

## **Community Response - Support and Help during the Corvid-19 Pandemic**

We find ourselves in an unprecedented position, and the affects of the Coronavirus are changing on a daily basis. Here are a few ideas and suggestions as to how we can as a community work together to help and support one another:

1. **Find a phone buddy** - while things are relatively calm, make an arrangement with a FRIEND OR NEIGHBOUR to call each other every day or every other day. Try to match up with someone of a different age bracket. That way if one of you falls ill, someone knows, and they can provide support through (for example) bringing emergency supplies, or helping access information, especially if one of you is not computer literate. If an older person is intentionally socially distancing themselves, a quick phone call will help with isolation and boost morale.

We will not release the details of anyone who is vulnerable or elderly, nor can we match people up with strangers, even if well-meaning - this is basic Safeguarding practice, and is just as important in protecting people. However, you are already best placed to know the people who live around you. This is the time to reach out and make connections.

2. **Volunteer** - the COMMUNITY TRANSPORT SCHEME is run by Kathy Brown which currently needs more volunteers. It offers anyone who needs it a lift to local hospitals, doctors, dentists and to pick up prescriptions. Please contact Kathy on [kathybrown207@gmail.com](mailto:kathybrown207@gmail.com) if you would like to offer to help.

3. **Shopping** - Costcutter, the VILLAGE SHOP will take orders over the phone and drop things off to housebound people.

Tel: 01342 810234

Monday - Wednesday 7am-7pm, Thursday - Saturday 7am-8pm, Sunday 8am-4pm

Or contact the local MILKMAN - Rays Dairy Tel 01293 873 231

If you don't have a phone, and are unable to use these services, please contact Mthr Nicol on 01342 810 183 or [mother.nicol@gmail.com](mailto:mother.nicol@gmail.com) and she will find someone to help you.

4. **Financial support** - THE JOHN SMITH FUND exists to show a hand of friendship in times of need. If anyone finds themselves in financial difficulty over the next few weeks/ months please get in touch via [thejohnsmithfund@gmail.com](mailto:thejohnsmithfund@gmail.com) - the fund can give village shop vouchers towards groceries or coal and put small amounts on heating bills.

5. **Current medical advice** - advice is changing regularly so please CHECK UPDATES  
In mild cases, (a high temperature and a new continuous cough) stay at home for 7 days  
More information on: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days:

Use the online 111 system: <https://111.nhs.uk/covid-19>

Or call 111 (only if you cannot help online)

Health Clinic Numbers:

Crawley Down - 01342 713031

Ship Street - 01342 325959

Ashdown Forest, Forest Row - 01342 822131

6. **Don't struggle alone** - there are lots of people in our community who are ready and willing to help you. Please in touch.

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