

## Spratton Parish Council Update – Coronavirus

As most of you will be very aware, COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus. Symptoms can include a high temperature and/or a continuous cough.

As the Parish Council, we would like to extend our best wishes and support to everyone in the village at this time. It's been very heartening to hear many of the stories of people offering help to neighbours and we hope this will continue.

There are services available to those that need them including;

NHS 111 **online** if you present with any of the below symptoms.

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

You can also use NHS 111 **telephone** service if you present with any of the above symptoms and **do not** have access to the internet



### Able and willing to help your neighbours?

If you are under the age of 70 and wish to help your community, we have seen the below card being used. If you wish you can complete the card and give to a neighbour or someone you believe may otherwise feel isolated.

**HELLO!** If you are self-isolating, I can help.

**My name is** .....

**I live locally at** .....

**My phone number is** .....

**If you are self-isolating due to COVID-19 I can help with:**

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

To find out accurate and up to date information you can visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#information-about-the-virus>

**A word of caution** - Do **NOT** accept any offers of help from people you don't know.

To contact Spratton Parish Council telephone 07715651904 or email [clerk@sprattonpc.org.uk](mailto:clerk@sprattonpc.org.uk)

## Local organisations' free offers for older or vulnerable people

Flat Cap Cabs : Offer to pick up medicines or shopping. Tel: 07850 450 159

Saul's Butchers : Offer to assist where they can. Tel: 01604 827214

Spratton Stores: Offer to assist where they can. Tel: 01604 847287

## Spratton Cares - set up by local residents

If you are self-isolating due to Coronavirus and Covid-19, we do not want anyone to feel alone and that no one is on hand to offer help and support. For those of you on Facebook, you may have seen that members of the Spratton Let Us Know community group have offered their help for anyone who needs it.

Below is a list of names and phone numbers of people living in the village (or surrounding villages in some cases) who are able to help with anything from shopping to dog walking to popping and having a chat through a window if you just want to see a friendly face! Please don't feel that you can't ask for help as we are all here to support the village during these difficult times.

We have also set up a Facebook group to co-ordinate any requests for help so if the person you contact is unable to offer help they will be able to pass your request on to the rest of the group – rest assured there will always be someone who will be able to help, even as more people have to go into isolation. If you are online and would like to join the Spratton Cares Facebook group please visit: [www.facebook.com/groups/214358906639948](http://www.facebook.com/groups/214358906639948)

The Spratton Let Us Know Facebook page is also available to join at:

[www.facebook.com/groups/1166122223550369](http://www.facebook.com/groups/1166122223550369)

Please do pick up the phone or send a text to any of the people listed below who have offered their support. We are all in this together!

Kate Owens	07881 912693	Kerrie Lloyd	07846 098736
Ellen Goody	07538 054634	Emma Pavli	07495 449577
Laura Slack	07890 104573		
Charlotte Hatt	01604 843246		
Jo Rutherford	07901 514583		
Gaynor Eyles	01604 842576		
Lise Budd	07984 150028		
Vicki Stokes	07913 070048		
Laura Allsopp	07748 184845		
Jo Bishop	07810 524813		
Pete Atwill	07426 309956		
SteveLizTee	07785 451661		
Emma Brown	07511 782334		
Helen Strickland	07853 578433		
George Matts	07894 336626		
Natalie Key	07968 440801		
Bex O'Brien	07809 114226		
Lucy Marie Haynes	07393 324549		
Issy Spiers	07764 802114		
Jodi Gaywood	07930 513848		
Vicky Skinner	07779 096797		
Helen Scott	07464 948733		
Lily Fitzpatrick	07527 221972		