

UPDATE RE CORONAVIRUS (COVID-19) 18 March 2019

Houghton & Wyton Parish Council wants to assure residents that there are resources available during the current pandemic.

We encourage all residents to stay up to date on guidance from the Government, NHS and PHE. If you have concerns about your health, please visit the NHS online or call 111. In emergencies, call 999.

We further encourage all residents to partake in acts of kindness, such as checking on neighbours, especially the vulnerable. Remember while doing so to put their safety first by keeping physical distance.

If you are available to help residents in our community who need assistance with errands and other items, please contact the Houghton & Wyton Timebank (07484 524180, or houghtonwytontimebank@gmail.com). Those who need assistance should likewise contact the Timebank. Timebank membership is not required.

Home deliveries of food, prescriptions, and other essentials are available through Our Shop and the Timebank (see reverse). Relief from social isolation through phone calls or outside walks can be provided through the Timebank.

If you need assistance from the Parish Council on items not listed above, please contact us by mobile phone or email (see below). While our physical offices may not always be open, we are still working on your behalf. For your convenience, the Parish Council's homepage has been amended to include links to Government, PHE, and NHS websites; for Coronavirus information simply visit us at www.houghtonwytonpc.co.uk and click on the relevant links for the most current information from those bodies.

Thank you, and wishes of good health to all.

The Houghton & Wyton Parish Council



Our Shop is providing home deliveries of groceries and essentials to H&W residents in need.

Home Deliveries: If you need a home delivery, the procedure is:

1. Phone the shop, preferably in the morning, and tell us what you need.
2. We will find what you've ordered and work out the cost.
3. We will phone you. Have your bank card ready to pay over the phone.
4. We will aim to deliver your shopping the same day.

Note:

1. Please have a shopping list ready before you phone us.
2. Our suppliers have had some disruption but we will do our best to fulfil your order. We may substitute items according to what's in the shop.
3. Delivery times will depend on how many people are using the service.

Please be reassured that the staff and volunteers at Our Shop are here to help you through these difficult times. PHONE NUMBER: 01480 464732



The Timebank is here to help all H&W residents with the logistics and emotional impact of social isolation, regardless of Timebank membership.

Need help? Contact us by phone or email if:

- Your household, or another household you know, could benefit from delivery of food or other items that Our Shop indicates they cannot provide, or prescriptions
- You are self-isolating and would benefit from receiving a phone call or the opportunity to participate in a walk or other low-COVID19-transmission-risk activity

Want to help? Contact us by phone or email if:

- You would be happy to shop for and deliver items to another household
- You are happy to be on a phone roster to make calls to check in on those self-isolating
- You have other ideas about ways in which residents can support each other at the current time

We are coordinating with other village groups to ensure that everyone in our community is well looked after, and especially rely on the community to keep information flowing in regards to which households could use a bit of assistance! Thank you.

Lane Thompson, Coordinator, Houghton & Wyton Timebank
PHONE NUMBER: 07484 524180 / houghtonwytontimebank@gmail.com