

# Covid-19 (Coronavirus)

Help is STILL available in

Swaffham Bulbeck



The government advice is to get a test if you have suspected Covid-19 symptoms (please see details overleaf). Please avoid physical contact (2m distance). Wash your hands regularly, and if using sanitiser ensure it has 70%+ alcohol content. Please wear a face mask in public places unless you are exempt from doing so.

**Help is available in Swaffham Bulbeck if you are shielding, self-isolating or minimising contact.**

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.

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	01223 813556
Park End High Street from Park End up to the church	Amy	07795 975075
Commercial End	<i>Please contact any of the contacts listed in other rows.</i>	
Pound Way and Green Bank Road	Vicky	07769 707179
Archer's Close, Mill Lane and Fen Lane	<i>Please contact any of the contacts listed in other rows.</i>	
Maryland Avenue	Angie	07710 968927
Quarry Lane and Heath Road	<i>Please contact any of the contacts listed in other rows.</i>	
Frank Turner Court	Andrea	07887 565254 01223 813216
High Street from the church to the pub	Elizabeth	07896 497367
Station Road	Sue	01223 813635

## *Other help*

### **Village Relief Fund**

This fund is for anyone struggling financially due to the effects of the pandemic. There is a nominal limit of £40 but any reasonable claim is acceptable.

**How to claim:** Go into shop and choose what you need - please ask Kamal to charge it to the fund.

### **Newmarket Foodbank**

Another source of support for those in hardship is the Newmarket Foodbank. The Foodbank is part of Newmarket Open Door and redistributes donated foods and household products to those needing support.

You need to be referred to the Foodbank through a referring agency. Examples can be found on the website at **[newmarketopendoor.org.uk/foodbank](http://newmarketopendoor.org.uk/foodbank)** If you do not have access to the internet, please ring the Open Door office for information about referring agencies on **01638 600699**.

**Donations:** There is a collection point at the shop for food bank donations which are taken every 2 weeks to Newmarket.

### **Village Shop – pre-prepared shopping lists**

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.

## *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 contact details*

### **Useful links**

[www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)

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

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

<http://www.swaffhambulbeckpc.org.uk/>

### **Useful numbers**

To get a Covid test: 119

Non-emergency number: 111

Bottisham Medical Practice:

01223 810030