



THINKING GLOBALLY - WASHING HANDS LOCALLY

TEST,
TRACE,
PROTECT



Left: Local resident Ayesha Mita is now a volunteer with the Pantry Project after losing her part-time Child-care job at the beginning of the Lockdown



Local lad Joseff Llewellyn, flags up the issue of climate change on his mask as another crisis issue



The Corona Virus

“Not going away any time soon”

Without a vaccine; Test, Trace, Protect ; is the key to reducing infection and containing the Covid-19 Virus.

In recent days before going to press, there has been positive news about the ‘first phase trials’ of a vaccine being developed at the Jenner Institute at Oxford University. But the effectiveness of this particular ‘Oxford

vaccine’ and the other 140 vaccines around the world has a long way to go with ‘real world testing’ before any, are proven to work and can be effectively deployed against the Covid-19 virus.

Meanwhile, messaging about hand washing, social distancing, self-isolation and the use of masks needs re-enforcing. Importantly, **Testing and**

Contact Tracing has been expanded in Wales. Operating on a seven day a week basis, 8am-8pm, it is now a well-tested strategy for reducing and containing infection. It involves initially a potential workforce of around 1,000 who will be involved in all aspects of the Welsh Government’s **Test, Trace, Protect;** (‘TPP’) programme.

(continued on page 3) >>



Riverside festival

The Riverside Festival is going digital. (see enclosed programme) Local resident Rosemary Chaloner celebrates the 75th anniversary of Victory in Europe Day with her very own ‘Tea for One Event’: providing a perfect template to roll out for the **Riverside Festival Day on August 22nd** ‘Family Tea parties coming to a pavement near you’ ?



Lockdown Growers stick to the 2 metre rule as they queue around the block to pick up compost, pots and plants - (see back page for full story)

“Getting on with it” at SRCDC

Since the last edition we have secured funding from the Wales Council for Voluntary Action’s Emergency Services Fund. This means that we have been able to:

- Kick Start a Food Pantry Project with an initial emergency delivery service.
 - Supply 150 plus ‘Edible Food’ planters.
 - Appoint a sewing coordinator to support production of PPE for social care staff in the area.
 - Produce two more editions of the Riverside News to keep you informed of what is going on and available in the area.
 - Established a 2nd hand clothing store for Children 0-15;
 - Provided support to families; Given out; on permanent loan, all of the Centres desktop computers and a further 24 tablets.
- More details of the above and

other local services and events are listed in the rest of this Newsletter. In the coming weeks we are working hard to ensure that we have the right policies, procedures and equipment in place so we can reopen our 3 buildings [Brunel Street; Wyndham Street Centre; Riverside Warehouse] for community use in a Covid-19 safe way. We hope to do this from the beginning of September. We are keen to recruit new Trustees to our General Management Committee. If you have an interest in helping to run a Dynamic Local Anti-Poverty Charity please get in touch with myself at our Brunel Street office. Tel: 02920 220309 neilbinnell@srcdc.org.uk

Neil Binnell, Director SRCDC, on behalf of the staff team, volunteers and Trustees.

Sharon and Cathryn sort bundles of childrens cloths to provide important money-saving service for local families.



Believe/Credu Project News-

Let’s Interpret - Do you need an Interpreter or any documents translated. Women from the community of Riverside training up to become interpreters. Please phone or email michele.aitchison@srcdc.org.uk for more information.

Childrens Clothes Bundle Shop 0-15 yrs of age. £2.50 for a bundle of 5 Items- please text 07494 879613 with age and gender required.

Weekly Activities

- Tuesday - Welsh Fan Group- Cyfeillion a Ffrindiau 10 a.m weekly.
 - Thursday - English FAN-Come and practice your English, whilst making new friends. 1 p.m. weekly.
 - Wednesday - A Taste of Riverside – Ready, Steady, Cook, Zoom 1 p.m. weekly.
- Learn how to cook dishes from all over the world.

Contact sharon@srcdc.org.uk for more information.

Project Manager Sarah Way with project workers Nick and Shaun organising food bags for delivery to low income families.



Wyndham Street Pantry is a success for locals in Riverside during the COVID crisis

By Kynaat Awan our Community Reporter

It’s a Tuesday morning in early July. Cardiff is slowly beginning to emerge from Lockdown. Local volunteers gather at the Wyndham Street Centre in South Riverside and start packaging food items ready to deliver.

Sarah Way the Manager of the Pantry said: “The Pantry was planned well before Corona-virus Pandemic and was able to respond

very quickly to the Lockdown. The project was designed to ensure that local people can access a variety of high quality food and to meet the needs of families whose budgets were being stretched.

“The Pantry idea came as a result of a year long community research project funded by the National Lottery Community Fund’s Helping Working Families initiative. Families from across Cardiff were interviewed and the

results showed that the day to day costs around food and bills were felt to be too high.” Said Sarah.

“We went on a group trip last year to see a Pantry Project in operation at the Dusty Forge in Ely and we wondered if this was something that we could do in Riverside. We liked that it was very pro-active in its way of tackling some of the issues that were highlighted as a result of our own research.” she said.

“Having already done a lot of planning we were able to kick start the project at end of April with an emergency response to the pandemic and the lockdown. This has focussed on delivering food to 60 households plus, every week.”

“With an injection of emergency funding from WCVA we are currently able to provide provisions free of charge. The project is now fully subscribed. In September we will be opening up membership to the project where subscribers will be able to access up to ten items for a fraction of the retail cost.

“Supervisory staff from the locally based Community Payback Service have provided invaluable support by making their staff and vehicles available to initiate our emergency delivery service.”

