Online Courses and Guidance to support the Third Sector – May 2020

Introduction

At Cardiff Third Sector Council (C3SC) we are aware from talking with our members and partners that COVID-19 brings with it new challenges. One of these is the availability of training that would normally be carried out face-to-face as part of induction and development programmes or at other meetings. At the same time, what organisations are doing to support people and how they deliver services has had to change and adapt.

To try to assist groups and organisations across Cardiff through this time, we have identified some of the online resources which volunteers, staff and trustees/committee members may find useful.

We will provide further updates as we become aware of other helpful courses and resources.

Online Courses

The following courses may be useful to people who are making deliveries or talking to people who are shielded or self-isolating.

Violence against women, domestic abuse and sexual violence – online training launched by Welsh Government

The new stay-at-home rules are intended to keep us safe and protect the NHS, but not every home is a place of safety. For some, lockdown will increase their risk of domestic violence, emotional abuse, coercive control and even greater isolation.

The new rules could increase abusers' power and control, leaving victims with little opportunity to access their usual supportive networks such as work, family or community groups.

We want anyone who is still in a position to help to be able to recognise the signs of abuse and know how they can safely help, whether that is one of the thousands of volunteers assisting our most vulnerable, an emergency contractor, postal services workforce, local shops, or supermarket employee. That is why we have made our violence against women, domestic abuse and sexual violence (VAWDASV) online learning module accessible to all (temporary measure during coronavirus outbreak).

Wales will not be a bystander violence or abuse.

Our 45 minute online training can be accessed through guest log on –
https://learning2.wales.nhs.uk/course/view.php?id=71

Cardiff Council – have made their safeguarding online learning module available for groups of volunteers. Please email Mark.Davies6@cardiff.gov.uk to arrange access. It may also be appropriate for volunteers and staff to download the Wales Safeguarding Procedures App https://www.safeguarding.wales/ to their mobile device.

Friends Against Scams – a short awareness session available online https://www.friendsagainstscams.org.uk/training/friends-elearning

NSPCC free awareness raising course – free course for workers and volunteers who visit or deliver to people's homes. https://learning.nspcc.org.uk/training/free-course-workers-visit-deliver-people-homes

NSPCC Trustee safeguarding training- accredited online training for trustees, costs £25 https://learning.nspcc.org.uk/training/safeguarding-charity-trustees

NHS – How to wash your hands https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/

Oxfam – How to wash your hands https://www.oxfam.org.uk/what-we-do/handwashing

Virtual College – have a range of free courses available:

- Infection Prevention and Control course https://www.virtual-college.co.uk/courses/health-and-safety/introduction-to-infection-prevention
- Prevent Covid-19 course https://www.virtual-college.co.uk/courses//prevent-covid-19-free-training
- Infection prevention and Control resource Pack course https://www.virtual-college.co.uk/courses/professional/infection-control-resource-pack
- Mental Health and Wellbeing resource pack course https://www.virtual-college.co.uk/courses/professional/mental-health-resource-pack
- Get Moving, Get Healthy free course https://www.virtual-college.co.uk/courses/health-and-safety/get-moving-get-healthy
- Prepared to save a life free course that takes less than an hour https://www.virtual-college.co.uk/prepared

Tempo – have a range of courses that are available online, individuals will need to register for each course. We have been informed that these have been made available for free for all Community Groups. Courses can be found https://tempocommunities.com/stay-connected/3858 and include:
- Healthy Lifestyles https://tempocommunities.com/stay-connected/3846
- Mental Health Awareness https://tempocommunities.com/stay-connected/3849
- Personal Resilience https://tempocommunities.com/stay-connected/3850
- Personal Safety https://tempocommunities.com/stay-connected/3853
- Data Protection https://tempocommunities.com/stay-connected/3856
- Manual Handling https://tempocommunities.com/stay-connected/3858
- Getting Started with Social Media https://tempocommunities.com/stay-connected/3845

Online guidance and information packs

The following details are some of the guidance and information packs which groups, organisations and volunteers may find useful.

