

Help from the Shipdham Surgery

NHS has advice for self-isolating at: www.nhs.uk/coronavirus

- If you are staying at home you should try to avoid allowing social visitors to enter your home
- If you need a prescription please contact the surgery (01362 820225) and we will try to deliver it to you
- Wash your hands regularly for at least 20 seconds
- It is sensible to have some paracetamol at home (unless allergic to it or already taking full doses of it through other medication)

Help from the Parish and the District Council

The village website, Facebook pages and Nextdoor are updated regularly. Your bins will still be collected but this may be on a slightly different day than usual.

Use the telephone numbers below if you want help, or can offer help to others (please remember to leave a contact number if you leave a message):

Main number:	07731 843061
June Smith:	01760 440953
Carole Playford:	01362 822154
Lynda Turner:	01953 889075
Paul Hewett:	01362 820354

You can also talk to any Parish Councillor or member of the Shipdham Community Emergency Plan Committee: details are in the Shipdham News or online at www.shipdham.org.

Help from All Saints' Church

All Saints' will not be holding services for the foreseeable future but will be open, and Rev Gill can be contacted on the phone. At the back of the church is an information area and a box where people can put requests for help and offers to help. This will be checked every few hours.

Contact details for All Saints' are:

Gill Wells:	01362 822404
Doreen Fotherby:	01362 821481

If you want help:

Please let us know if you want any help by calling any of the numbers on the previous page.

If you cannot leave your home, please stick this form to your letterbox for the Shipdham Royal Mail to collect.

Alternatively drop this (or get someone else to drop it) in the box at the back of the church.

Remember, it is your home and you do not have to agree to anything a visitor may ask or tell you to do.

Only allow someone you know and trust to have access to your personal details.

Please note that we are all trying our best so be patient!



Name:

Address:

Telephone:

Email:

I need help with:

Emergency shopping Picking up a prescription

Someone to talk to on the phone Something else

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If you can help others:

Please let us know if you can offer help either in person or on the phone. Please note that you also need to look after yourself and your loved ones, and need to take precautions if you are moving around as you may be inadvertently spreading the virus to someone else who may be less immune than you.

- Please keep a look out for neighbours, especially if they are elderly, infirm or vulnerable
- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home for them to collect, don't deliver in person
- Where possible, give support over the phone and make use of social media

Important notes/numbers for me

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Staying safe: Staying connected

A guide for Shipdham residents, for the elderly, for the vulnerable, for those who are nervous, for those who are lonely, and for those willing and able to help others during the current COVID-19 outbreak

Printed and published by
the Shipdham Emergency Planning Team
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Introduction

This short guide is designed to help those at home, and those who want to help. In printing this leaflet we are trying to co-ordinate calls for help, and offers for help, to make sure no one is missed out: we are trying to make sure our community stays safe, and stays connected. If you are already being a good neighbour to those in need, thank you.

Current information about COVID-19

Information is being updated daily: keep an eye on the News, and don't always believe everything that appears on social media. Be very cautious if anyone contacts you about the coronavirus and asks you for money.

For current, trusted information on-line, please go to:

www.shipdham.org/parish-council/emergency-plan-covid-19-advice/

www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public