



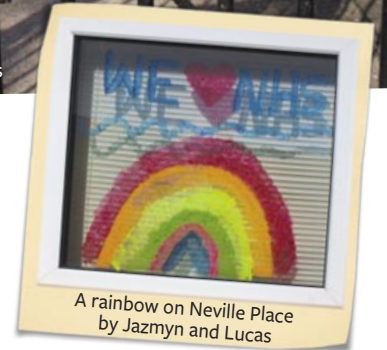
THINK GLOBALLY - ACT LOCALLY



Cardiff Central Station



Clare Gardens locked down to curb alcohol fuelled picnics



A rainbow on Neville Place by Jazmyn and Lucas

Cardiff in lock-down



SRCDC an Anchor for the community

South Riverside Community Development Centre (SRCDC) is responding in challenging times

SRCDC's Three buildings Brunel Street, Wyndham Street Centre, and the Riverside Warehouse are currently closed to groups and individuals so all our classes and in-house activities have stopped at the moment. We are in lock-down, with some staff furloughed and others working from home. Despite this, we are still in contact with those who need help, information and advice via social media, e-mail and phone. The staff team and the Trustees are also coming up with new ideas and funding solutions to help meet the needs of the hardest hit in our community at this time.

Our current Emergency Response:

- 1) Our new **food pantry** and **food distribution service** to those in hardship or who are having to self-isolate starts on 22nd April.
- 2) **Feed NHS Wales** are using our kitchen in the Wyndham Street Centre one day a week to supply meals to frontline NHS staff in hospital.
- 3) We are seeking **emergency funding** to provide a) IT equipment to families who need access to the internet – particularly around learning, social contact and wellbeing; b) Digital support for interpretation.
- 4) Working with the newly formed **Riverside Mutual Aid Group** and voluntary groups in

the area to ensure our communities are getting the help they need as well as being aware of opportunities to volunteer.

- 5) Working with Cardiff City Council to provide a focus and point of access for anyone needing extra support at this time.

If you need help from any of the services listed in this newsletter see the contact details below and on featured projects

Neil Binnell, Director SRCDC, on behalf of the Staff team and Trustees. April 2020

Contact
029 2022 0309
Info@srcdc.org.uk
www.srcdc.org.uk

**Are you Self-isolating?
We are your neighbours.
We're here to help.**


RIVERSIDE
MUTUAL AID GROUP


Collecting Prescriptions & Medicine


Grocery Shopping


Posting Letters


Help Topping-up Gas & Electricity Keys


A Friendly Phone Chat


Community Information

Leave us a message and we'll come back to you within 24 - 48 hours:

Ring: 02921 175001
OR
E-mail: riverside.mutual.aid@gmail.com

Riverside NEWS



David and Sarah supporting the NHS on Craddock Street'. Every Thursday 8.00pm...



Rainbows on Heath Street - with a message in English & Farsi by Shirin, Radnor Road Primary



The kids are helping the bees at pre-lockdown half term seed planting day



Restocking the shelves at Madavs.

'Bee's Knees'

Is a 'Greening and Growing' project in South Riverside. It will help make Riverside a greener place to live.

Learning how to grow is full of fun, particularly for children. It involves exercise outdoors; offers the possibility of growing ingredients for cooking; eg mint and coriander; and is generally good for our well-being. Increasing plant life and bio-diversity in Riverside will offer food and habitat for insects especially those important pollinators such as bees.

For children stuck at home right now we are developing growing starter packs: a range of seeds with easy-to-follow instructions.

The project will also support the greening of your front garden or window sills.

Project co-ordinator Louise Gray would like to hear from anyone who has any ideas of how they would like to 'get growing' in their own garden or window box.

You can contact Louise on:
07951 335511

Pollinator dining out on Machen Place

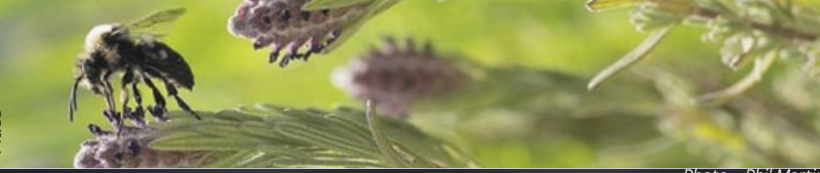


Photo – Phil Martin

Some sensible advice from a NURSE on #CoronaVirus

Good advice in, 'Queen's English', from a nurse.

“What I have seen a lot of are recommendations for how to try to avoid getting coronavirus in the first place – good **hand washing**, **personal hygiene** and **social distancing** – but what I have NOT seen a lot of is advice for what happens if you actually get it, which many of us will. So as your friendly neighborhood Nurse let me make some suggestions:

You basically just want to prepare as though you know you're going to get a **nasty respiratory bug**, like bronchitis or pneumonia. You just have the foresight to know it might come your way!

Things you should actually buy ahead of time: Kleenex, Paracetamol, whatever your generic, mucus thinning cough medicine of choice is (check the label and make sure you're **not** doubling up on Paracetamol). **Honey and lemon** can work just as well! Vick vaporub for your chest is also a great suggestion.

If you don't have a humidifier, that would be a good thing to buy and use in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam).

If you have a history of **asthma** and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if necessary.

This is also a good time to meal prep: make a big batch of your **favorite soup** to freeze and have on hand.

Stock up on whatever your favorite clear fluids are to drink – though tap water is fine you may appreciate some variety!

For symptom management and a fever over **38°C**, take **Paracetamol** rather than Ibuprofen.

Hydrate (drink!) hydrate, hydrate! Rest lots. You should **not** be leaving your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided! Ask friends and family to leave supplies outside to avoid contact.