Sarah feels the Pantry has been successful and helped struggling families during the COVID crisis who were struggling to make ends meet. The project is constantly incorporating feedback and looking to improve the service for the community.

“We’re really proud of what we have achieved in such a short time with over 100 people signing up to the scheme so far”

Text/call: 07399 810653 for more information.

TEST, TRACE, PROTECT

(continued from page 1)

Anyone who has a positive Coronavirus test will be contacted by a team of contact tracers, and asked for details of everyone they have had close contact with while they have had symptoms. “It’s useful to keep a note of your activities so you can easily remember your whereabouts on a given day, along with who you were in contact with.” “If you are asked to self-isolate, you should also comply with this

request to prevent further spread of the virus.”

“Tracers are trained staff and personal information that you provide will be handled in line with data protection regulations and will not be shared widely.”

Call 111 Wales online coronavirus service if you have either:

- a high temperature
- a new, continuous cough
- loss of smell or taste (anosmia)

• **YOU MUST** - self-isolate and seek an urgent test.

• **DO NOT** - go to places like a GP surgery, pharmacy or hospital if you think you might have coronavirus. **STAY AT HOME**

• Apply for a home testing kit by visiting www.gov.wales/coronavirus, or by calling the National 119 phone service.

• Confirmed cases must isolate for 7 days, with members of

their household isolating for 14 days

• **Only call 999** if you are experiencing a life-threatening emergency. • **Do not call 999** just because you are on hold to 111. You will get through after a wait.

All the public information on **Test Trace Protect** is available here: www.gov.wales/test-trace-protect-coronavirus

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

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

After minimal use Cardiff’s 2000 bed Field Hospital created by Welsh Government the NHS and the British Army is now being mothballed until September when another assessment for any further use will be made.



Lockdown growers of Riverside

Greening and Growing has taken root in Riverside. Throughout the month of June ‘**Lockdown growers**’ from over 300 households have turned up to collect free plants, pots and compost during a series of weekly GiveAways.

Lots of tomato, courgette, pea and bean plants have sprung up in front and back gardens all around Riverside. Amazing success is being reported by both experienced gardeners and those growing for the first time. Coriander, dill and mint have been enthusiastically grown, cheaper and fresher than from the shops

Off-course not everything goes to plan, so our **WhatsApp group ‘Growing in Riverside’** with over 90 members, is a place where people share their successes and struggles. Weekly Zoom sessions allow people to ask questions from **Sophie** from **Cardiff Salad City**; as we develop more confidence to give gowning at home a go. – It’s the ‘Bees Knees’

Contact Louise on 07951 353511 louisegray@srcdc.org.uk

Riverside Advice Services during Covid-19 lockdown

Riverside Advice is continuing all its Welfare Rights services during this period. To keep advisors, administrators, clients and support workers safe all work is now delivered over the telephone. Appointments are made in the normal way by ringing our main number, **029 2034 1577**

Our services in summary;

- 1. Welfare Benefits** and Debt for people with Mental Health Illnesses
- 2. Welfare Benefits** for Carers and

those who are Cared for

- 3. Vulnerable people** requiring Benefit Checks, Income maximisation , Welfare Benefit Advice , Debt and Multiple Debt including Debt Relief Orders and Bankruptcy, Fuel Debt, Budgeting, Energy Efficiency, and replacement Energy efficient White Goods

Legal Aid cases for Housing if financially eligible in;

1. Housing
2. Welfare Benefits Upper Tribunals if Tribunal has failed

Please call **029 2034 1577** if you require further information

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



Keep Riverside Tidy

We are in touch with the council, trying to make sure our streets are still kept as clean as possible.

Our ask of our neighbours is to:

- 1.** Keep in touch with us on Twitter @TidyRiverside or e-mail keepriversidetidy@gmail.com - send us nice photos & positive stories as well as issues!
- 2.** Keep litter picking your own streets as part of your daily exercise if you’re able - full bags can be left next to council litter bins
- 3.** Continue to report any fly tipping or other issues via the Council app - www.cardiff.gov.uk/ENG/resident/cardiff-gov-app/Pages/default.aspx



Tudor Street regeneration scheme

Cardiff Council are consulting with SRCDC and other local partners to develop proposals for regeneration and transport in Tudor Street.

The proposals include:

- Improved transport links including bus stops and bike lanes.
- New paving and lighting
- New shop fronts for local businesses
- Added nature features such as trees and rain gardens.

The full consultation pack can be found at Cardiff.gov.uk/transport projects or by emailing tudorstreet@cardiff.gov.uk
The deadline for comments is 17th August.

Women Connect First



Women Connect First is working to support our BAME vulnerable women and families, by offering practical support through our projects.

- **Let’s Age Well:** provides emotional support, friendly chats, advice and advocacy. The project offers a wide range of activities and classes, such as embroidery, Jewellery making, Gardening, IT, Numeracy and ESOL.
- **Activities for children** are being delivered via our Afterschool club with resource packs being delivered weekly for children and families to keep them engaged and active during this time.
- **Healthy Body Healthy Mind:** offers a number of activities online to help with physical and mental wellbeing of women and children.
- **Restore and Appreciate Diversity (‘ReaD’)** offers Hate crime training session conducted with our victim support team and offers confidence building training sessions.
- Our **Creche** offers activities for pre-school children with a Story telling club; Crafts activities for children and Language & Play sessions.

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!!

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**

SRCDC, Brunel Street, Riverside, Cardiff CF11 6ES
T: 029 2022 0309 Email: info@srcdc.org.uk



@SRCDC_Cardiff



@srcdc