

Milton Keynes

COVID-19 Community Champion Training Booklet



Protect yourself and care for others

Thank you for agreeing to become a COVID-19 Community Champion. Only by working together can we manage a second peak of infections in Milton Keynes, and you are an important part of that.

The role of a COVID-19 Community Champion is two-fold:

1. To use knowledge to protect themselves and care for others as they go about their work or daily life. This booklet contains key information and resources (both national and Milton Keynes specific guidance) to help you with this.
2. To advise MK Council on issues they feel are important in relation to COVID-19.

Those residents with serious issues or concerns should contact MK Council at

CovidConcern@Milton-Keynes.gov.uk

Please watch the COVID-19 in Milton Keynes video here: [MK COVID-19 Community Champion Scheme video](#). There is also a [short assessment](#) linked to this booklet, when the assessment is completed successfully participants will be awarded a COVID-19 Community Champion certificate.

Claire Griffin

COVID-19 Community Champion Adviser, Milton Keynes Council

covidchampions@Milton-Keynes.gov.uk

Contact: 07827 872986



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COVID-19 basics

What is a pandemic?

A pandemic is the worldwide spread of a disease.

An influenza (flu) pandemic occurs when a new influenza virus emerges and spreads around the world, and most people do not have immunity.

Some aspects of influenza pandemics can appear similar to seasonal influenza while other characteristics may be quite different. For example, both seasonal and pandemic influenza can cause infections in all age groups, and most cases will result in self-limited illness in which the person recovers fully without treatment. However, typical seasonal influenza causes most of its deaths among the elderly while other severe cases occur most commonly in people with a variety of medical conditions.

What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

On 31 December 2019, the World Health Organization (WHO) was informed of a cluster of cases of pneumonia of unknown cause detected in Wuhan, Hubei Province, China. A novel coronavirus (SARS coronavirus-2 (SARS-CoV-2)) was subsequently identified from patient samples.

On [11 February](#), [WHO](#) named the syndrome caused by this novel coronavirus [COVID-19](#) (Coronavirus Disease 2019)

<https://www.youtube.com/watch?v=QD8kCYOBG00>

Symptoms and those at higher risk

COVID-19 presents with a range of symptoms of varying severity. There are many cases where people are asymptomatic (without symptoms).

More common symptoms are fever, a new and continuous cough, shortness of breath, fatigue, loss of appetite, anosmia (loss of smell) and ageusia (loss of taste). Non-specific symptoms include shortness of breath, fatigue, loss of appetite, myalgia, sore throat, headache, nasal congestion, diarrhoea, nausea and vomiting.

Older people and people with compromised immune systems can present with unusual symptoms, such as delirium and reduced mobility, often without having a fever.

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Risk of severe disease and death is higher in people who are older, male, from deprived areas or from certain non-white ethnic groups.

Underlying health conditions, as well as obesity, increase the risk in adults.

Infants and children generally appear to experience milder symptoms than adults and further evidence is needed about the association between underlying conditions and risk of COVID-19 disease in children.

How does COVID-19 spread?

COVID-19 is primarily transmitted between people through respiratory droplets, saliva or discharge from the nose for example when coughing or sneezing, you should practice coughing into the crook of your arm/bending arm at the elbow.

Airborne transmission is possible in specific settings in which procedures or support treatments that generate aerosols are performed.



Reducing the spread of COVID-19

We all have a role to play in reducing the transmission of coronavirus (COVID-19). The actions below will reduce your chance of catching COVID-19 or passing it on to others

You should always try to **stay 2 metres away** from other people, **wash your hands often**, not touch your face and catch coughs and sneezes in a tissue. These actions are critical to reducing the transmission of COVID-19.

1. **Avoid** crowded situations (if unavoidable avoid face-to-face contact)
2. Keep your **distance!** 2m is safer than 1m. If 2m is not possible, take other steps to reduce risk such as opening windows, wearing a face covering, avoiding face-to-face contact
3. **Clean** your hands and surfaces more frequently than usual for at least 20 seconds using soap and water or alcohol-based sanitiser. Always wash or sanitise your hands before and after travelling to work and/or being in communal spaces
4. In **enclosed** spaces where you can't keep your distance, wear a face covering/mask or other recommended Personal Protective Equipment
5. **Book** a test and stay at home if you have symptoms – telephone NHS: 119
6. **Follow the advice** in your local area, from your employer and government advice to help protect yourself and others



Further information is given in this guide on hand washing technique, the wearing of face masks, social distancing and the NHS Test and Trace service.

