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Dear All,

Coronavirus (COVID-19) – Chirbury and Worthen Division

I am concerned that there are a growing number of people in our communities who are self-isolating in their homes, or will be, for a variety of reasons:

They have coronavirus symptoms or a member of their household has.

They have underlying medical conditions which make them more vulnerable to a more severe impact if they acquire the virus and/or;

They are over 70 and hence may be vulnerable to a more severe impact if they acquire the virus.

If you are self-isolating or reducing social contact I want you to know that that there are local people in our area who are volunteering to assist you. Many of those affected may already have a network of family, friends and neighbours to help or may already be receiving services from an appropriate charity or other agency. However, if you require more or don't have access to such services then please get in touch. This support, from people in your community, may include:

Help with shopping, food and collecting prescriptions;

Keeping in touch on a regular basis;

Befriending – personally, at a safe distance, or by phone;

Signposting to advice and guidance around welfare issues;

Occasional practical help where possible.

Over the next few weeks and months I will be working to support you with a local team, the coordinators and volunteers from throughout the area, to ensure that as the crisis moves forward everyone gets the help that they need.

If you need help please contact 0121 318 5138 (this is a local team number!) between 9am and 4pm or email: worthencovid19@gmail.com

If you are able to offer voluntary support please contact me or use the email above.

Alternatively, please contact me on 07980 635518 or email heather.kidd@shropshire.gov.uk on Whatsapp or via my Facebook page on Messenger and I will put you in touch with the right support.

Best wishes

Heather

Heather Kidd Shropshire Councillor for Chirbury and Worthen Division



OTHER INFORMATION

Support and reassurance...



The team can also be contacted by email worthencovid19aid@gmail.com At the time of printing the number is manned 9:00 am to 4:00 pm weekdays You will talk to the local team despite the Birmingham number!! Astons Bent Lawnt Binweston Brockton Chirbury Gravels Hope Marton Pennerley Priest Weston Snailbeach Stiperstones The Bog Worthen and the areas in between too many to mention

Social isolation

Many people may feel very socially isolated during thi difficult time and whilst local volunteer support will try help with this there are also a number of national support services which you may find useful:

Age UK Call in Time is a national service where a volunteer befriender telephones a person aged 60 or over at an agreed time for a chat. Calls last around 3 minutes. Contact 0800 678 1602.

The Silver Line offers a weekly telephone call to peo aged 55 and over. Calls last around 30 minutes and take place on the same day, and at the same time, ea week. Contact 08004 708090.

Independent Age offers a telephone call with a volunteer befriender. Contact 0800 319 6789. In addition there are specific telephone support services for people with a visual impairment,

The local Chirbury and Worthen group here will also give you a regular ring if you would like.

Keeping up to date

To keep up to date with daily news from Shropshire Council you can register to receive newsroom updates <u>https://newsroomshropshire.gov.uk</u>

Scams and nuisance calls

Every year thousands of people fall victim to fraud and scams. Unfortunately during times of crisis this will continue especially where people are feeling more vulnerable and isolated. Please be extra vigilant. If you need additional support please use the contact numbers in this letter or contact your family, friends or neighbours. Further information on scams and nuisance calls can be found at <u>www.shropshire.gov.uk</u>

Transport

Many bus and train services are now operating on a reduced timetable or cancelled altogether as is the 552/553. If it is essential that you travel by public transport, for example in order to get to work, please check the latest timetables. Tanant Valley operate the 558 from Montgomery to Shrewsbury. That is still running at present.

Local support and food delivery

Chirbury, Marton and Stiperstones shops are all delivering to the locally isolated and vulnerable. They are also taking orders from local residents for many basic foods. Opening times have changed during this crisis. Please see my website. Or Facebook.

The following Pubs are also operating a take away service at variable times. The Herbert Arms, Chirbury, the Stiperstones Inn, The Miners Arms, Priest Weston and the Stables Inn, Hopesgate.





