

Throwleigh Parish Council

Let's all regularly check on our neighbours

Over the coming days, weeks and months, it's likely that some of our community will be required to self-isolate. Let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s).

We thought it would be nice to follow the initiative started in Cornwall to spread kindness and offer help to those who may not like to ask for it. At the back of this leaflet, you will find two cut out cards that may be useful to offer help to a neighbour who you may be concerned about.

If you are self-isolating and do not have help from anyone else, please contact us and we will find a way to get help to you.

Parish Council Contact details

Mrs Kate Graddock - Parish Clerk

Email: throwleighclerk@outlook.com / Tel: 07703 050496

Chairman Cllr Jackie Crawford jackie@abbyford.co.uk 01647 231103		
Vice Chairman Cllr Julian Wisniewski jwisniewski@btinternet.com 01647 231252	Cllr David Hayes dhayes8684@gmail.com 01647 432344	Cllr David Jordan dave.jordie@gmail.com
Cllr Draeyk van der Horn parishcouncillor@draeyk.com 07595 434624	Cllr Duncan Vincent kevinherd@gmail.com 01647 432283	Cllr Ann Warwick-Oliver kim@btinternet.com 01647 231303

Keeping up to date about Coronavirus

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information. The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus

NHS 111 online service

available at www.nhs.uk/coronavirus

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if:

you feel you cannot cope with your symptoms at home

Your condition gets worse

your symptoms do not get better after 7 days

Please only call 111 if you cannot get help from the online service

Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember:

Watch out for scam messages:

- Don't click on the links or attachments in suspicious emails.
- Never respond to unsolicited messages and calls that ask for your personal or financial details.
- Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a fraud or a scam: ActionFraud.police.uk / 0300 123 2040.

Hello, If you are self-isolating, I can help!

I live locally at _____

My phone number is _____

If you are self-isolating due to Coronavirus, I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Posting Mail | <input type="checkbox"/> Urgent Supplies |

Just call or text me and I'll do my best to help (for free!)
Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring nobody enters your hours while you are self-isolating.

Thank you
Throwleigh Parish Council

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