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Social distancing

Stay at least a metre away from people not in your household, this is because the virus mainly spreads through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. But remember even if a person appears well, they may be infectious for 2 days before symptoms appear. Or they may be infectious but be asymptomatic, which means they have no symptoms at all.

Meeting people outside your household

Another key way of limiting the spread of COVID-19 is by obeying the guidelines around meeting people outside your household.

When seeing friends and family you do not live with you should:

- meet in groups of 6 or less
- follow social distancing rules
- limit how many different people you see socially over a short period of time
- meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

Keep up to date with this guidance here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

Washing your hands

Soap dissolves the fat membrane of COVID-19 and the virus simply falls apart.

Respiratory viruses like coronavirus disease (COVID-19) spread when mucus or droplets containing the virus get into your body through your eyes, nose or throat. Most often, this happens through your hands. Hands are also one of the most common ways that the virus spreads from one person to the next.

During a global pandemic, one of the cheapest, easiest, and most important ways to prevent the spread of a virus is to wash your hands frequently with soap and water.



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When should I wash my hands?

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, markets and places of worship
- After using the toilet in and outside of the home
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating

A handwashing technique visual guide is on the next page.

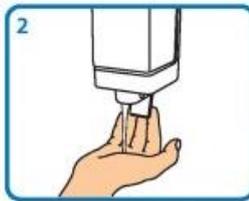




Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



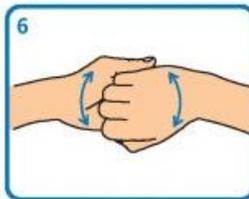
3 Rub hands palm to palm



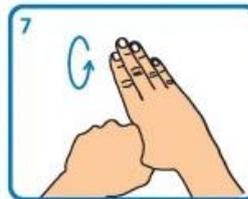
4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



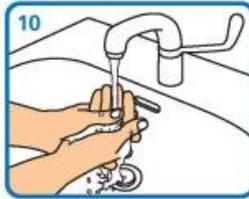
7 Rub each thumb clasped in opposite hand using a rotational movement



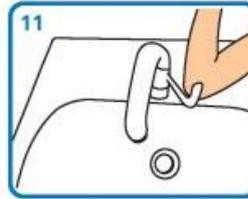
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds



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Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care



If you do not have immediate access to soap and water, then use alcohol-based hand rub if available.



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Wearing a face covering

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings are instead largely intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

In England, you must wear a face covering on public transport, at transport hubs, in shops and supermarkets, in shopping centres and a variety of other settings. You can find the full list here: <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

You are expected to wear a face covering before entering any of these settings and must keep it on until you leave unless there is a reasonable excuse for removing it. More detailed advice on the application of these requirements in different settings can be found in the Government's guidance for working safely.

- You should also wear a face covering in indoor places not listed here where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- Face coverings are needed in NHS settings, including hospitals and primary or community care settings, such as GP surgeries. They are also advised to be worn in care homes.

You can watch an NHS tutorial on how to wear one here:

<https://www.youtube.com/watch?v=V2rITD7R1VQ>

Some people or circumstances are exempt. This includes (but is not limited to):

- children under the age of 11
- people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- employees of indoor settings (or people acting on their behalf, such as someone leading part of a prayer service) or transport workers
- police officers and other emergency workers, given that this may interfere with their ability to serve the public.

