

Below are a number of Facebook links which may be of help during these difficult times;

- **Looking after your mental health and wellbeing** from [#EveryMindMatters](#). Support and resources are available [https://www.facebook.com/618890171532707/posts/2958212994267068/?substory\\_index=0?sfnsn=scwspmo&extid=TAqLFHPwDVKEBh31](https://www.facebook.com/618890171532707/posts/2958212994267068/?substory_index=0?sfnsn=scwspmo&extid=TAqLFHPwDVKEBh31)

- Sign up for the **Carers Emergency Alert Card** today. This **FREE scheme** helps identify you as a family or friend carer so the person you care for can be supported if you have an accident or are taken ill.

[https://www.facebook.com/618890171532707/posts/2958488187572882/?substory\\_index=0?sfnsn=scwspmo&extid=58nTdBI9gKhp11vV](https://www.facebook.com/618890171532707/posts/2958488187572882/?substory_index=0?sfnsn=scwspmo&extid=58nTdBI9gKhp11vV)

- **Waste Recycling Sites** - We have developed a plan, subject to further government guidance, to safely reopen Household Waste Recycling Sites (HWRSs) next week (week commencing 11 May). The date will be confirmed later this week when further guidance on managing the reopening of sites will be released by central government.

[https://www.facebook.com/618890171532707/posts/2965404120214622/?substory\\_index=0?sfnsn=scwspmo&extid=YzUODbXgomLTXUI1](https://www.facebook.com/618890171532707/posts/2965404120214622/?substory_index=0?sfnsn=scwspmo&extid=YzUODbXgomLTXUI1)

- **Crimestoppers** have shared some tips and advice to help keep you safe from scams and fraud. If you believe you have been a victim of fraud or cybercrime, contact [www.actionfraud.police.uk](http://www.actionfraud.police.uk) <https://www.facebook.com/105224117606609/posts/172412384221115/?sfnsn=scwspmo&extid=KrevT8b5xFrSOxHA>

- **Supporting family and friends** - People are playing their part and providing essential support to their friends and family who are in isolation, to find out how to help others safely

[https://www.facebook.com/105224117606609/posts/172739420855078/?substory\\_index=0?sfnsn=scwspmo&extid=JW8oaw01fTyhdHz1](https://www.facebook.com/105224117606609/posts/172739420855078/?substory_index=0?sfnsn=scwspmo&extid=JW8oaw01fTyhdHz1)

- **How to deal with scam texts and emails:** <https://www.facebook.com/105224117606609/posts/1744>

[15580687462/?substory\\_index=0?sfnsn=scwspmo&extid=u9YryzoXC4bDKDPz](https://www.facebook.com/105224117606609/posts/174438554018498/?sfnsn=scwspmo&extid=DwXnwywW5oLTDUoj)

- **Teens chance become cyber security agents** - Virtual cyber school has been launched to give teens the chance to try out as cyber security agents from home <https://www.facebook.com/105224117606609/posts/174438554018498/?sfnsn=scwspmo&extid=DwXnwywW5oLTDUoj>
- **Domestic Abuse** - Practical Planning Steps to reduce the risk <https://www.facebook.com/105224117606609/posts/174409737354713/?sfnsn=scwspmo&extid=HnoJhtV6VDmMHxd6>

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