Clir Nigel Hartin 14 Ladywell, Bucknell, Shropshire, SY7 0AZ Email: Nigel.hartin@shropshire.gov.uk mobile 07583962292

Dear All,

Coronavirus (COVID-19) - Clun Division Community.

Lots of people will be concerned that there are a growing number of people in our communities who are selfisolating in their homes, or will be, for a variety of reasons:

- They have coronavirus symptoms or a member of their household has.
- They have an underlying medical condition which make them potentially more vulnerable to a more severe impact if they acquire the virus and/or,
- •They are over 70 and hence, may be vulnerable to a more severe impact if they acquire the virus.

Recent Government guidelines indicate that there will soon be a rapid increase in the numbers who are greatly affected and confined to their home.

If you are self-isolating I want you to know that that many people in Clun division are volunteering their support to assist you. Many of those affected will already have a network of family, friends and neighbours to help or may already be receiving services from an appropriate charity or other agency.

However, if you require more or don't have access to such services then please get in touch.

This support, from people in your community, may include:

- Help with shopping, food, prescriptions, postage, pet care;
- Keeping in touch on a regular basis;
- ·Befriending personally, at a safe distance, or by phone;
- Advice and guidance around welfare issues;
- ·Occasional practical help where possible.

I will be working with a team of coordinators and volunteers from throughout the area over the next few weeks & months as the crisis moves forward. Please get in touch if you think we can help you and/or yours or if you want to learn more – I have included a list of community contacts on the reverse of this leaflet so you can make direct contact with those able to help nearest to you or if you wish you can contact me directly & I can put you in touch with the right support.

Also, please respond if you know of anyone who might be in difficulties or if you are able to volunteer to help.

Best wishes

NIGEL HARTIN

Nigel Hartin Shropshire Councillor for Clun Division

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SOURCES OF HELP ACROSS OUR AREA

BUCKNELL

PRESCRIPTIONS

Mike Starr (01547 530179 or 07577 549896)) will be the liaison point for Leintwardine and Knighton surgeries; and Geri Jackson (01547 530137) has taken Clun.

GROCERIES and OTHER 'LIFE ISSUES' (e.g. non-grocery shopping, dogs, etc): Jenny White (01547 530107) has kindly taken on this as a 'signposter' - pointing people in the right direction, making introductions to some of the Younger/FaceBook folks.

SOCIAL ISSUES (e.g. Loneliness, worries, etc): Jonathan Kemp (01547530398 07904294401) - again as a signposter.

CLUN

Call Clun Good Neighbour Scheme on 01588 640016, Chrissie Verduyn 07976 733164, Mary Eminson 640921 Jane Kent 640642 or Joan Kerry 640401 email: clunvgn@gmail.com

Good Neighbours Scheme runs a helpline (640016) every weekday morning. In the current crisis, they are planning to extend this to include weekends. Good Neighbours can help with a range of tasks, such as collecting prescriptions, shopping and offering support

CLUNGUNFORD

Clungunford Parish Council will be organising assistance to affected residents. The aim of the Parish Council and the PCC is to set up a rota of volunteers to help by getting groceries, collecting prescriptions, dog walking. Contact Jonathan Roberts on 01588 660673: Clungunford House, Clungunford, Craven Arms SY7 0QL and jonathan.roberts@morgoedestates.com

BETWS Y CRWYN

Contact Val Whately on Tel: 01547 510681 Mobile: 07970 64493 Also Facebook: <u>https://www.facebook.com/groups/649752072494803/</u>

Offers of voluntary help to any of these groups would be gratefully appreciated.

NB Above information not exhaustive but as supplied to Nigel as we go to print.







REMEMBER TO USE OUR LOCAL SHOPS DURING THESE TROUBLED TIMES - MORE CONVENIENT AND FREQUENTLY BETTER STOCKED THAN THE SUPERMARKETS!