

Tŷ Penallta,
Parc Tredomen,
Ystrad Mynach,
Hengoed CF82 7PG

Penallta House,
Tredomen Park,
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Prif Weithredwr / Chief Executive

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Dear,

Local support - changes to advice for the clinically extremely vulnerable in Wales

You will have recently received a letter from the Welsh Government Minister for Health and Social Service, Vaughan Gething around changes to the advice for those who are clinically extremely vulnerable to serious health if they catch coronavirus.

The letter states that while Welsh Government are not asking you to take all 'shielding measures' that were advised back in March, however, with the rise in cases of COVID-19 across Wales, there are certain things you should now do.

As a reminder, Welsh Government advice to those who received the letter is to follow shielding measures as below:

- You should not attend work or school outside the home. This is particularly the case for those whose work requires them to be in regular or sustained contact with other people, or where individuals share a poorly ventilated workspace for long periods.
- You should stay at home as much as possible. You can go out for exercise or other essential reasons such as attending medical appointments.
- Welsh Government highlight that they know long periods of isolation can be harmful for mental and physical health, therefore you can remain part of a support bubble and go outside for exercise as long as you take care.

We are aware that Welsh Government included a telephone number for your local council at the end of the letter, but we wanted to take this opportunity to offer you further detail of the local support that is available to you should you require, whilst you carry out the shielding measures that Welsh Government advise.

Caerphilly Cares:

You may be aware that the council set up a volunteer 'buddy' scheme in March last year to offer practical support (such as shopping and prescription collection) to those who were required to shield and had no alternative support available to them.

The council continues to work with GAVO (Gwent Association of Voluntary Organisations) to offer volunteer support through a programme called 'Caerphilly Cares' to anyone who requires it while they carry out the shielding measures. Even if you don't require practical support, our volunteers can offer to keep in touch and are at the end of the phone for a friendly chat.

For more information or to request support from a local volunteer, please call 01443 811490 (during office hours) or email caerphillycares@caerphilly.gov.uk

Meals Direct:

Caerphilly County Borough Council's catering team also offer the option of a paid-for Meals Direct (formerly Meals on Wheels) service. Depending on your circumstances, you may also be eligible to receive a subsidised service. To find out more, please contact a member of the team on 01443 864055 (during office hours).

Local community support groups:

Our communities across the county borough have been incredible in establishing a number of local support groups for residents. These excellent voluntary groups are helping people to stay in touch and support each other. Contact details for some of these groups are detailed below:

Name of group:	Organiser name/ contact number:	Email / find them on social media:
Risca Cv19 Volunteers (Risca, Ty Sign & surrounding area)	Dawn - 07935 646375 Tara - 07935 647795	E: cathleen@rcvuk.org W: www.riscacv19volunteers.com Facebook: Risca CV19 Volunteers
St Gwladys Church, Bargoed (Bargoed & surrounding area)	Miriam Page 01443 836600	E: info@stgwladys.org
BMMR Care Project (Bedwas, Trethomas & surrounding area)	Rev. Dean Roberts 029 2188 0212 (option 0)	E: care@theparishtrust.org.uk W: www.theparishtrust.org.uk/care

Some more useful contacts:

Samaritans: Call free to talk to somebody 24hours a day on 116 123
or visit www.samaritans.org.uk

Refuge: Call the freephone 24-hour National Domestic Abuse Helpline 0808 2000 247
or visit www.nationaldahelpline.org.uk

Safeguarding: Safeguarding concerns or for advice call IAA on 0808 100 2500
Email: IAAAdults@caerphilly.gov.uk

Financial worries: Call Citizens Advice on 08082 787 935
or visit www.citizensadvicecbg.org.uk

Foodbank support: Call Caerphilly Cares on 01443 861490
Email: caerphillycares@caerphilly.gov.uk

We hope the information contained in this letter is useful to you. Should you need any further support while you carry out the shielding measures as advised by Welsh Government, please don't hesitate to contact a member of our friendly Caerphilly Cares team.

With best wishes,



Clr Philippa Marsden
Leader
Caerphilly County Borough Council



Christina Harry
Chief Executive
Caerphilly County Borough Council



Stephen Tiley
Chief Executive
Gwent Association of
Voluntary Organisations