

# Community Regeneration

## Shielding

Coronavirus (COVID-19): SG shielding guidance

<https://www.gov.scot/publications/coronavirus-covid-19-shielding-guidance-for-local-authorities/>

Help is being offered to every person who is Shielding in West Lothian. We have established a new Shielding Support Team to contact everyone who has been identified by the NHS as requiring to shield. Shielding is a measure to protect people who are clinically at high risk from the coronavirus, by supporting them to self-isolate to minimise all interaction with others.

For information on shielding in West Lothian, please visit <https://crowd.in/qD8cAK>



## Health & wellbeing

It's important that we look after ourselves during this time.

If you're feeling worried or stressed, there are simple things you can do each day to help yourself feel better like moving more or sticking to a routine.

You can find lots of practical hints and tips how to look after your mental health at [www.clearyourhead.scot](http://www.clearyourhead.scot)

## Dog walking guidance

### Pets and Coronavirus (COVID-19): Walking someone else's dog

Pets provide invaluable companionship, especially at this time. For many dogs, going out for a walk is an important part of their daily routine. However, measures introduced to reduce Coronavirus mean that lots of owners won't be able to do this so may be relying on others to help them. If you have offered to walk someone else's dog, here's some guidance to help keep everyone safe.

- Consider each individual situation and how to safeguard the person you are assisting.
- Agree the person's address including time and duration of walk.
- Walk the dog in the surrounding area of the owner's home and ideally as a lead. This should not drive to a location to walk.
- Find a way to collect and return the dog securely so you don't maintain a two metre distance between you and the owner's dog.
- Never walk dogs from different households at the same time.
- Wash your hands for 20 seconds using soap and water before leaving your home.
- Wear gloves for the duration of any contact and dispose of them after use.
- Use a different lead to the owner's.
- Ask someone from the household to open and close the door for you.
- Don't handle anything else, such as your phone, during any time of contact.
- Where possible, minimise touching the dog.
- Maintain your social distance while walking, keep to quiet areas and don't allow other people or pets to come into contact with the dog.
- Wash the lead with soap and water once the dog has been returned.
- Wash your hands for 20 seconds using soap and water as soon as you get home.

There are no confirmed instances of transmission of Coronavirus (COVID-19) from pets to people. However, the virus could be passed from person to person via a surface such as a dog's fur, collar and lead.

To find out more visit: [www.cfs.gov.uk/coronavirus](http://www.cfs.gov.uk/coronavirus)

## Community Food outlets

Day	time	venue
Mon	10am 12 noon	Polbeth Community Hub Lanthorn (Livingston)
Tues	10am 12pm	Polbeth Community Hub Mosswood CEC (Livingston)
Wed	10am 12 noon	Polbeth Community Hub Lanthorn (Livingston)
Thurs	9.30am 10am 2pm	Riverside CW (Livingston) Polbeth Community Hub Mosswood CEC (Livingston)
Fri	10am 1pm	Polbeth Community Hub Ladywell Baptist Church (Livingston)



## Community focus

### The Lanthorn (Dedridge)

The Lanthorn Management Committee, with the support of the amazing staff, fantastic volunteers and the brilliant support of our partners in Local Government, organisations and businesses have been able to supply households across Dedridge and surrounding area with **1010** food parcels since lockdown

## Prescriptions

To date we have delivered over **200** prescriptions to those shielding

The Regeneration Team have been supporting prescription delivery and 'other' supports for those most vulnerable and Shielding. This ranges from personal care, befriending to dog walking for example.

Other queries we have supported **343** 'other' enquiries

## COMFORT IN CRISIS Pets and Coronavirus (COVID-19)

Here are some top tips from the UK's best loved national pet charities and experts.

- Pets and Coronavirus: PROTECTING EACH OTHER**
  1. There is no evidence that pets can get sick from COVID-19.
  2. Just like human hands, pet fur could carry the virus from one person to another.
  3. Wash hands well with soap after touching any pet or their belongings and avoid pet kisses, snuggles and hugs.
  4. If you pet or a pet is injured, call your vet before going to the surgery.
- Pets and Coronavirus: PRACTISING SOCIAL DISTANCING**
  1. Each person in the household can walk their dog once a day.
  2. Keep your dog on a lead at least two metres from others.
  3. Avoid contact with other people/pets.
  4. Ensure you have your pet's contact details for all day, only use essential trips to the pet shop.
- Pets and Coronavirus: IF YOU ARE SELF-ISOLATING**
  1. Think about how you can provide for your pet's needs.
  2. Dogs can be let out into your garden or just outside your home to toilet, but keep your distance from others and maintain two metres.
  3. Can someone else care for your pet if you are sick or in hospital?
  4. If you are unable to stop by to feed your pet, consider leaving a note for them to feed your pet.
- Pets and Coronavirus: HELPING EACH OTHER**
  1. Can you safely help a vulnerable person to walk their dog?
  2. Can you offer respite help to your local animal charity?
  3. Could you donate pet food to your local food bank?
  4. All animal charities will be supported by the NHS - please consider donating to support their work.

To find out more visit: [www.cfs.gov.uk/coronavirus](http://www.cfs.gov.uk/coronavirus)