

CORONAVIRUS

The Parish Council is aware that there will be much concern within the Parish about the impact this is having on people and that those having to self isolate due to displaying any symptoms of the virus or being in a vulnerable group due to age or medical conditions will feel isolated and worried about not being able to shop or collect medical prescriptions.

We are equally concerned about all these issues and are organising a group of volunteers who will do what they can to help those of you who need it.

If you need help with any of the following, please contact someone from the list below:

- Shopping – for basic essentials
- Prescriptions – collecting from Doctors / Chemists (NB Pharmacy must have been notified in advance, or prescription script made available to volunteers)
- Appointments – travel to essential appointments

Contacts:

1. Allan Wright	Beighton	01493 754125 / 07545 840599
2. Ian Dalby	Beighton	01493 752994 / 07751 679337
3. Emma Taylor	Beighton	07762 439923
4. Kate Ashcroft	Moulton	01493 751637 / 07947 726821

This list of contacts will also be put on the **Website, Facebook page** and **Noticeboards** and if any further volunteers come forward their names and phone numbers will also be added.

The Parish Council advises everyone to ***stay up-to-date with the latest advice on how best to stay safe by following the news reports.*** Any relevant further information to come directly to the Parish Council from local Government will be immediately put onto the Website, Facebook and Noticeboards.

Useful Information & Contacts:

www.gov.uk/coronavirus	Cornavirus (Covid-19) What you need to do.
norfolk.gov.uk	Norfolk County Council, the latest NHS & Public Health England advice. Also information on changes and disruptions to council services
Cantley Cock	providing take-away food. Ring up, place order, and collect. Payment using card machine or by cash. Tel: 700895
General Advice:	<ul style="list-style-type: none">* Wash hands frequently with soap and water• Cover mouth & nose with tissue or sleeve (dispose of tissues immediately)• Work from home where possible• Practice Social Distancing and Self Isolation where necessary• Do not have visitors, including friends and family

Anyone wishing to volunteer their help, please contact the Clerk, Jessica Jennings, on 01493 701901 or by e'mail at beightonpc@outlook.com