



Champions Briefing Coronavirus (COVID 19)

Background

Coronavirus has changed a lot of things for Community and Maternity Champions:

- Many of us are self-isolating at home
- Many of us are having to care for children who are not in school
- We are no longer able to bring people together in person
- We have had to close all of our community spaces

PDT believes that there is still a huge role for Champions to play in supporting each other and our community through Coronavirus.

This document sets out the different ways that you can continue to be a Champion during this time.

We can all...

1. Look after ourselves

The most important thing that we can do at the moment is to look after ourselves.

This will help keep us healthy and help us to be there for others when they need us.

You can look after yourselves by:

- Making sure you follow the [self-isolating and social distancing rules](#) from the Government
- Not feeling pressured to look after and support others if it means you cannot support and look after yourself
- Taking care of your [mental health and wellbeing](#)

2. Be a role model

We can't control what others do but we can control what we do.

As Champions we expect you to be a role model during this time by making sure that you follow the [social distancing and self-isolation rules](#), only share information from trusted sources and do not put yourself or others at risk.

Some of us might be able to ...

3. Look after each other

Many of us are finding the current situation very difficult. As your project leaders, we will provide support where we can but we can't always be there.

If you feel able, there are lots of ways that you can support the other Champions in your team who might be having a bad day.

Ways you can support each other are:

- Talking
- Making each other laugh
- Sharing your ideas for how to look after your health and wellbeing
- Trying to stay positive where you can. Its ok to feel sad or worried and you can't be happy all the time. If you do need support its often better to reach out to someone one to one rather than in a group.
- Before sharing information think about how this might affect people you are sharing with and check if they want to receive it.

4. Share correct information

There is a lot of information being shared about Coronavirus that is not true.

This can make people feel more stressed, scared, unsure and make them to do things that may be bad for their health.

There are lots of easy things you can do to help people get the right information.

Please only share information by sharing links that we have shared or by sharing links from the following trusted websites:

- [NHS](#)
- [Gov.uk](#)
- [World Health Organisation](#)
- [Healthwatch Westminster](#)
- [Westminster Council](#)
- [Royal College of Obstetricians & Gynaecologists](#) (for Maternity info)

Try to avoid sharing information from social media; other countries; voice notes or forwarded messages where the original sender is unclear; and individual doctors.

If someone shares information with you that is not from a trusted place then let them know that it might not be correct and tell them where to get correct information.

5. Connect people to support

As time goes on more and more people who are self-isolating may need support to access food, prescriptions or benefits.

Signposting has always been a large part of the Champions role.

If you find someone that needs support then tell them to call Westminster Council's [Coronavirus helpline](#) on 0207 641 1222 or ask us if you are unsure where they can go.

6. Run and promote activities

Over the next few weeks we hope to offer more and more of our activities and sessions online.

As a Champion you can help by:

- Sharing these activities with people you know that might need them
- Help us to test out online activities
- Letting us know if you are interested in helping to run any activities/ provide any support online to people
- Help others to access the activities (by helping them use Whatsapp, Zoom etc)

7. Other volunteering activities

It is really important that we all pull together as a community at this time.

If you are able to and interested we would encourage you to look for other opportunities to volunteer in your local community to help people who are affected who are in need of urgent support like food, medicines or social contact.

We will share opportunities with you as we here but you can also register your interest [here](#).

If you have any questions about any of this briefing, contact your Champions Team Leader or Lizzie Fletcher lizzie@pdt.org.uk 07593690705.

Thank you all for being fantastic Champions and we will get through this together!

PDT Champions Staff Team