



Gerald Jones MP

Dawn Bowden AM



Weekly Coronavirus Update

Coronavirus: latest advice and guidance

Dear constituent

As the Welsh Government has extended the current lockdown measures, we urge everyone to keep following the advice and stay home over the Easter weekend, to help protect the NHS and save lives.

It's the community spirit and commitment to helping others that everyone in our area has shown in the past few weeks that will ensure we get through this.

Below we've included the most up to date guidance and information available from the UK Government, Welsh Government and other key organisations on coronavirus which we hope you will find useful, should you need it.

As always, for issues at any time, please contact our offices using the details below.

UK Government latest advice: <https://www.gov.uk/coronavirus>

Welsh Government latest advice: <https://gov.wales/coronavirus>

Public Health Wales latest information and guidance: <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Information on new Welsh Government 2-metre distancing regulations: <https://gov.wales/two-metre-rule-will-protect-workers-wales-coronavirus>

Merthyr Tydfil CBC latest information: <https://www.merthyr.gov.uk/coronavirus>

Caerphilly CBC latest information: <https://www.caerphilly.gov.uk/Coronavirus>

Visit our websites for more information and advice:

<https://www.geraldjones.co.uk/>

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Volunteering: information and how to get involved

In recent weeks, we have received a number of enquiries from constituents asking how they can get involved in volunteering and support their local communities and the most vulnerable among us.

We have been amazed at the community spirit and compassion shown by so many in our area, and for those of you who want to get involved we have included below some key information and useful contacts and websites that we hope will be helpful.

- Welsh Government has launched a £24m fund for the voluntary sector, with financial support for charities and helping more people to volunteer: <https://gov.wales/written-statement-coronavirus-covid-19-support-third-sector-and-volunteering>
- The UK Government has announced a £750m package of support for charities across the UK, to help them continue providing voluntary services and recruit more volunteers: <https://www.gov.uk/government/news/chancellor-sets-out-extra-750-million-coronavirus-funding-for-frontline-charities>
- Welsh Government Q&A on volunteering during the pandemic: <https://www.geraldjones.co.uk/wp-content/uploads/sites/256/2020/04/Coronavirus-volunteering-QA.pdf>

How to get involved

Volunteering Wales is coordinating individuals and groups looking to volunteer during the pandemic; to register and to find local opportunities visit their website: <https://volunteering-wales.net/vk/volunteers/index-covid.htm>

Voluntary Action Merthyr Tydfil (VAMT) have produced a list of help and support services available to local residents; the list is updated daily, and can be accessed on their website here: <https://vamt.net/en/coronavirus/>

In the Upper Rhymney Valley, **Gwent Association of Voluntary Organisations (GAVO)** have also produced a list of services and other resources, which you can find here: <https://www.gavo.org.uk/covid19>

VAMT are also looking to help in advising on issues around local community and street groups. Should you wish to get involved, please contact: hilary.edwards@vamt.net.

GAVO also have a similar sign-up system for those who may wish to volunteer, which you can access here: <https://www.gavo.org.uk/volunteering>

Tesco has set up a support fund, offering payments of £500 each to local organisations supporting residents during the pandemic. To apply, visit their website: <https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>

Help for people who are shielding

We know that currently, around 2,500 people across the constituency have been advised to shield themselves and remain at home for 12 weeks, due to underlying health conditions.

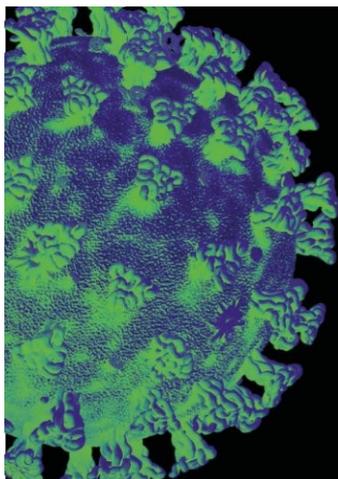
It is important we all ensure that these people are supported in the coming weeks. The Welsh Government is funding a weekly food box for any people in this group who do not have family, friends or neighbours who can help them with shopping.

The Welsh Government and the major supermarkets have also agreed a system to enable the prioritisation of home shopping deliveries for people who are currently shielding.

- **More information on these measures can be found here:** <https://gov.wales/cmo-letter-extremely-vulnerable-people-support-explained#section-39813>
- **The guidance from the Welsh Government for the shielded groups can be found here:** <https://gov.wales/guidance-on-shielding-and-protecting-people-defined-on-medical-grounds-as-extremely-vulnerable-from-coronavirus-covid-19-html>
- **Welsh Government Q&A for extremely vulnerable people and others shielding:** <https://www.geraldjones.co.uk/wp-content/uploads/sites/256/2020/04/Coronavirus-shielding-QA.pdf>
- **Public Health Wales guidance on how to protect extremely vulnerable people:** <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-to-protect-extremely-vulnerable-people-shielding/>

Many local pharmacies are organising home deliveries, and there are volunteers available to help with key tasks.

There is also a wider group of people who are not shielding, but may be vulnerable. It is important that people use family and community support networks, the voluntary organisations listed on the previous page and our two local authorities to help get any support they need.



CORONAVIRUS

STAY HOME. PROTECT THE NHS. SAVE LIVES.

gov.wales/coronavirus