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For those that are unable to wear a face mask and are concerned about being challenged can use an exemption card, found here: <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

There are also scenarios when you are permitted to remove a face covering, for example when taking medication or for identification purposes. See the full list here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own#when-you-do-not-need-to-wear-a-face-covering>

What to do if you have symptoms of coronavirus

If you have symptoms, however mild, get a test as soon as possible. This can be done [online here](#) or by calling 119 if you (or the person you're talking to) has trouble using the internet. You should also follow the following steps:

- Anyone you live with (or in your support bubble) must self-isolate until you've been tested and received your result.
- If you have [symptoms](#) of COVID-19 however mild, you must self-isolate for at least 10 days from when your symptoms started.
- If you are not experiencing symptoms but have tested positive for COVID-19 you also must self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms during this isolation period, you must restart your 10-day isolation from the day you develop symptoms.
- After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone. See the ending isolation section below for more information.
- If you live with others, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they must stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period. If you have [symptoms](#), try and stay as far away from other members of your household as possible. It is especially important to stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.
- Reduce the spread of infection in your home by washing your hands regularly for 20 seconds using soap and water, or use hand sanitiser, and cover coughs and sneezes.

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- Consider alerting people who you do not live with and have had close contact within the last 48 hours to let them know you have [symptoms](#) of COVID-19.
- Following a positive test result, you will receive a request by text, email or phone to log into the NHS Test and Trace service website and provide information about recent close contacts.
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, then use the [NHS 111 online](#) COVID-19 service. If you do not have internet access, call NHS 119. For a medical emergency dial 999.
- If you develop COVID-19 [symptoms](#) again at any point after ending your first period of isolation (self or household) then you must follow the guidance on self-isolation again.

Further guidance on staying home with COVID-19:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if you or someone you share your home with has coronavirus symptoms

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906663/20203007_Easy_read_household_isolation_v3.1.pdf

NHS Test and Trace

How NHS Test and Trace will contact you

- You'll be contacted by email, text or phone.
- Text messages will come from NHS tracing. Calls will come from 0300 0135000.
- Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call.

You'll be asked to sign in to the NHS Test and Trace contact tracing website at <https://contact-tracing.phe.gov.uk>. If you cannot use the contact tracing website, they will call you.

If you are contacted by the NHS Test and Trace service and you are informed that you've been in contact with a person who has coronavirus (COVID-19) then you must follow the advice given.

People you live with do not need to self-isolate if you do not have symptoms.

People in your support bubble do not need to self-isolate if you do not have symptoms.

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Contact from your local council

Milton Keynes council is also working with NHS Test and Trace to help contact those who have tested positive for COVID-19. This will ensure the NHS can contact anyone who may have caught the virus from them.

If NHS Test and Trace is unable to get in touch with you after 24 hours, your local council will follow up, contacting you by text, by phone or by coming to your door. Text messages and phone calls will come from a local number, and if you are visited at home it will be by a council officer with an ID badge.

If you're contacted by the NHS Test and Trace or by your local council to ask about your contacts, it's important that you share information honestly and openly. Your information will be handled with strictest confidence, and by sharing your contacts you're helping to keep our community safe, save lives and avoid further restrictions on public life.

The NHS COVID-19 app

The NHS COVID-19 app is part of NHS Test and Trace. It will be used alongside traditional contact tracing to notify users if they come into contact with someone who later tests positive for coronavirus.

The app allows people to report symptoms, order a coronavirus test, and check in to venues by scanning a QR code. It helps the NHS understand where and how quickly the virus is spreading, so it can respond quickly and effectively. The app helps the NHS track the virus, not individuals.

Find out more and download the app (on or after launch day on 24 September) at

<https://covid19.nhs.uk/>

Support while you're self-isolating

If you are in a high risk category (e.g. over 70, you would usually be eligible for a flu jab, or you are pregnant) and have no other local support (e.g. friends/family/neighbours) and need help to access food or medicine, call us on 01908 252398. We can take calls Monday to Friday between 9am and 5:15pm (NB not on bank holidays). Please note, this helpline is people who have no other support to turn to. If you do have friends and neighbours who can help, please do keep this resource free for people in need.

Also available is Food Bank Xtra, our partnership with the MK Food Bank, and is an emergency food service for people in crisis: <https://www.milton-keynes.gov.uk/your-council-and-elections/food-bank-xtra>



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Find out more at: <https://www.milton-keynes.gov.uk/coronavirus>

Health and wellbeing

The coronavirus (COVID-19) outbreak is having an impact on everyone's daily lives, as the government and the NHS take necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body.

