



CORONAVIRUS

Over the past few months the world has changed considerably with the spread of the Coronavirus, which has become pandemic. At the time of writing, more than 100,000 people have died from Covid-19, with those infected worldwide approaching 2 million.

The changes to our daily lives has been dramatic with the government stay at home advice coming into effect on March 23rd. This resulted in all mass gatherings ceasing, pubs, bars and restaurants being closed, along with non-essential shops and all but essential travel to be stopped.

These measures were put in place with the aim of protecting the National Health Service by slowing the spread of the virus, it placed a responsibility on the whole of the UK population to **'STAY AT HOME, PROTECT THE NHS, SAVE LIVES'**. We are in this together and we all need to do our bit, if a journey is not essential, be a stay at home hero!



However, hundreds of thousands of essential workers still need to undertake journeys in relation to their daily work, by being a 'stay at home hero' we can make their lives simpler and safer. Every day, delivery drivers, emergency responders, NHS Workers and supermarket staff (to name a few) are going to work to provide care and services for members of the public across the UK. On top of this they are also looking after their families, home schooling their children, taking care of vulnerable people within their community and doing their part in adhering to the government advice.



Everyone who is an essential worker should be proud of the work that they do to keep the country going and those who aren't classed as essential workers but show their support by being a stay at home hero should be proud too as they are also playing a part in keeping the country safe.

At this time, working together, sharing information and communicating with your partner agencies is vital to achieve our common goal of saving lives and reducing harm. Please be a stay at home hero where possible and **STAY SAFE**.

REAL TIME LEARNING

Real time learning CAN make a difference to the way we respond over the coming weeks. We understand everyone is working under great pressure at this time, but if you do manage to input any Coronavirus lessons onto JOL online, the team will endeavour to prioritise this learning through the governance process to share any information widely and in fast time.

We understand that resources are limited, so with that in mind, if you have any **lessons identified** or **notable practices** related to the response to **COVID19**, you can ring or email the JOL Coordinator jol@jesip.org.uk and the lesson can be put onto JOL on your behalf following a quick conversation to clarify the salient points.

REMOTE WORKING

Remote working can be challenging and sharing any ideas to assist others in reducing problems due to working in isolation could help.

- How is remote working impacting on your organisation?
- How have you overcome these barriers?
- How are you communicating effectively?

STAFF WELFARE

Staff welfare is of utmost importance and is harder to manage with the additional resource limitations, lack of face to face contact and increased stress and risk to personnel.

We need to look after our staff and colleagues more than ever.

- How are you ensuring the welfare of each individual member of staff is taken into consideration?
- Have you implemented additional supportive measures?

JOINT WORKING

We know the response community is pulling together at this difficult time and we would love to share any information on how you are managing this, so that other regions can consider whether it would work for them and implement as necessary.

- How are you supporting your partner agencies at this time?
- Has any multi-agency support been agreed locally to assist in the response?

STAY AT HOME 

PROTECT THE NHS

 **save lives**

KEEP INFORMED THROUGH
[JOL@JESIP.ORG.UK](mailto:jol@jesip.org.uk)

WORKING AT HOME

Working from home, you either love it or loathe it but the Coronavirus has forced many people into this as the only option. For some of us, the idea of working remotely within the comfort of our own home is the perfect embodiment of a work/life balance. However, if you find it difficult to focus and get things done outside of the office (insert 'easily-distracted' here), working from home can be easier said than done.

To help you maintain your productivity and well-being while you're working from home, here are some top tips from the REED.co.uk website:

- **First things first:** if you're going to be as productive as you are in the office, you need to think like you're in the office. And that means making sure you have the right tools to do the job.
- Avoid sitting sedentary on the sofa if possible, and if you have a desk, make sure you use it. Stock up on office supplies before you start to avoid any time wasted wondering where to put your wastepaper. It sounds like simple stuff but creating a slightly more formal setting will help you stay in the office-mindset.
- **Plan your time** - Once you know where you're working, plan your day accordingly. Write a to-do list of the tasks you need to complete before the close of play and attach set times to your activities wherever possible. That way you can build a realistic picture of everything you want to achieve during the day. Not only will it help maintain your focus, imposing deadlines on yourself is also a handy way to try and keep distractions to a minimum.
- **Turn off the television.** OK, so you work better with a little background noise, and you're excellent at multitasking. The television shouldn't be a problem, should it? The truth is, whether you're tuning into to your favourite show or not, even the best of us can get drawn in by some classic daytime televisual delights. All it takes is a catchy theme tune or a nice bit of nostalgia, and your attention could be lost for afternoons on end. So, to avoid temptation, turn it off.
- **All work and no play is not a good strategy.** Distractions are one thing but avoiding a little time off to break up the day is quite another. Make sure you take regular breaks, or a regular lunch break at the very least. Even something as simple as going for a walk or sitting outside in the sun can help recharge your batteries and avoid burning yourself out. Remember Social distancing and no more than one hour of exercise a day though.
- **Work set office hours** - Working from home is not the same as flexitime. To put it simply, you're at work. So, work your regular hours. It can be all too tempting to start a little later, or finish whenever you choose, but it's a temptation you should avoid at all costs. And let's face it, you've managed to circumvent your commute (no, five second commutes don't count). The least you can do is work your contracted hours.
- Finally, one of the most important arguments against working remotely is the lack of collaboration and communication between colleagues. To combat this, make sure you're connected at all times. Whether it's a quick call to the office to check in, instant messaging information about the latest product iterations or simply responding to your co-workers' emails in a timely fashion, keeping in touch should never be underestimated. And, if you've made a to-do list, send it to your boss to keep them in the loop. At the very least, it shows that you're actually attempting to work.





HM Government

NHS

CORONAVIRUS
STAY HOME
TO HELP US
SAVE LIVES

**IF YOU GO OUT,
YOU CAN SPREAD IT.
PEOPLE WILL DIE.**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES