

COVID-19 WEEKLY UPDATE

Update: 24 April 2020 Covid19@asco.police.uk

Businesses thanked for releasing **Special Constables** to help with Covid-19 outbreak
The Assistant Chief Constable has thanked businesses across the region for releasing members of their staff so they can fulfil their roles as Special Constables during these unprecedented times [continue reading here](#)

Special Constables across West Yorkshire have contributed to working more than 2500 hours in the last week. They have worked 2698 hours last week between them and that is an increase of 539 hours on the previous week. Currently 13 Special Constables are supporting the front line by working fulltime for the Force during the pandemic. A number of employers are supporting these Special Constables at this time. Assistant Chief Constable Angela Williams of West Yorkshire Police said: [continue reading here](#)

Thousands of hours of support have been pledged to assist the police response to the coronavirus crisis. **Volunteer Special Constables**, such as Alex Miller in the Forth Valley, have given 7,500 hours of their time across 885 shifts in the past three weeks. A number of employers, including in Alex's case, have granted their staff leave so they can increase their commitment: [continue reading here](#)

A suspected drink driver accused of coughing over **two Special Constables** has been remanded in custody. Appearing before Swindon Magistrates' Court on Monday morning, Joseph Holden, 26, of no fixed address, pleaded guilty to failing to provide a specimen of breath after being suspected of drink driving, driving while disqualified and without insurance, and possession of an offensive weapon: [continue reading here](#)

Encourage another special constable to join ASCO today.

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Public Health England's Every Mind Matters website includes new NHS expert tips and advice on looking after mental wellbeing and supporting your family and loved ones during this time. Every Mind Matters campaign will be supported through social media, digital, national TV and partner support activity, helping to reach the audiences most at-risk of poor mental health

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Everyone in the country has been affected by COVID-19 in some way, be it through staying at home and being separated from friends and family, uncertainty about work or education or knowing someone with the virus. The film portrays a range of people whose lives have been affected by COVID-19. It aims to reassure people that support is available and encourages everyone to take care of their mental wellbeing at this difficult time.

Alongside the new COVID-19 mental health support, Every Mind Matters encourages people to complete a personal 'Mind Plan', a quick and free interactive tool offering tailored mental wellbeing advice. More than 1.9 million Mind Plans have been completed since the launch in October.

The NHS-endorsed content has been developed in partnership with clinicians, academics and leading mental health charities and social enterprises including Mind, Mental Health Foundation, Samaritans, Rethink, Mental Health First Aid England, the Royal Foundation, the Centre for Mental Health, Time to Change, NSUN and What Works Wellbeing. It offers authoritative, evidence-based and practical support to the general public, as well as people with specific mental health concerns.

The NHS's Top 5 Tips for maintaining mental wellbeing during the coronavirus outbreak You can view these and more tips on [Every Mind Matters](#).

- Talk about your worries: it is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.
- Keep a regular routine and set goals: you may need to set a new routine for now. Try writing a plan for your day with the things you can still do at home, such as watching a film, reading a book or completing a puzzle. Setting goals and achieving them gives a sense of control and purpose. Maintaining good-quality sleep makes a big difference to how you feel mentally and physically too, so it's important to get enough (the [Every Mind Matters sleep page provides practical advice](#)).
- Manage your media and information intake: if 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading or listening to coverage of the outbreak to once or twice a day.
- Do things you enjoy and try something new: focusing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can help boost your mood. Look online for free tutorials and courses.
- Look after your body: our physical health has a big impact on how we feel. At times like these it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for one form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from others.

For more information, search 'Every Mind Matters' online or visit www.nhs.uk/oneyou/every-mind-matters to create your personalised Mind Plan.

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Force Updates.

We are really keen to learn what individual forces are doing with the deployment of their Special Constables. The Home Office, Press Office is asking if we can provide examples of good practice; where ESP is being effectively used or if Forces are struggling to secure offers of support from ESP firms; Companies where employees have been furloughed and those employees are then doing duties as Special Constables with an indication of hours etc being given and types of duties undertaken. Please check with your own Force Press Office before sending any information to covid19@asco.police.uk with the following statement.

“I CONSENT TO ANY PERSONAL INFORMATION BEING SHARED WITH ASCO AND THE HOME OFFICE PRESS OFFICE AND PRIOR TO SENDING THIS INFORMATION HAVE BEEN GIVEN CONSENT FROM MY FORCE TO SHARE WITH ASCO AND HOME OFFICE PRESS OFFICE AND TO PUBLISH DETAILS.” Please also provide the contact details of your Press Office

COVID 19 Mailbox

This is now monitored between 0800 and 2200 for any queries in relation to any COVID-19 related query. We will endeavour to offer relevant signposting and advice to support you during this really difficult period. **For more urgent enquiries ring 020 3051 9759**

To access the ASCO website and see the latest emergency services news [click here](#) and then your mission is to ask another Special Constable to join today! ***ASCO, created by members, stronger together***

Thank you for all you are doing for your Forces and the communities that you serve and more importantly please do take the greatest of care and if ASCO can do anything to support you please email covid19@asco.police.uk

David Pedrick-Friend – Chair ASCO

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