Most people will find strategies that work for them and the difficult feelings associated with the outbreak will pass. Some people, especially those with pre-existing mental health problems, may need extra support. The following resources may help you look after your wellbeing and help others with the same challenges:

- Easy read guide: Looking after your mental health and wellbeing:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf
- General government health and wellbeing guidance:
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- Easy read guide: how to help others safely:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/879411/how-to-help-safely-easy-read-lo-res_v3.pdf

Health and wellbeing tips

Consider how to connect with others

If you can't meet in person, think about how you can stay in touch with friends and family via telephone, video calls or social media instead – whether it's people you normally see often or connecting with old friends. The [NHS Volunteers Service](#) can also provide a telephone 'check in and chat' for if you are feeling isolated. Call 0808 196 3646 (8am to 8pm) or visit the [website](#).

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Talk about your worries

It is quite common to feel worried, scared or helpless about the current situation. Remember that this is a difficult time for everyone and sharing with family and friends how you are feeling and the things you are doing to cope can help them too. If you don't feel able to do that, there are people you can speak to via [NHS recommended helplines](#).

Look after your physical wellbeing

Try to eat healthy, well-balanced meals and drink enough water. One You has a lot of advice and ideas for [healthy meals you can cook at home](#). Where possible, exercise at home and/or outside as often as you wish. If you can't exercise outside, you can find free, easy [10-minute workouts](#) from Public Health England (PHE) or other exercise videos to try at home on the [NHS Fitness Studio](#). Sport England also has good tips for [keeping active at home](#).

Seek advice and support if you smoke or use drugs or alcohol

Smoking or using drugs or alcohol to cope in times of stress and disruption can make things worse, including your mental health. [NHS Smokefree](#) provides information and advice on quitting smoking and One You has resources to help with [cutting back on alcohol](#). You can also call Drinkline for free on 0300 123 1110 for advice and support and [Down Your Drink](#) provides interactive web-based support to help people to drink more safely. If you are concerned about drugs use, [FRANK](#) offers information and advice, including where to get help, and has a free advice line – 0300 123 6600. You can also reach [Marijuana Anonymous](#) and participate in their weekly online meetings to receive support from other peers.

Look after your sleep

Feeling anxious or worried can make it harder to get a good night's sleep. Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough. Try to maintain regular sleeping patterns and keep good sleep hygiene practices, including avoiding screens before bed, cutting back on caffeine and creating a restful environment. The [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep.

Try to manage difficult feelings

Many people find the news about COVID-19 concerning. It is okay to acknowledge some things that are outside of your control right now. The Every Mind Matters page on [anxiety](#) and [NHS mental wellbeing audio guides](#) provide further information on how to manage anxiety. Also see the [NHS mindfulness page](#).

Get the facts

Gather high-quality information that will help you to accurately determine your own or other people's risk of contracting COVID-19 so that you can take reasonable precautions. Find a credible

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source you can trust such as [GOV.UK](#), or the [NHS website](#), and fact-check information you get from newsfeeds, social media or other people.

Think about how inaccurate information could affect others too. Try not to share information without fact-checking with credible sources.

Essential supplies

if you are not able to go out, think about how you can get any supplies you need, such as food, medication or other essentials. You might be able to phone or email your local shops to get a food delivery, or get food online, or get friends, family or neighbours to help. If there's no one to help you get essential supplies, find out if you can get help from a volunteer through the [NHS Volunteer Responders programme](#).

If you're finding it hard to afford food, [find out if you're eligible for Universal Credit](#). If you have a child, find out if they can get [free school meals](#). Apply for [Healthy Start vouchers](#) if you're 10 or more weeks pregnant or have a child under 4. Get more information on [accessing food and other essential supplies](#).

Financial concerns

you may be worried about work and money – these issues can have a big impact on your mental health. For guidance on what your rights are at work, what benefits you are entitled to and what further support is available, see [guidance for work and support](#) or advice from [Citizens Advice](#) or the [National Debtline](#).