You **DO NOT NEED TO GO TO THE HOSPITAL** unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with meds. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds.

If you are worried or in distress or feel your symptoms are getting **worse**, **ring 111** and they will advise if you need to go to hospital.

The hospital beds will be used for people who actively need oxygen/breathing treatments/IV fluids.

If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your Doctor or specialist about what they would like you to do if you get sick.

One major relief to you parents is that **kids** do **VERY** well with coronavirus – they usually bounce back in a few days (but they will still be infectious), Just use pediatric dosing.

Be calm and prepare rationally and everything will be fine.

Coronavirus: What you need to do



Wash your hands



Use a tissue for coughs



Avoid touching your face

REMEMBER

Dial 111 to talk to the NHS

Dial 999 for emergencies only



Riverside Mutual Aid

Riverside Mutual Aid are an expanding group of local residents in Riverside, coming together to help neighbours who are feeling isolated or need assistance.

We help out in different ways, by running errands for people who can't leave the house or are self-isolating at the moment. From grocery shopping to picking up a prescription, or just being a friendly voice on the phone – please give us a ring and we'll do our best to help, or signpost to someone who can!

Contact 029 2117 5001 or email riverside.mutual.aid@gmail.com. Someone will be in touch within 24 hours!

Believe Project

The project supports BAME women over the age of 25 living in Grangetown, Riverside or Canton with caring responsibilities to overcome barriers to find work, training and volunteering opportunities.

Contact Sharon on 07958 428648

COMING SOON

- Zoom Women's Chat Wednesday weekly 1-1.40 p.m. with guest speakers.
- Believe/Credu Zoom Drop-in Thursday weekly 3 p.m.-4 p.m.
- Calling all sewers. If you would like to make a contribution to PPE for Health and Social staff in our area we have sewing machines and funding for materials. Contact Sharon.



All waste collections are now weekly

If you live in a bin area Use your black bin for non-recyclable waste (including nappies/incontinence pads) and food waste. Continue to use your recycling bags as normal, and put these next to your bin for collection.

We will *not* collect additional black bags from outside your bin. However, if we know you were on the hygiene collection, we will collect additional black bags and or/yellow hygiene bags. This is only if this waste will not fit in your black bin.

Digital skills

If you have an internet connection and you're new to connecting virtually, you could use Learn My Way free courses to improve your digital skill www.learnmyway.com. You can also find a step-by-step guide www.bbc.co.uk/news/technology-51968122

Riverside advice Services during Covid 19 lockdown

Riverside Advice is continuing all its Welfare Rights services during this period. All work is now being delivered over the telephone. Appointments are made in the normal way by ringing our main number, 029 2034 1577

SRCDC, Brunel Street, Riverside, Cardiff CF11 6ES

T: 029 2022 0309 Email: info@srcdc.org.uk



@SRCDC_Cardiff



@srcdc

Council News



Cardiff Council has moved into an emergency delivery mode, doing everything we can to continue vital services and managing and re-deploying staff in support of key services.

For more information see main council website: www.cardiff.gov.uk Call **Adviceline 029 2087 1071**

Contact your Riverside Councillors
iona.gordon@cardiff.gov.uk;
07811 246 939
caro.wild@cardiff.gov.uk
07801 194 591
kanaya.singh@cardiff.gov.uk
07976 440 516



WOMEN CONNECT FIRST

Women Connect First is working to support vulnerable women and their families. We are offering practical support through our diverse team of staff, sessional workers and volunteers who speak over **30 different languages**.

You can still contact us at **029 2034 3154** or admin@womenconnectfirst.org.uk or follow us on our facebook page @womenconnectfirst for daily updates !!

NEW COVID-19 FOOD SERVICE FOR RIVERSIDE, CANTON

AND GRANGETOWN! South Riverside Community Development Centre are running a new food pantry for people struggling to afford a weekly shop, you pay £2.50 and receive a delivery of food worth approx. £15. (Vegetarian/non-vegetarian option). Last orders on Monday at 5pm, delivery day is Wednesday. PLEASE SHARE WITH PEOPLE WHO MAY NEED IT. Text or call: 07399 810653

Wyndham Street PANTRY

The Wyndham St. Pantry is a community food club in Riverside, Cardiff, run by and for its members where people pay a small amount, and in return can choose a minimum of 10 food items a week. During Covid-19 this will be £2.50 (CARD PAYMENT ONLY)

Are you, or is someone you know ...

- ✓ Worried about going to the shops for health, safety or wellbeing reasons?
- ✓ Struggling to afford a weekly shop?

Text/call us on 07399810653 to order a Pantry food package

Last day for placing orders: Monday at 5pm
Delivery day: Wednesday

Domestic Abuse & Sexual Violence – you are not alone.

Not every home is a place of safety. If you think that you and/or your children are in immediate danger, call the police. The police are still responding to emergency calls. If you need silent help, ring 999 followed by 55. The National Live Fear Free Helpline is here to support you, call 0808 80 10 800.

Cardiff's 2,000 bed Field Hospital created in record time by Welsh Government, NHS, and the British Army

Emergency numbers

Police/Fire/Ambulance - Emergency 999

Please always dial 999 in an emergency. The 999 number should be used in emergency situations; when there is danger to life or when violence is threatened.

POLICE - Non-emergency - 101

To report a non-emergency crime you can call the non-emergency number

NHS Direct - Non emergency advice from an NHS professional - 111

Ambulance Service - When to call 999

When to call 999 - Medical and Life-threatening emergencies or when someone is seriously ill or injured and their life is at risk.

Samaritans Call us any time, day or night.

Whatever you're going through, you can call us any time, from any phone for FREE. If you need someone to talk to, we listen. We won't judge or tell you what to do. **Call 116 123**