

# Issue No11: COVID-19 (coronavirus):

## **UK Gov update:**

The UK's lockdown will continue for at least three more weeks. Foreign Secretary Dominic Raab revealed five points to influence the government's decisions on social distancing: Ensuring the NHS can cope, a sustained fall in;

- daily death rates,
- reliable data showing decrease in rate of infection,
- being confident in the range of operational challenges are in hand (such as PPE) and
- being confident any adjustments will not risk a second peak.

On Saturday, Local Government Secretary Robert Jenrick delivered the government's coronavirus briefing, announcing that councils in England are to get an extra £1.6bn in funding to help them deal with the pandemic.

Local Government Association Chairman Cllr James Jamieson commented: "The pressures facing councils are significant, wide-ranging and vary from place to place and this funding will need to reach all councils. It is good that councils will be able to decide locally how best to spend it on the specific pressures they face in their local area."

Britain's Queen Elizabeth has asked that there be no gun salutes to mark her birthday on Tuesday. It is thought to be the first such request from the Palace in the British monarch's 68-year reign.

## **Other developments**

The government pay scheme for workers who are kept on the payroll, despite not working due to coronavirus, is set to open for applications today;

The UK is gearing up to use the blood of coronavirus survivors to treat hospital patients ill with the disease. NHS Blood and Transplant (NHSBT) wants people who have recovered from Covid-19 to donate blood so they can potentially assess the therapy in trials;

Several European countries including Germany, Poland, Norway, the Czech Republic and Albania are beginning to ease their lockdowns;

France and Spain have both decided against a relaxation of measures at this stage.

## **Wellbeing**

Some tips for looking after your personal wellbeing while working from home and a helpful video for those needing to work and look after your children:

<https://www.youtube.com/watch?v=heC0DfPSluY#action=share>

**For further information and self-isolation advice, visit:**

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

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**MONITORING AS A MANAGER** Think about the nature of the job, the individual and your culture. Establish whether you need to measure and monitor hours, or output or both.

**ROUTINE** Try to establish a routine with regular start and finish times. Share diaries with co-workers including child care. Shut workstation at the end of the day.

**COMMUNICATE** Managers don't be too task focused, ask how someone is and be really interested in the answer. Life is messy (especially right now) and we need to embrace this.

**WORKSTATION** You may not have the perfect work place or equipment, but get a supportive chair, or consider a stand-up desk. Get up regularly (every 25 minutes) to stretch.

**FOOD** Think about food prep for the week. Can you batch cook on Sunday? Have healthy snacks in otherwise you will eat the chocolate!

**WORK ENVIRONMENT** Find a space away from the main home area if possible and definitely not in your bedroom (bedrooms are for two things only). A plant helps.

**FRESH AIR** Exercise in the fresh air, if you can, once a day and maybe do another short workout at home.

**REGULAR BREAKS & EXERCISE** Every 25 minutes get up and stretch, breathe, go outside, go up and down the stairs anything to move your poor sedentary body! Remind yourself by drinking a lot of water (so you have to get up!) or setting an alarm.

**SOCIALISATION** This is the big one. We all need to talk to others. If physical contact isn't possible, use technology like Zoom or Skype (do this rather than phone - it is easier to see how someone is).

**MINIMISE DISTRACTION** If working at home with others some distractions are inevitable but some you can control! Get the big ugly job done first thing, delete distracting apps.