

Good Neighbour Groups to support people who are self-isolating

The Parish Council had an emergency meeting on 17 March to determine how to support sick, vulnerable and self-isolated people in our community if they have no-one else to turn to during the Coronavirus (COVID 19) outbreak.

Many people in the parish already have networks of family, friends and neighbours who help them and these will be even more important in the coming months. However, people who don't have a local network may need help so we are co-ordinating the set-up of 'Good Neighbour Groups'. This scheme is recommended by the Neighbourhood Watch organisation and has been shared with our local policing team.

Each road or area in the Parish will have one or two people who will give everyone in their Good Neighbour Group a phone number to call if they need help. The aim is for each Group to be self-supporting by helping each other but in cases where the Group needs extra support, they can contact the Village Co-ordinators who are:

For Lutton: Christine Smith 0797 4812657

For Cornwood (including Corntown): Preston de Mendonca 0777 8878817 or 01752 837657

This article is being written on 18 March so by the time you read this at the end of March, your Good Neighbour Group contact may already have been in touch with you. If you are worried or unsure about the person who contacted you, please call your village co-ordinator (phone numbers above) and they will confirm the name of your contact.

**If you need medical advice please contact NHS 111
and in an emergency always call 999.**

Shopping

If you have to self-isolate; there are several ways to get food delivered to your doorstep (this is the best information we have at time of writing):

- On-line shopping. Many of you already do this and should continue to do it if you have to self-isolate. The major supermarkets are currently organising themselves to better serve the massive increase in on-line food shopping so the availability of delivery slots and food choice will hopefully improve.
- By phone. If you cannot order food using the internet, here are some options for ordering by phone:
 - Sainsburys for full supermarket shop: 0800 917 85557 Monday-Friday 9-5pm
 - Wiltshire Fresh Foods for frozen meals: 0800 077 3100
 - Oakhouse Foods for frozen meals: 0333 370 2514
 - Cornwood Village Store for essentials and treats: 01752 878885
- If you cannot use any of these options or need other help, then it's time to call your Good Neighbour Group contact
- Remember that you can get cash from the Cornwood Post-Office. At time of writing it is open on.....

Sources of Information

There are many instances of fake news winging their way around social media; email and even newspapers. They often refer to a sister who is a nurse in the NHS or a doctor friend and give advice on how to check if you have Coronavirus (COVID 19) or even how to cure the virus. Please treat any such information with healthy scepticism and do not pass it on until you have double checked the source. Trusted sources include:

- NHS 111 to check coronavirus symptoms and advice on what to do if you have <https://111.nhs.uk/covid-19>
- Public Health England for latest information about the virus <https://www.gov.uk/government/organisations/public-health-england>
- Devon County Council for the latest information on schools; help for businesses; care home advice and transport <https://www.devon.gov.uk/document/coronavirus-advice-in-devon/>

The UK's Fraud Prevention Service is advising:

- Be sceptical if you receive an email, text or WhatsApp message about the Coronavirus, and never click on any attachments or links
- Never provide personal data such as your full name, address and date of birth – scammers can use this information to steal your identity
- Don't allow yourself to be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram
- If you think you've been the victim of a scam, then speak to your bank immediately and report any fraud to Action Fraud on 0300 123 2040

As things change...

The situation is changing very quickly so please keep up to date with government advice and recommendations by watching or listening to the news once a day. The Parish Council will provide updates on the Good Neighbour Group scheme using the Cornwood and Lutton Facebook page; the Village Magazine and posters on noticeboards.

Be a Good Neighbour

This is without doubt an uncertain time for us all. We have the advantage of living in a fantastic community that has always provided amazing support to people who most need it. By being good neighbours we can make sure that no one in our parish goes without life's essentials. Stay safe everyone.

From Cornwood & Lutton Parish Council