

Covid-19 (Coronavirus)

Help is available in Swaffham Bulbeck

The government is advising people to stay at home whenever they can to limit the spread of coronavirus, which is highly contagious and can be serious. Please avoid physical contact (2m distance). Wash your hands regularly.



Help is available in Swaffham Bulbeck if you are self-isolating or social distancing. Please **do not** visit Bottisham Medical Practice in person at this time.

Please have a look at the list below to see who your point of contact is. **If you are in need of help, please phone or text them.** They will contact a group of volunteers and someone will be along to help you as soon as possible. Join the WhatsApp group or speak to your point of contact if you would like to help as part of this community group.

The kind of help the volunteers can offer:

- Urgent supplies
- Picking up shopping
- Posting mail
- Dog walking
- A friendly phone call
- Check on you if you have coronavirus

Area	Contact	Phone number
Vicarage Close and Downing Court	Jane, Jamie, Sophie D	01223 813556
Park End	Amy	07795 975075
Commercial End	Chris	01223 812515 07503 291 862
Pound Way and Green Bank Road	Vicky	07769 707179
Archer's Close, Mill Lane and Fen Lane	Nat	07548 100591
Maryland Avenue	Angie	07710 968927
Quarry Lane and Heath Road	Stefanie	07961 292561
Frank Turner Court	Andrea	07887 565254 01223 813216
High Street from Park End up to the church	Amy	07795 975075
High Street from the church to Vicarage Close	Elizabeth	07896 497367
High Street from Vicarage Close up to the pub	Sophie J	07747866100
Station Road	Sue	01223 813635

Other help

Parish WhatsApp group

There is a mutual aid WhatsApp group for the village. Please join to offer help and request help. Type in the link below to join:

<https://tinyurl.com/SB-CV-chat>

County Facebook group

You can join this Cambs-wide mutual aid Facebook group to offer help and request help. Type in the link below to view the group:

<https://tinyurl.com/cambs-cv-fb>

Village Shop

The Village Shop can put together shopping from any lists which are dropped off – but this needs to be collected, paid for and delivered. Volunteers can help with collection (see other side). Payments **cannot** be taken over the phone. Please enquire at the shop for alternative payment methods.

Guide to social-distancing

Avoid	Use caution	Safe to do
<ul style="list-style-type: none">• Group gatherings• Visits to bars/restaurants• Sleep overs• Playdates• Visiting the elderly with children• Crowded shops• Gyms• Visitors to the home• Non-essential workers in the home	<ul style="list-style-type: none">• Visits to supermarkets• Visits to pharmacy• Visits to GP• Travelling• Check on friends and family safety• Public transport	<ul style="list-style-type: none">• Go for a walk• Jogging• Working in the home• DIY in and around the home• Reading• Going for a drive• Video calls• Phone calls

At-risk groups

These groups of people are particularly vulnerable to coronavirus, so take special care to keep them safe: elderly people, those with a history of lung disease, cancer patients, immuno-suppressed and immuno-compromised people, people with underlying health conditions.

How to wash your hands

Wash your hands for at least 20 seconds, roughly the time it takes to sing Happy Birthday twice!

Useful links

www.nhs.uk/coronavirus
www.gov.uk/coronavirus
<http://www.swaffhambulbeckpc.org.uk/>

Useful numbers

Non-emergency number: 111
Bottisham Medical Practice:
01223 810030