

# Guillain-Barré & Associated Inflammatory Neuropathies



## Reaching out while you stay in

**GAIN / coronavirus COVID-19 newsletter issue 3 10/04/2020**

This week saw the UK Government announce that the lockdown is being assessed, but it is still too early to ease restrictions and we can expect a further announcement at the end of next week. The good news is it appears that social distancing is working, with the numbers of new cases much lower than they would otherwise be. We must all continue to play our part in keeping ourselves and each other safe. The message remains:

**Stay at home. Protect the NHS. Save lives.**

### The latest Government advice

#### Until further notice

#### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family

You can spread the virus even if you don't have symptoms.

For more information and ongoing updates visit;

<https://www.gov.uk/coronavirus>

### Some useful websites

People considered most vulnerable and how to protect them

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Symptoms and what to do

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/>

Advice for employers and employees

<https://www.acas.org.uk/coronavirus>

### Keep in touch

Post is being picked up from the office regularly, and emails and social media are monitored during office hours

@ office@gaincharity.org.uk

www.facebook.com/groups/727400487277814/

@gaincharity

gaincharity

If you need to phone any of us, please use the mobile numbers below (Mon-Fri 9am-3pm)

Caroline	07719 280965
Gill	07877 982651
Simon	07878 090965

And if you want to drop us a line, you can write to us at the usual address;

GAIN, Glennys Sanders House  
Pride Parkway, Sleaford, NG34 8GL

# Any Questions?

In the previous two issues, we have covered lots of frequently asked questions addressing the impact of COVID-19 in relation to people affected by GBS or CIDP. This week, we focus on some of the FAQs published on the UK Government website about what we all can and cannot do.

For more FAQs and the most up to date Government guidance, visit <https://www.gov.uk/coronavirus>

<b>When am I allowed to leave the house?</b>	You should only leave the house for very limited purposes: <ul style="list-style-type: none"><li>• shopping for basic necessities, for example food and medicine, which must be as infrequent as possible</li><li>• one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household</li><li>• any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person</li><li>• travelling for work purposes, but only where you cannot work from home</li></ul>
<b>Can I go to the dentist, my GP or another medical appointment?</b>	You can leave home for medical appointments. GP practices may postpone non-urgent health checks or routine appointments. You should go to the doctor if there is an essential medical need.
<b>Can I walk my dog?</b>	Yes – provided it is alone or with members of your household. People must stay at home as much as possible to reduce the spread of the virus. But you can also still go outside <b>once a day</b> for a walk, run, cycle. When doing this you must minimise the time you are out of your home and stay at least two metres away from anyone else that isn't from your household.
<b>Can I see my friends?</b>	We must all stay away from each other to stop spreading the virus, and that means you should not be meeting friends unless you live in the same household. Instead, you could keep in touch with your friends using phone or video calls.
<b>Can I visit elderly relatives?</b>	No, you should not be visiting family members who do not live in your home. You should keep in touch with them using phone or video calls. Where your relatives are elderly or vulnerable, you may leave your house to help them, for example by dropping shopping or medication at their door. You can also help them to order online.
<b>Can I go to the park?</b>	You can still go to the park for outdoor exercise once a day but only alone or with members of your household, not in groups. Communal places within parks such as sports courts, playgrounds and outdoor gyms have been closed to protect everyone's health. We ask that households use parks responsibly and keep 2 metres apart from others at all times. Unless you are with members of your household, gatherings of more than two people in parks and other public spaces have been banned. The police have the powers to disperse gatherings and issue fines if necessary.
<b>Can I go out to help a vulnerable person?</b>	You can only provide support to vulnerable people if you fulfil <b>all</b> of the conditions below: <ul style="list-style-type: none"><li>• you are well and have no symptoms like a cough or high temperature and nobody in your household does</li><li>• you are under 70</li><li>• you are not pregnant</li><li>• you do not have any long-term health conditions that make you vulnerable to coronavirus</li></ul> If the answer is <b>yes to everything above</b> , you may leave your house to provide care or to help a vulnerable person, following the advice set out here. When outside the home, you should stay at least two metres away from others wherever possible. <b>We have seen an incredible effort across the country already, and we're hugely grateful to those who support the vulnerable in their communities by volunteering day-to-day.</b>

# Beat the isolation and join the conversation!

Not being able to mix with friends and family outside your own household is difficult, and especially so for anyone living alone or with health issues. That is why we have started something new that anyone can join in! You can join the conversation using an ordinary landline, but if you have access to a smart phone, or a tablet, laptop or computer equipped with a camera and microphone, you can join the **weekly chat** with sound and video link, every Tuesday at 2pm.

