

CORONAVIRUS HELP FOR SELF-ISOLATION



Over the coming days weeks and months some of our community will be required to self-isolate. Let's help each other, as best we can, to get through this together – the more volunteers we have, the stronger we are as a community.

It is envisaged that volunteers could carry out activities for those in isolation, such as picking up shopping, posting mail, collecting essential prescriptions or just a regular friendly phone call.

Please only accept help from someone you know you can trust.

IF YOU WOULD LIKE TO VOLUNTEER OR REQUIRE ASSISTANCE,
PLEASE CONTACT THE PARISH CLERK ON 01256 592009 OR VIA
EMAIL TO CLERK@SHERFIELDPARKPARISHCOUNCIL.GOV.UK

STAYING INFORMED ABOUT CORONAVIRUS

Guidance is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable and isolated members of our community. For the most up-to-date information visit www.nhs.uk/coronavirus

Social Distancing

AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:

Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

A HELPING HAND FROM NISA LOCAL

From Wednesday 25th March, if you are self-isolating and are unable to leave your home, Nisa Local have offered to deliver groceries – please ring them on 01256 886013 with your shopping list at the ready (£20 max) and payment will be organised via bank transfer. A local volunteer or a member of staff at the shop will deliver your shopping to your doorstep. Please note – this is only for Sherfield Park residents who are self-isolating for medical reasons or who are within the vulnerable groups who are self-shielding.

DON'T FORGET – IF YOU WOULD LIKE TO VOLUNTEER TO HELP OUT OR REQUIRE ASSISTANCE PLEASE CONTACT THE PARISH CLERK ON 01256 592009

If older parishioners have concerns about Coronavirus, or anything else including welfare, care or housing, they can contact **Age UK's free advice line on 0800 678 1602.**

Sherfield Park Parish Council is encouraging residents to stay connected by asking you all to share the form below with your neighbours. Additional copies can be downloaded from the Parish Council website or by ringing the Clerk.

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 precautions to ensure you are spreading only kindness. Avoid physical contact. Items should be left on your doorstep.



Make those around you aware that you are self-isolating...

Please be aware I am self-isolating

Please ring the door bell and leave deliveries as stated below

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