

Winchester Hub COVID Safe Guidance

In these times, volunteering and working together has never been so important to ourselves and local communities. That's why we at Winchester Hub have ensured that all of our volunteering opportunities are in accordance with Government and university guidelines surrounding COVID-19.

1. During lockdown **we will be offering remote volunteering only**. This is a way to ensure that our volunteers and community partners are following the guidance from the government and are not put at unnecessary risk. We will be offering:
 - Online volunteering, such as tutoring and our skilled placement programmes
 - Remote volunteering, such as creating online programmes for schools
 - Virtual events and sessions
 - And much more!
2. When in-person events return (i.e. information stalls, and so forth) hand sanitiser will be provided and face coverings/gloves will be worn.
 - At these events, we will also be operating track and trace forms in order to reduce risk and protect our staff, volunteers, and local community.
 - We will keep this data for 21 days, this reflects the time for COVID-19 to incubate and time for testing and tracing - this has been set by the Government. After 21 days, we will delete these contact details.
 - Such details may be shared with the NHS and testing bodies if a positive case is reported.
 - We will use these details to contact you should you have been in contact with a positive case.
3. These updates will be reviewed again in mid-February and updated accordingly. Please stay safe, and get in touch if you have any questions or need any extra support.

If you have any questions or concerns please email manager@winchesterhub.org

Support and Frequently Asked Questions

I am on the volunteering module - what will happen to my assessment?

The University has issued guidance that no one's grade will be impacted if you haven't been able to complete your hours or start your volunteering. **However, if this is the case you do need to contact your module leader and [Naomi Irving](#) to make them aware of the situation.**

I have expenses to claim from volunteering - can I still claim my money?

Yes - staff will not be in the office consistently so you cannot claim in the same way as usual (at expenses drop-in sessions) but you can still claim your money. We will be moving to an online system whereby **you should fill in [this form](#)** (make a copy to put your details in!) detailing your expenses and email it to hello@winchesterhub.org (along with photos of your receipts attached) and you will be reimbursed by bank transfer. Please note that it will take longer for your expenses to get reimbursed so please allow three weeks for your expenses to come through. We apologise for the inconvenience this may cause.

I am stressed about COVID-19, amongst other things, is there any help I can get?

It is entirely understandable to feel heightened stress, anxiety, and other mental wellbeing concerns during this time. Please find some guidance for wellbeing support below.

- **Student Minds:** a student mental health charity with a variety of resources to help you, a family member or a friend. I have listed some below but I recommend going through their website [here](#) to find out more.
 - Student Space: this is a bank of resources to help you through the challenges of coronavirus, including studying during coronavirus, friendship and social life, wellbeing and grief and loss. There is also phone, live chat, email and text support available for students. Please look at all their resources and contact details [here](#).
 - Peer Support Programmes: they run groups so that students experiencing mental health difficulties have access to a supportive environment in which they can talk about life and university. You can find out more about peer support programmes [here](#).

- **Nightline:** this is a confidential, anonymous, non-judgmental, non-directive and non-advisory support service run by students for students. Lines are open from 6pm-8am during term time.
 - Call: 0207 631 0101
 - Text: 07717 989 900
- **Hub Brew** is a weekly Teams Hangout to openly talk about wellbeing. The space is provided for students to meet new people, have a chat about how they are doing and connect remotely. To join a Hub Brew or to find out more, click [here](#).
- **Winchester Student Services** offer a variety of financial, housing and general student support. At the moment, the Wellbeing team are offering the services below, of which more information can be found [here](#).
 - On the day bookable appointments
 - One-off and on-going counselling or mental health advice (both face-to-face and remotely)
 - Email counselling
 - Workshops on a variety of topics about mental wellbeing
 - Signposting to other services within the community and self-help materials
 - Help to manage urgent mental unwellness
 - Liaison with external agencies

I feel unwell - what should I do?

Winchester Hub follows Government and University guidance on this. You can find their official announcements below:

- [Government guidance](#)
- [NHS guidance](#)
- [University guidance](#) and [FAQs](#)

Please note that you can choose to self-isolate at any time and if you feel even mild cold/flu like symptoms then we recommend this.

If you have any further questions please don't hesitate to get in contact with us!