

## **Communication from Deafblind Scotland during the COVID-19 Pandemic**

26 May 2020

First Minister Nicola Sturgeon announced some easing of lockdown with effect from 28<sup>th</sup> May for people who are not currently shielding (those being asked to stay home due to underlying health conditions or aged over 70). Further guidance on shielding will be developed in the coming weeks. For those not shielding from 28<sup>th</sup> May you will be able to:

- Meet a friend or family member outdoors but have to stay 2 metres apart.
- Exercise outdoors as often as you like as long as you stay away from others
- Sit in the park, staying away from others
- Garden centres will be reopening
- Drive through food outlets will reopen
- NHS services previously suspended will start to resume
- Schools will reopen 11<sup>th</sup> August
- Outdoor sports like golf, hiking, tennis & bowls will be allowed with social distancing
- Some outdoor working will resume

Scottish Government is still asking people to stay close to home and not to travel far to exercise or take part in activities such as golf. The Government has also recommended wearing face coverings when in a supermarket or busy places. Washable masks are

available from DbS on request. Please call **07715 421399**

## **Welfare Rights**

Under 65's who are waiting to transfer from DLA to PIP will be contacted by DWP but won't be for some time

All face to face assessments for PIP and ESA and Tribunals are cancelled and will be done by telephone

Due to Co-Vid 19 there will be a delay in benefits being devolved to Scotland

Scottish Government have produced 8 factsheets in different formats including braille. These are about benefits and financial help. If you would like these sent to you, please contact:

Helen on **07715 421399**

Banks have extended mortgage holiday period. More information at

<https://www.moneysavingexpert.com/news/2020/05/homeowners-set-to-be-able-to-extend-mortgage-payment-holidays/>

If you need any welfare rights advice or you are in financial hardship, please contact Helen or Riley for help.

[WR@dbscotland.org.uk](mailto:WR@dbscotland.org.uk) or **07715 421399**

## **NHS Inform**

Updates on Co-Vid 19 can be found at

[www.nhsinform.scot](http://www.nhsinform.scot)

Audio version for visually impaired

[www.nhsinform.scot/translations/.../audio/coronavirus-covid-19](http://www.nhsinform.scot/translations/.../audio/coronavirus-covid-19)

BSL version

[www.nhsinform.scot/BSL](http://www.nhsinform.scot/BSL)

## **Police Scotland**

Police Scotland have issued a survey about Police response during the Corona Virus pandemic and would like views from the public. There is an English and BSL version. If you want to complete this please go to

<https://consult.scotland.police.uk/>

## **Well-being Project**

Deafblind Scotland have been funded by the Scottish Government to reach out in person to all of our members. If you use the phone a Guide Communicator will call you to see if there is anything we can do for you. If you don't use the phone we will contact you by email or write out to you. These Guides will also be able to visit you in your home if you need support or are feeling

lonely. This is a free service that we can provide over the summer.

In the meantime, we still have our helpline if you feel lonely or want to chat Monday to Friday 10am – 2pm  
**07715 421399**

We want to check how you are feeling at this time and what we can do to help. We have attached a survey and a return envelope.