

## Fangfoss, Spittal and Bolton Coronavirus Support Newsletter 25 March

**Contact details** requests for help, Pamela Broughton 01759 368125 or 07785 536679

Dear Neighbours,

A lot has happened since our last leaflet was sent out. We are now faced with being at home for many weeks so it is even more important that everyone knows there are people here to support you. I am sorry this newsletter is quite long but there is a lot to say at this time. Please read it so that you are fully aware of what is going on in your village.

Most of you will be aware, but it is worth repeating, that the government has announced that we must all stay at home and only go outside for food, health reasons, exercise (once a day) or work (where this absolutely cannot be done at home). We must not go out if we are over 70 or have a health condition that requires isolation from others – and our families must join us in isolation or live in a separate part of our houses. Gatherings of more than two people are prohibited, and everyone should stay 2 to 3 metres away from anyone they meet when outside the home (social distancing). The purpose of these measures is to slow down the spread of the virus and thus help the NHS to deal with the volume of extreme cases. The government website [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) has more details.

Those who develop symptoms of coronavirus (a new continuous cough, a high temperature) must stay home and isolate from others. If you are unsure how to self isolate and you do not have access to the internet (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>) then please give us a call and we will talk you through what you need to do.

Despite all this there are a number of positive things to tell you about.

Firstly our request for volunteers has been very successful. We have over 15% of the households in Fangfoss, Spittal and Bolton offering support – that is better than 1 in 7 houses – and of course many of those have more than one person available to help. This is amazing and just shows what a great community we live in. We do understand that it is hard not to be independent, particularly for the over 70s and those who feel they are “fighting fit”, but on this occasion we would ask that for the good of the whole community people comply with the government rules So don’t hold back if you need help please ask. We have volunteers wanting to help you.

We are delighted to inform you that thanks to Costcutter and Sally & John at the Carpenters Arms **we are going to have a pop-up shop** located in the pub carpark from late Friday (27<sup>th</sup>). It will be open 7 days a week from 9am to 6pm. Please be aware of the “no more than two people rule” and queue outside well apart if necessary.

This weekend The Carpenters Arms will be open for off-sales (they have a licence and the government has declared off-sales to be an essential service). They will open on Friday from 5pm to 9pm and Saturday & Sunday from 3pm to 9pm (27<sup>th</sup> to 29<sup>th</sup>). They will be putting measures in place to ensure customers stay at least 2 metres apart so please be patient if you have to queue outside. This weekend will be a trial and depending on take up

and feedback they will open again on other weekends. They will also be gauging what interest there is in the village for take away food. One of the problems they are facing, due to supplier shortages, is the availability of take away containers for drinks so if you have one of your own or a suitable alternative do please take it with you so that they can pour you a pint or two to take home! Please remember that you should not gather around the pub.

We are very happy to collect your repeat medication or drop off your repeat prescriptions. We will need to collect repeat prescriptions from you 7 days before you need the medication and we need a few days' notice to collect medication so that we can coordinate with our volunteers. We will need your name, address and phone number.

We can also take items to the post office but again give us a couple of days' notice.

It is important to talk during this difficult time and our volunteers are happy to give you a call and have a chat, don't forget most are stuck at home too and would be happy with a bit of distraction.

Many of you will be spending additional time in your gardens so we are looking at how we might set up an exchange of unwanted plants and seeds, so don't throw them away – we will let you know when we have something in place.

Finally a few things to feel positive about.

- We live in a beautiful place in the countryside so your permitted once a day exercise can be taken in fantastic surroundings where it is possible to keep well away from others.
- It is spring and the gardens are magnificent at this time of year with all the spring bulbs.
- The clocks go back on Sunday but for most of you it doesn't matter as you have plenty of time to lie in and catch up with the lost hour.
- The pleasure and art of letter writing may return
- And, perhaps most importantly people care about you as the number of our volunteers shows.

Supported by  
Fangfoss with Bolton Parish Council and St Martin's Church, Fangfoss

**Contact details** for volunteers (we can't have too many) or requests for help

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