

## **IMPORTANT MESSAGE**

**From John Rees, Chair, NE Herts Constituency Labour Party**

I'm writing to send you all our best wishes for your health and wellbeing in this most unusual time.

I'm sorry that we can't meet together for the time being but of course we need to support the government's position to minimise, and hopefully contain, the spread of Coronavirus.

This is a difficult time for all of us, especially those of you who are more vulnerable than others. Here is some advice I found elsewhere which I think can be very useful right now:

Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.

- Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!
- You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a nice walk in the fresh air.
- You will get through this. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.

This whole Coronavirus situation can be very stressful for everybody, some more than others, so just remember...

Acknowledge the stress

Know that any anxiety and fear is normal

Talk to others about your feelings

Take breaks from the rolling news bulletins on TV and Radio

Your own wellbeing is very important and as a Party we would like to help you as best we can, given the circumstances; it can be helpful to try and accept that at the moment we can't change the situation but we can try and manage it positively. Here are some general tips to help you get through each day:

Replace your normal commute or daily routine with some form of activity, maybe a walk, jog, yoga or a dance around your living room, in fact anything that gets you moving!

Make sure you get dressed, even if this means wearing your comfy clothes – it sets us all up for the day.

Make a pledge to drink lots of water and stay healthy.

Make sure you continue your eating habits

Split up your day in order to rest, regenerate and reset. Ideas include going for a walk, vacuum or complete another chore. If that pile of washing is bugging you – just get it done!

Keep in touch with family and friends by phone or social media

If you use social media, enjoy a virtual cuppa with friends, family and colleagues

Pick up that book that you have always wanted to read, but have never had the time!

Most of all - Stay positive!

These are unprecedented times and disabled people are facing bigger challenges than ever before. Amy Allen, your Disabilities Officer, has asked that we remind people with additional needs that we, as your local Labour Party, are here to support you. We are able to put you in contact with various kinds of assistance and support from food supply to financial advice. Social Media is being well used in terms of support and help. Please do contact her or any other officer or visit

<https://www.facebook.com/groups/LetchworthCovid19mutualaid/?ref=share>

For official NHS advice on Coronavirus, go to

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

There is also a lot of other advice on many aspects of the effects of the virus at

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.north-herts.gov.uk/home/emergency-planning/coronavirus-covid-19/coronavirus-information-and-advice>

For those of you in the Letchworth & Baldock areas there is a Letchworth Covid19 Mutual Support group on Facebook –

<https://www.facebook.com/groups/LetchworthCovid19mutualaid/?ref=share>

Royston members can find support at RoystonVsCoronavirus

<https://www.facebook.com/groups/210680370297401/?fref=nf>

For general Coronavirus information and updates go to

[https://www.facebook.com/coronavirus\\_info?page\\_source=search](https://www.facebook.com/coronavirus_info?page_source=search)

North Herts District Council have released the following information for disposal of possible infectious items –

If you are currently self-isolating (whether you are showing symptoms, or you have been diagnosed), it is important that your waste is handled safely to reduce the risk of infecting others. Please follow these steps:

All contaminated waste (such as tissues and wipes) need to be securely sealed in a bag.

Put this bag inside another bag and tie the top securely.

Store the bag separately from other waste and recycling (not in communal areas) for three days, before putting it in your general waste (purple) bin as normal.

## **STOP PRESS!**

### **New information from Herts County Council on waste and recycling**

<https://email.hertfordshire.gov.uk/5ESZ-6GIL-131M7RM828/cr.aspx>

New information from North Herts District Council on waste collection

- In order to prioritise the collection of refuse and recycling at this time, from Monday 30 March:
  - o **food waste caddy collections will be suspended until further notice.** Please put food waste into your purple refuse bin.
  - o **garden waste collections will be suspended until further notice.** Further information will be sent to subscribers in due course.
- Household Waste Recycling Centres are closed until further notice.
- Bulky waste collections are temporarily suspended (collections already booked will still take place)
- Support for litter picking events is temporarily suspended.

Do contact us with any queries or for information about local resources and we will try our best to find out how to help. Get in touch with your local Branch Secretary or email [secretary@nehertslabour.org.uk](mailto:secretary@nehertslabour.org.uk)

Most of all – keep washing those hands!!

Stay safe and well – our thoughts are with you all

**John Rees**

**Chair**

**NE Herts Constituency Labour Party**

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