food bag drops, help with shopping, Cooked frozen food deliveries (Cyfathfa ward)

Telephone catch ups to vulnerable people

Virtual support to youths, homework, chats, wellbeing (Gellideg, Twyncarmel & Trefechan)

helenb@gellideg.co.uk colette@gellideg.co.uk 077833 13497

Hope Church

Collecting & delivering prescriptions

Dog walking for isolated

Telephone chats to isolated

Supporting those continuing to deal with addiction-through challenge valleys project

help@hopemerthyr.org.uk

Twyn Community Hub

Shopping, running errands, picking up prescriptions, play/work packs for children, or checking in on someone louise@tagyouth.net 01685 709 430

Volunteering matters

Telephone befriending, shopping and additional services

natasha.john@volunteeringmatters.org.uk

Voluntary Action Merthyr Tydfil

Support and guidance on information or volunteering opportunities

Ryan Bevan – loneliness and isolation development officer

Ryan.bevan@vamt.net 07503 954158

Cancer Aid

Appointments and transport for those effected by counselling services

kayleigh@canceraidmerthyr.org.uk 01685 379633

Mental health matters

Telephone befriending

Michaela Moore

befriending@mhmwales.org.uk 01656 651450

Carers Wales

Advice & information for carers and parents. Mon-Tues 10-4 Amber

Powell advice@carersuk.org 0808 808 7777

Pontsticill Community Group

Shopping, prescription delivery, telephone contact for isolated.

Connie Walker secretary@pontsticill.cymru 07908 612750

Nation Changers

Shopping, mailing, telephone support

Matt Thomas 07540 658 675

Merthyr Tydfil County Borough Council Services

Information for residents on the availability of Council services and closures if and when required.

<https://www.merthyr.gov.uk/coronavirus>

Free school meals

Free school meals are being delivered to those pupils who are eligible and have requested them via their school. If you are not receiving a delivery but you would like one and are eligible, please contact the school you would normally attend.

For information on school closures, emergency childcare and free school meals, visit

<https://www.merthyr.gov.uk/resident/coronavirus/school-closures-emergency-childcare-and-free-school-meals/?fbclid=IwAR3fgvlmoWS503etWkMeFngdHFbuRWwTaHhIRi4LyME209xIURDoDPNR3qI>

Respect

When the world feels unsafe, don't make your home unsafe. Get help to manage your behaviour. Call Respect phoneline on 0808 802 4040

www.respectphoneline.org.uk

Merthyr Valleys Homes

At the moment we need to stay at home to stay safe, but sadly, home is not safe for everyone. If you are worried for your safety or the safety of a family member, friend or neighbour – help is available, you are not on your own. There are lots of places that can help. Find out more here:

<https://bit.ly/2vZN2fP>



British Red Cross

Befriending, emotional support and needs assessment

ERWales@redcross.org.uk

Gurnos Men's Group

Picking up shopping, medication and friendly chats. Providing care packages for elderly and vulnerable people living in the Gurnos Ward. Packages may contain food and essential toiletries, as well as activity packs.

Jeremy Davies 07790 745104 jeremy.davies@merthyr.gov.uk

Lee Davies 07855 533016 lee.davies@merthyr.gov.uk

BAROD

All support/referrals and assessments now via telephone. Needle exchange services available 10-3 Monday-Friday 2nd Floor, Oldway House, Castle Street, Merthyr 01685 721991
Referrals 0300 333 0000

Willows Centre

Engage young people at Glyn Mill Site and Willows Centre Troedyrhiw through digital platforms and offer support and engagement. Also provide food packages for same beneficiaries. Engagement will be additional hours thereby increasing the opportunity in the current climate. 01443 692198
member@troedyrhiwclub.fsnet.co.uk

Valleys Steps

Use technology to deliver range of courses via digital platforms. Course content aimed at supporting emotional health and wellbeing.

<http://www.valleysteps.org/>

Llamau

Provision of emergency essential supplies to distribute to vulnerable young people, women and children living within Llamau's 24-hour staffed supported accommodation schemes and domestic abuse refuges, as well as those who receive Llamau's support. This includes: Cleaning and Health and Safety supplies, including hand wash, paper towels, PPE (e.g. masks, gloves), hand sanitiser, disinfectant products, clean bedding; Nutritionally-balanced emergency food supplies.

CBS : Challenging Behaviour Support

Provide support to parents who are at home with children who have behaviour that challenges, we know this will be an impossible situation for many, who also have their own mental health issues and are struggling to cope. Offer a telephone 1:1, Skype and email service, and 3 live webinars delivered once a week.

<https://www.facebook.com/groups/CBSgroupRCT/>

2 Wish Upon a Star

Provision of advice via a counsellor and materials (books, worry eaters etc) for families who are supporting their own children whilst unable to see their play therapist.

01443 853125 info@wishuponastar.org

Merthyr Homeless Outreach / Pending Coffee

Provision of meal packs for homeless individuals who are temporarily in B&B accommodation but without access to meals throughout the day. Individuals will be able to access the food packs at Pending Coffee.

Domestic Abuse services

South Wales Police

Are you worried about being at home with your partner during Corona lockdown? You are not alone, we are here to help you and we will come to you.

In an emergency, always dial **999**

For silent help, dial **999** and then press **55**

Welsh Women's Aid

Umbrella organisation representing women's aid's groups situated throughout Wales www.welshwomensaid.org

Live Fear Free

Violence against women, domestic abuse and sexual violence in all parts of Wales. 0808 80 10 800 info@livefearfreehelpline.wales

BAWSO

BAWSO is an all Wales, voluntary organisation providing specialist services to black and ethnic minority women and children who are suffering domestic abuse. 0800 731 8147 www.bawso.org.uk

Refuge

Provide information support and practical help 24 hours a day to women experiencing domestic violence. 0808 2000 247 www.refuge.org.uk

Broken Rainbow

A helpline for lesbian, gay, bisexual and transgender people experiencing domestic violence. 0845260 44 60 www.broken-rainbow.org.uk