When?

Every Tuesday  
at 2pm

Where?

From the comfort of  
your own home!

Visit our website for details of how to join in  
[www.gaincharity.org.uk](http://www.gaincharity.org.uk)



## Support for the most vulnerable

People who are extremely vulnerable to coronavirus due to an existing health condition should stay at home for 12 weeks. They may need support from others to get food and medicines.

Here in our area, Age UK Lincoln and South Lincolnshire, in partnership with the Salted Orange Food Co. are offering **Food through Adversity**, a meal package for the elderly, providing 21 meals for £20 (that's 3 meals a day for 7 days). **If you are elderly**, it's worth checking with your local Age UK branch to ask if there is something similar in your area, or if they can put you in touch with another organisation who could help.

**Find your local Age UK here;**

<https://www.ageuk.org.uk/services/in-your-area/>

There are also volunteer groups that have been set up at local level across the UK and Ireland, **helping vulnerable people with grocery shopping and collecting prescriptions**. Check with your local GP surgery, parish council or district council to find out how to access help where you live.



## Further help for vulnerable people across the UK and Ireland

Get advice and register for support

### England

<https://coronavirus-vulnerable-people.service.gov.uk/live-in-england>

### Wales

<https://gov.wales/get-coronavirus-support-extremely-vulnerable-person>

### Third Sector Support Wales

<https://thirdsectorsupport.wales/contact/>

### Scotland

<https://www.gov.scot/publications/covid-shielding-contacts/>

### Northern Ireland

<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

### Covid-19 Community Helpline 9am-5pm

Telephone: 0808 802 0020

Email: [covid19@adviceni.net](mailto:covid19@adviceni.net)

Text: ACTION to 81025.

### Republic of Ireland

<https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/>



Going postal?



Thank you to everyone who contacted us with an email address in response to the postal newsletters we sent out on 3<sup>rd</sup> April. Not only does it keep our costs down, but it means you will now receive a weekly newsletter instead of a double issue every two weeks. If you are reading a paper copy that we have posted to you, and you would be happy to receive it by email instead, please let us know. Email us at [office@gaincharity.org.uk](mailto:office@gaincharity.org.uk) to start receiving a weekly update.

**Of course, we know that not everyone uses email, and we are more than happy to post out our newsletter to people who would like to receive it that way.**

**If you don't have access to the internet, we can print out information that you need and post it to you with your newsletter. Phone us Monday to Friday, 9am to 3pm on 01529 469910, or use one of the mobile numbers listed on the front page.**

## EMERGENCY APPEAL

**During these uncertain times, key fundraising events are being cancelled or postponed**

Charities throughout the country are starting to struggle, as their main fundraising season grinds to a halt before it even gets started

**What this means in real terms to GAIN is a drop in income of at least £50,000 this year**

We want to continue to help all the families who rely on us for information and support **but to do this, we're going to need some help**

We know times are especially tough for those people unable to go to work because of the lockdown, but if your income is not adversely affected, and you can afford to help, please consider making a donation, no matter how small

**[www.justgiving.com/campaign/gainemergencyappeal](http://www.justgiving.com/campaign/gainemergencyappeal)**

**Thank you** ❤️

# #GAINmomentum

**Sign up. Stay in. Work out.**

We all know the benefits of exercise, but few of us do enough of it. #GAINmomentum is all about challenging yourself to get moving, from **1st to 31st May, for GBS/CIDP awareness month.**

Of course, since launching the campaign back in February, events have taken a dramatic and unexpected turn with the coronavirus COVID-19 pandemic. All over the world, major events and sporting fixtures have been cancelled.

**Our plans for celebrating GBS/CIDP awareness month might have changed a bit, but we want you to know that it's still full steam ahead this May!**

Some of you might already be tuning in to Joe Wicks or the Green Goddess, Diana Moran for a daily workout, and there are lots of other things you could try. How about some reps with a couple of bottles of water or tins of beans? Or living room circuit training, with push-ups, squats and star-jumps! If you struggle with mobility, you might try seated exercises, stretches and reps, or take part in a virtual 'chairobics' session on YouTube.

Whatever you do, make sure you register by 17<sup>th</sup> April so you can wear a special #GAINmomentum T-shirt while you exercise. Complete your challenge and we'll even send you a medal!

**Run, walk, cycle, jump, stretch, dance or skip – it's your call.**

**Register by 17th April to get your pack in time for 1st May**

<https://gaincharity.org.uk/gainmomentum>