



Update 27 March 2020

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This weekly newsletter will contain information for residents of Easton and Lawrence Hill about local support, opportunities to help and messages from local organisations during the coronavirus (CORVID-19) outbreak.  
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## HELPING EACH OTHER

### Can Do Bristol

The Can Do Bristol digital platform has come into its own over the last couple of weeks. 1,000 have registered on the site to volunteer their help to the Bristol community during this challenging time. The Community Resources Team is coordinating this city-wide volunteering programme and will be linking volunteers up with project across the city in the coming weeks. Register at [candobristol.co.uk](http://candobristol.co.uk) today to join the growing Can Do Community. Give, Live, Love Bristol.

### ACORN Coronavirus Community Support

ACORN Community Union is also coordinating a fantastic response. Coronavirus Community Support is organising local volunteers to support people in the community who need shopping, prescription collection, post and anything else they may need if they are stuck at home. If you need help or want to volunteer get in touch. Find out more [acorntheunion.org.uk/corona](http://acorntheunion.org.uk/corona)

### BS5 Community Care (Covid-19 Mutual Aid)

An informal group for the BS5 Community to rally around, show solidarity and support those that need it in our neighbourhood. People offering help, you can sign up to help via [facebook.com/groups/BS5MutualAid](https://facebook.com/groups/BS5MutualAid)

### The Dings

Our wonderful Place Maker Melissa has set up a WhatsApp group for anyone in The Dings wanting to help vulnerable residents during this crisis. They offer support and distribute essential items to those who cannot get them themselves. Contact Melissa if you can help or know someone in the area that needs help [melissa@upourstreet.org.uk](mailto:melissa@upourstreet.org.uk)

### Food for vulnerable people

National Food Service Bristol are collaborating with Super Supper Club and Baggator to provide pre-prepared meals for vulnerable people. If you don't have cooking facilities and are struggling to get food for yourself, please email [nationalfoodservicecampaign@gmail.com](mailto:nationalfoodservicecampaign@gmail.com) for more information.

### St Marks Community Cafe Foodbank

St Marks Community Café foodbank will continue to operate from St Marks church. New opening times are: Wednesdays 11.30am to 2pm and Fridays 1pm to 4pm. Please bring your voucher and you will be handed your bag(s) from the garden outside the cafe.

### Resources for self-organising and working with volunteers

VOSCUR have put together lots of fantastic resources including; risk assessment tools, advice in different languages, data protection and more. Find out more [voscur.org/resources](http://voscur.org/resources)

### Babbasa is still here

## MESSAGES FROM OTHERS

Babbasa are still offering 1:1 and group support to young people over the phone and via video chat to help them get through this tough period and work towards their dream career. If you know a young person (aged 16-25) that would benefit from their support, please get in touch with Pravanya at [engagement@byep.org.uk](mailto:engagement@byep.org.uk).

### Bristol City Council, stay safe while helping others

Neighbourhoods and communities are giving vital support to people affected by coronavirus (COVID-19). Many of those who are self-isolating are vulnerable people. It's important to act safely when helping others and consider any safeguarding risks. You can find details about how to stay safe while helping others there are also video guidance on staying safe while helping other people in: Urdu, Punjabi, Kurdish, Arabic, Polish, Bengali and Somali. Find out more [www.bristol.gov.uk/crime-emergencies/help-people-affected-by-coronavirus-covid-19](http://www.bristol.gov.uk/crime-emergencies/help-people-affected-by-coronavirus-covid-19)

### Bristol Energy Network

Anyone self-isolating from today can get help from their energy supplier if you're running into difficulties. Online advice is available via their website [bristolenergynetwork.org](http://bristolenergynetwork.org) or call the free phone number: 0800 082 2234.

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### **BCfm Radio**

BCfm are bringing us as near to normal a live schedule as is possible and want to help publicise your community support initiatives and do what they can at this difficult time. So, if you either need help or are providing help please contact them via WhatsApp on 07503 725 345 or email [news@bcfmradio.com](mailto:news@bcfmradio.com) and they will do their best to help. Of course, you can listen regularly to their updates and local information on 93.2fm, online, on DAB or via the BCfm Radio free app.