Support if you care for other people

You may be worried about how to ensure care for those who rely on you – either your dependents at home or others that you regularly visit. Let your [local authority](#) know if you provide care, or support someone you don't live with. Further advice on creating a contingency plan and sources of support are available from [Carers UK](#).

If you are being treated or taking medication for existing conditions

Continue accessing treatment and support where possible

If you have been requested to stay at home, let relevant services know you are staying at home, and work out how to continue receiving support during this time:

- ask about having appointments by phone, text or online. For example, this could be with your counsellor, therapist or support worker, nurse, care worker or befriender
- if you use care services that will be affected by staying at home, you should let your [local authority](#) and care provider know so alternative arrangements can be put in place

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- tell your care services that alternative arrangements are required if any of the usual support can't continue. This may include things like carers visiting, day centre sessions, or friends and family coming over to help

Keep taking your medication

You might be able to order repeat prescriptions by phone, or online using an app or website if your doctor's surgery offers this.

- ask your pharmacy about getting your medication delivered or think about who you could ask to collect it for you if you are self-isolating or shielding. The NHS website has more information about [getting prescriptions for someone else](#) and [checking if you have to pay for prescriptions](#)
- continue to order your repeat prescriptions in your usual timeframe. There is no need to order for a longer duration or larger quantities
- your GP practice (or clinical team) may move your prescriptions to repeat dispensing arrangements, so you only have to contact your pharmacy to get a repeat of your medicine rather than your practice
- be careful about buying medication online. You should only buy from registered pharmacies. You can check if a pharmacy is registered on the [General Pharmaceutical Council website](#)
- you can contact [NHS 111](#) in England if you're worried about accessing medication

Advice for groups with additional mental health needs

If you already have a mental health problem, then you may be finding the COVID-19 pandemic particularly challenging. The advice above should help, but here are a few extra things that you may want to think about. This is based on [fuller guidance provided by Mind](#). Rethink has also created an [online hub](#) to provide practical support and information that is useful for people living with or supporting people with mental illness.

If you are already receiving mental health care, contact your mental health team to discuss how care will continue, and to update safety or care plans. If you have an existing mental health problem, but are not currently receiving care, discuss options for accessing further support with your GP.

Local health and wellbeing services and support

Mental health

- **Talk For Change Milton Keynes:** this service provides a single point of access for people wishing to access adult community mental health services and talking therapies. Phone:

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01908 725 099 (option 1, operational 9am-5pm Monday to Friday). Email: cnw-tr.mkspa@nhs.net . Find out more: www.cnwl.nhs.uk/service/milton-keynes-talk-change

- **Mind Milton Keynes:** MIND has a central wellbeing centre (based on Midsummer Boulevard) where they offer counselling, mentoring and a range of wellbeing options. Phone: 0300 330 0648. Email: hq@mind-BLMK.org.uk . Find out more: www.mind-BLMK.org.uk
- **Samaritans Milton Keynes:** free mental health advice available around the clock, 24 hours a day, 365 a year. Phone: 116 123. Email: Jo@samaritans.org . Find out more: www.samaritans.org .

Physical activity

- **Walking for health Milton Keynes:** free volunteer-led walks. Meet new people, improve your health and have fun. Please contact the appropriate walk leader to find out more about the walk you're interested in. All new walkers must complete walker registration form 10 minutes before the walk begins. Phone: 01908 253154. Email: Leisure&community@milton-keynes.gov.uk. Currently 'bubble' test walks are being carried out with the hope of starting socially distanced walks in the near future. Find out more: www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks
- **Active Milton Keynes Referral Scheme (AMEKERS):** offered at a number of gyms across Milton Keynes, If you have been inactive for a long time or have pre-existing medical condition and are worried about exercising, AMKERS can help. This service is GP referral only. Phone: 01908 253154 Email: exercise.referral@milton-keynes.gov.uk . Find out more: <https://www.milton-keynes.gov.uk/social-care-and-health/public-health/physical-activity>

