

Coronavirus - second Advice Note from the Milton Damerel Parish Emergency Plan Team

Dear All

Following our first Advice Note in mid-March, the Coronavirus pandemic has been developing and Government advice has changed.

Please stay at home to protect yourself and others; do call your neighbours, family and friends for support. You can help protect yourself by regular and thorough hand washing, not touching your face (especially eyes, nose and mouth), keeping a 2 metre distance from people outside your household and only undertaking the most essential journeys outside of your home. People in the higher risk categories should be especially careful and ensure any deliveries are disinfected or left to stand for at least 48 hours for any surface contamination to be removed.

The response to our call for volunteers was fantastic and between the Parish Emergency Plan (PEP) team, volunteers and the Parish Council – we now have over 20 people who can help the most vulnerable with food collections and medicine deliveries. A few of the above are listed below and are willing to help:

Christian Whitley, PEP Coordinator - <u>christian.whitley@btinternet.com</u> can put you in touch with those who can assist, including collection of medicines from Boots; Rob Stennett - Tel: 261184, can assist with collection of medicines from Lloyds; Edgar Pett - Tel: 261277, is happy to assist by phone in helping others get help; Josephine Woodcock -Tel: 261672 is happy to have a friendly chat if you are feeling lonely or need help with shopping on-line; Steve Moyse, Chair of the Parish Council - Tel: 07966 671543 can help mobilise local assistance; all other members of the PEP team, volunteers & Parish Council are also willing to assist whenever possible.

Blackberry Farm Shop has been doing a great job in providing food and household supplies through either their contactless drive-through or home delivery services. A full stock list is available by e-mail from <u>lizzy@lizzyslarder.co.uk</u>; if you would like to place an order, please contact Lizzy via Facebook messenger or Tel: 261440

It is important that we continue pulling together as a community during this difficult time and that we keep in regular contact with our neighbours, friends and family. Please keep talking to all your neighbours and friends to make sure they are OK.