### **Bristol Health Watch – Health watch can help you, despite lockdown**

Don't feel confused or cut off – the team realises you have questions and are here to help you. Whether you need help finding important health information, or putting in touch with local community support teams, their friendly team will offer help you can trust. Either call 07944369180 or email [contact@healthwatchbristol.co.uk](mailto:contact@healthwatchbristol.co.uk) Find out more [healthwatchbristol.co.uk](http://healthwatchbristol.co.uk)

### **Bristol Waste – Recycling Centres closed, and garden waste collect suspended**

Bristol's Household Reuse & Recycling Centres have closed, and garden waste collection suspended, to continue to protect the safety of both the public and staff during the ongoing coronavirus pandemic. Visiting a recycling centre is not among the reasons included for people to leave their homes under the latest Covid-19 guidance issued by the government. Everyone is being asked to delay DIY projects which may generate additional waste or recycling and residents are also encouraged to compost their garden waste at home.

### **Bristol Women's Voice**

Bristol Womens Voice have started a Covid-19 signposting page on their website. The page contains links to organisations around Bristol supporting women through these unprecedented times. If you offer a service specifically for women, then get in touch. Find out more [bristolwomensvoice.org.uk/covid-19-resources](http://bristolwomensvoice.org.uk/covid-19-resources)

### **CASS (Community Access Support Service)**

CASS are concentrating on changes to mental health service delivery, and collated all changes to a variety of services in an online directory. Find out more [cassbristol.org/covid19-directory/](http://cassbristol.org/covid19-directory/)

### **Fareshare Southwest - Emergency appeal**

As the Covid-19 pandemic sends shockwaves through our communities, FareShare South West is now at the centre of an emergency operation to get food to the most vulnerable in our city. They have launched an emergency appeal for funds to pay for added costs of cleaning, fuel, logistical and food sourcing costs. Give what you can. [Please donate faresharesouthwest.org.uk/coronavirus-emergency-fund/](http://faresharesouthwest.org.uk/coronavirus-emergency-fund/)

### **Foodcycle Bristol - Food parcel delivery service, self-referral form**

**Every Saturday from 4 April, 11am to 1pm, Barton Hill Settlement**

FoodCycle have had to change their usual way of serving the community due to the coronavirus outbreak and will be trialling the delivery of food parcels in Bristol using their amazing cycling volunteers. If you're unable to go shopping due to illness, self-isolation or other reasons due to the coronavirus, please fill out the form in the link below to sign up for a food parcel on a Saturday. [volunteer.foodcycle.org.uk/referral](http://volunteer.foodcycle.org.uk/referral) Contact Alex Hatherly [alexh@foodcycle.org.uk](mailto:alexh@foodcycle.org.uk) or Call 07377 866335.

### **Councillor Virtual Surgeries**

Usually, Easton and Lawrence Hill Councillors hold their monthly surgeries on a Saturday, but they recognise that many people need assistance at the moment, so they will be holding regular surgeries by phone. Queries should be in relation to Council services like housing, education, social care, planning.

Councillors will cover the following days and can deal with queries from any residents in Easton or Lawrence Hill:

- Cllr. Afzal Shah, Mondays 2pm to 4pm on 07789701603

- Cllr. Hibaq Jama, Wednesdays 2pm to 4pm on 07786732945

- Cllr. Marg Hickman, Fridays 2pm to 4pm on 07967733735

- Cllr. Ruth Pickersgill, Saturdays 2pm to 4pm on 07818422871

Councillors can also be contacted at other times, but they thought it would be useful to be able to pass on these surgeries times so isolated residents can feel confident that they can get the support they need.

**Email [becky@upourstreet.org.uk](mailto:becky@upourstreet.org.uk), if have an ask of the community, need help or want to share your community action.**

**0333 023 5460**  
(calls charged at local rate)

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