Stop smoking services

- **Smoking cessation:** providing stop smoking services across Milton Keynes, including nicotine replacement therapy or medication. Virtual support available. Phone: 0800 013 0553. Email: stopsmoking@centralbedfordshire.gov.uk . Find out more: <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/stop-smoking-support>

Weight management and healthy eating

- **More Life:** free weight management service available for adults, families and young people who live in Milton Keynes, or attend school here. Can be accessed by self-referral or with help from a professional. Phone: 0808 208 2340. Email: beds-mk@more-life.co.uk. Find out more: www.more-life.co.uk

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- **Change4Life:** this resource is here to help your family be healthier and happier. For food facts, food swaps, recipes and more visit our website <https://www.nhs.uk/change4life> or try <https://www.nhs.uk/live-well/eat-well/>

The logo for Change 4 Life, featuring the words "change 4 life" in a colorful, lowercase font. The "4" is a red number, and the "life" is in a green font with a small human figure icon for the letter 'i'. The logo is set against a yellow rectangular background.

Drugs and alcohol

- **Addiction Recovery Community (ARC) Milton Keynes:** a range of treatments for adults and young people who are resident in Milton Keynes or have a GP in Milton Keynes. We work with individuals at any stage of their problem. We provide a single point of access to assessment and treatment, for drugs, alcohol or gambling addictions. Phone: 01908 250730. Email: cnwl.arc-mk@nhs.net. Find out more: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>

How to give your feedback to Milton Keynes Council

A key part of your role as a community champion is to feedback to the council about what is happening in the community so we're aware of behaviours, challenges and perceptions that might impact on the spread of COVID-19 in Milton Keynes.

We do not recommend directly challenging anyone who may be breaching recommended behaviour, but instead you can tell us what's going on locally via the following mechanisms:

Reporting a breach in COVID-19 safety measures

If you are concerned about a venue or business that is not complying with COVID-19 safety measures, not enforcing social distancing, or any other related worries, please report them to email: CovidConcern@Milton-Keynes.gov.uk

Further national resources for finding out about COVID-19

- NHS COVID hub: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Explaining the "R" number and how cases of COVID-19 grow: <https://www.gov.uk/guidance/the-r-number-in-the-uk>

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- A range of government guidance can be found on all subjects here: <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance#guidance-for-the-public>
- The coronavirus job retention scheme: <https://www.gov.uk/guidance/claim-for-wages-through-the-coronavirus-job-retention-scheme>
- The UK economy and COVID-19: <https://www.ons.gov.uk/economy/grossdomesticproductgdp/articles/coronavirusandtheimpactonoutputintheuconomy/may2020>
- Redundancy and COVID-19 guide: <https://www.cipd.co.uk/knowledge/fundamentals/emp-law/redundancy/coronavirus-guide>
- Challenging COVID-19 misinformation: <https://www.bbc.co.uk/academy/en/articles/art20200418090048443>

Further resources about our local response in Milton Keynes

- The Milton Keynes local outbreak plan <https://www.milton-keynes.gov.uk/your-council-and-elections/covid-19-in-milton-keynes/local-outbreak-plan>
- The council's COVID-19 recovery framework: <https://www.milton-keynes.gov.uk/your-council-and-elections/covid-19-in-milton-keynes/covid-19-recovery-framework>
- The council's #RestartMK support for businesses: <https://www.milton-keynes.gov.uk/your-council-and-elections/restartmk>

COVID-19 Community Champions



Thank you for taking the time to read this COVID-19 information booklet

If you would like to use your new knowledge to help others, please complete the [COVID-19 Community Champion Assessment](#) which accompanies this booklet.

Your personal information will be stored safely. For more information – <https://www.milton-keynes.gov.uk/your-council-and-elections/council-information-and-accounts/council-information-and-the-law/milton-keynes-council-privacy-notice>

As a COVID-19 Community Champion you will receive weekly emails with the latest national and local guidance, statistical updates, analysis, research and advice which will keep you informed of the effect of COVID-19 in Milton Keynes.

As a Champion network we will rely on each other to feedback on good practice in providing support and guidance and to proactively advise the Council on important issues.

For more information contact Claire Griffin -

Covidchampions@Milton-Keynes.gov.uk

07827 872986

