



## *March 2020 Coronavirus Newsletter*



### ***What to do***

**Follow the advice of the government** about staying home, isolating, and general safety. See useful information below for further details.

***If you can – lend a hand***

### **Look after your neighbours, friends and relatives**

If you are able and healthy, keep an eye on your friends, relatives and neighbours. Keep in contact by telephone or assist with essential shopping, or shopping on-line etc whilst following government guidelines, maintaining social 2 metre distancing, washing hands and minimising surface contact.

If you know of someone who requires help, and you can't provide assistance, because you too are self-isolating, advise your neighbour, friend or relatives to contact the Hempnall Covid 19 Mutual aid volunteer on the leaflet already distributed, or one of the help lines below, or contact them on their behalf.

### **Volunteer**

Whilst we have all been told to stay home, for many of us there are exceptions to do essential shopping (if on-line shopping is not available), etc.

Some will have been advised to stay at home completely, either for reasons of being vulnerable or having signs of the virus, and will need assistance.

The need for volunteers will only increase, so if you are healthy, and not in a high risk group, please help. Contact Hempnall Covid-19 mutual aid group through Facebook.

## ***What's happening in my village?***

**Hempnall Volunteer Facebook Group** (Hempnall Covid-19 Mutual Aid) has been set up by local volunteers to assist with; shopping, collection of prescriptions, posting mail, walking the dog. You will have received a leaflet with their contact details. If you are staying at home and unable to go out at all, please contact the person on the leaflet for help.

It is **NOT** a medical or care group – you should contact your usual provider.

**For your safety;** volunteers will not ask to come in – they will knock and retreat. Do not open the door unless you are sure that they are the person that arranged delivery, or a trusted friend. If in doubt, ring the number provided. Always wash your hands properly afterwards.

**For your security;** NEVER GIVE YOUR SECRET PIN NUMBER OR CARD TO ANYONE. When shopping online or over the phone please exercise good financial practice. NEVER GIVE MONEY TO ANYONE AT THE DOORSTEP BEFORE RECEIVING YOUR SHOPPING.

### **Local food bank**

The coming weeks may be difficult. If you have spare food, particularly non-perishable, or can buy an extra tin, or two, please donate at the Church, or the rectory.

### **GP Surgery**

Millgates Surgery Hempnall is **NOT** running any clinics. If you have a medical need contact Old Mill Surgery, Poringland on 01508 492929.

Hempnall Pharmacy is open to collect prescriptions Monday 15.00-18.00. Tuesday 09.00 – 12.00. Wednesday 09.00-12.00. Thursday closed. Friday 15.00-18.00

## *Useful information*

### **Volunteer group -Hempnall Covid-19 mutual aid**

[www.facebook.com/Hempnall-Covid-19-Mutual-Aid-UK-103249151315273/](https://www.facebook.com/Hempnall-Covid-19-Mutual-Aid-UK-103249151315273/)

**Hempnall Parish Council** – Hamish Rose 01508 498486

**Hempnall Trust** – Chairman John Kelly, 01508 499097

**South Norfolk District Council** Community Help Hub, for financial, housing, care, support etc, 01508 533933

**NHS Website** - [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) , or if you can't get online ring 111

**Government Website** - [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**Age uk** – 01603 496333 **Citizens advice** – 03444 111444

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David Hook – Chairman	01508 498187	hookd74@yahoo.com
Hamish Rose	01508 498486	hamishandgeorgina@btinternet.com
Ian Nelson - Clerk	01508 498467	theclerk@hempnallpc.org

HPC now available "virtually" all the time at [www.hempnallpc.org](https://www.hempnallpc.org)

Write to the Clerk at Karinya, Bungay Rd, Hempnall, Norwich, NR15 2NG. [theclerk@hempnallpc.org](mailto:theclerk@hempnallpc.org)