Digital Communities Wales – have a range of padlets which list useful resources on [Keeping in touch](#); [Supporting your mental health](#), [People at risk of isolation](#); and [Keeping Safe](#). They also run a number of webinars https://www.digitalcommunities.gov.wales/covid-19-webinar-programme/ and have a digital drop-in on a Thursday morning, to register https://zoom.us/meeting/register/upIrd-yurDwqeZjX8HE740b7hqMBeGyQ8g

ICO - Blog from the ICO clarifies some of the basics of data protection for community groups https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/

Learning Disability Wales – resources for people with a learning disability and their supporters https://www.ldw.org.uk/project/coronavirus/?utm_source=Keep+up+to+date&utm_campaign=bc8b7061f2-EMAIL_CAMPAIGN_2018_06_25_01_01_COPY_01&utm_medium=email&utm_term=0_fb73837fdc-bc8b7061f2-114528321

NSPCC guidance on coronavirus and child safeguarding is now available - including guidance on updating policies and procedures. https://cymru.us8.list-manage.com/track/click?u=981f960ac676c2d3e8901559e&id=1db4fe7735&e=42de8f914c

NSPCC safety resources – online safety resources for schools and organisations including protecting children from online abuse. Safety training (£35). Online safety and social media https://learning.nspcc.org.uk/research-resources/schools/safer-internet-resources

RNIB Cymru – Helping you to help others https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=2734

Social Care Wales: Safeguarding All Wales Basic Safeguarding Training pack https://socialcare.wales/learning-and-development/safeguarding#section-25799-anchor

Social Care Wales – Information and resources for those in social care to guide you through Covid-19 https://socialcare.wales/service-improvement/information-and-resources-to-guide-you-through-covid-19

WCVA - guidance on financial transactions https://wcva.cymru/wp-content/uploads/2020/04/Coronavirus-response-guidance-on-financial-transactions.pdf

WCVA - launches guidance on DBS checks amid Covid-19 crisis https://wcva.cymru/wcva-launches-guidance-on-dbs-checks-amid-covid-19-crisis/

WCVA – Community response to Covid-19 enabling safe and effective practice
https://wcva.cymru/wp-content/uploads/2020/04/Community-response-to-Covid-19.pdf

Welsh Women's Aid – a toolkit to help support survivors of domestic violence and abuse during the Covid-19 pandemic
https://www.welshwomensaid.org.uk/campaigning/covid-19-bystander-toolkit/

Tempo – are running a range of online Forums to Support groups ans services share learning and best practice during Covid 19. These forums include: Supporting Mental Health Services; Supporting Carers; Supporting your Community; Supporting Children, young people and families; and supporting older people. For information on these forums and the others they are running please follow this link
https://www.eventbrite.co.uk/o/tempo-18581417764

DBS Check information:

DBS Checks will not be necessary for all COVID-19 volunteers – there are many tasks that do not require a DBS, and when it does it's likely to require a Basic check.
Find out if you need a basic DBS check

Basic DBS checks cost £23 for all applicants including volunteers. To apply for basic DBS check online, go to DBS online application route here or through a Responsible Organisation – an organisation registered with DBS and able to submit basic checks.

Applicants do not pay for standard or enhanced disclosure checks for volunteer positions, however eligibility is strict - standard or enhanced DBS checks will not apply in many cases.

You can check the following links for more information and guidance.
- https://www.gov.uk/government/publications/disclosure-application-process-for-volunteers/disclosure-application-process-for-volunteers
- https://wcva.cymru/wp-content/uploads/2020/04/DBS-and-Covid-19-guidance-e.pdf

C3SC – have developed a number of briefings with information in that may also provide additional information for groups and organisations:

- Working with vulnerable and at risk groups
- Funding and support to groups

Contact details
Information produced by Cardiff Third Sector Council. 15 May 2020
Email: sarah.c@c3sc.org.uk website www.c3sc.org.uk Twitter @C3SC

C3SC is the County Voluntary Council (CVC) for Cardiff – the umbrella infrastructure organisation for the third sector in the City. C3SC's key role is to provide specialist advice, support, and information to local third sector organisations on issues that affect them - including volunteering, funding and governance - and to be a conduit for policy information. We support networks around key themes and areas of

interest, with the aim of ensuring that policy and decision makers can connect with and understand the needs of third sector groups and organisations in Cardiff.

Please note the information is based on information provided to C3SC; no additional checks or verification has taken place in producing this list. Information is up to date at the time of publishing.