

# Berrynarbor Parish Council

## Let's all regularly check on our neighbours

Over the coming days, weeks and months, it's likely that some of our community will be required to self-isolate. Let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s).

We thought it would be nice to follow the initiative started in Cornwall to spread kindness and offer help to those who may not like to ask for it. At the back of this leaflet, you will find two cut out cards that may be useful to offer help to a neighbour who you may be concerned about.

## Parish Council Contact details

**Mrs Victoria Woodhouse - Parish Clerk**

**Email: [clerk@berrynarborparishcouncil.org.uk](mailto:clerk@berrynarborparishcouncil.org.uk) / Tel: 07815 665215**

**Chairman**

**Cllr Adam Stanbury**

[adamstanbury@berrynarborparishcouncil.org.uk](mailto:adamstanbury@berrynarborparishcouncil.org.uk)

01271 882252

**Cllr Gemma Bacon**

[gemmabacon@berrynarborparishcouncil.org.uk](mailto:gemmabacon@berrynarborparishcouncil.org.uk)

01271 883341

**Cllr Martin Johns**

[martinjohns@berrynarborparishcouncil.org.uk](mailto:martinjohns@berrynarborparishcouncil.org.uk)

**Cllr Jody Latham**

[jodylatham@berrynarborparishcouncil.org.uk](mailto:jodylatham@berrynarborparishcouncil.org.uk)

**Cllr Nic Wright**

**Cllr Adrian Coppin**

[adriancoppin@berrynarborparishcouncil.org.uk](mailto:adriancoppin@berrynarborparishcouncil.org.uk)

01271 882647

**Cllr Bernadette Joyce**

[bernadettejoyce@berrynarborparishcouncil.org.uk](mailto:bernadettejoyce@berrynarborparishcouncil.org.uk)

**Cllr Lesley Lowe**

[lesleylowe@berrynarborparishcouncil.org.uk](mailto:lesleylowe@berrynarborparishcouncil.org.uk)

**You can obtain local information and help via the Berrynarbor Happenings Facebook Page**

**Please note this is not managed by the Parish Council and we do not review the content.**

## Keeping up to date about Coronavirus

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information. The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

## NHS 111 online service

**available at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)**

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if:

*you feel you cannot cope with your symptoms at home*

*Your condition gets worse*

*your symptoms do not get better after 7 days*

**Please only call 111 if you cannot get help from the online service**

## Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember:

Watch out for scam messages:

- Don't click on the links or attachments in suspicious emails.
- Never respond to unsolicited messages and calls that ask for your personal or financial details.
- Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

**To report a fraud or a scam: [ActionFraud.police.uk](http://ActionFraud.police.uk) / 0300 123 2040.**

## *Hello, If you are self-isolating, I can help!*

I live locally at \_\_\_\_\_

My phone number is \_\_\_\_\_

If you are self-isolating due to Coronavirus, I can help with:

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Posting Mail        | <input type="checkbox"/> Urgent Supplies       |

Just call or text me and I'll do my best to help (for free!)  
Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring nobody enters your house while you are self-isolating.

Thank you

*Berrynarbor Parish Council*

## *Hello, If you are self-isolating, I can help!*

I live locally at \_\_\_\_\_

My phone number is \_\_\_\_\_

If you are self-isolating due to Coronavirus, I can help with:

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> A friendly phone call |
| <input type="checkbox"/> Posting Mail        | <input type="checkbox"/> Urgent Supplies       |

Just call or text me and I'll do my best to help (for free!)  
Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring nobody enters your house while you are self-isolating.

Thank you

*Berrynarbor Parish Council*