

# Dorstone Parish Coronavirus Emergency - Information Sheet

(For Those Without Internet Access)

The Parish Council, DFR and The Pandy Inn will be working together over the coming weeks to keep everyone abreast of news and information and serve as a contact points to support the community during these trying times.

Below are some core topics that may help you during the weeks ahead:

## **TIPS ON SUPPORTING NEIGHBOURS AND FRIENDS:**

By now we are all aware that the coming weeks and months are going to be difficult. There has been much discussion about how best to support neighbours and family members who are living alone and following social isolation or even quarantine directions.

With this in mind we encourage everyone to look to their neighbours and friends to make sure they have enough food, are keeping hydrated, staying in contact to combat loneliness and supporting them remotely if they begin to feel unwell.

As Dorstone is a close community the best way to achieve is with a Corona-Buddy system. In a Corona-Buddy system, households closest to an individual in isolation (or indeed the individual's nearby family members) could buddy up to support the individual in isolation. Helping with:

- > Checking there is enough food in the house, maybe delivering supplies to the front door
- > Calling by phone for a regular chat
- > Encourage physical exercise in the garden, walking the dog, etc where appropriate.
- > Arranging to pick up prescriptions
- > Be at the end of the phone if needed
- > Referring or helping contact NHS 111 if the need arises

One last thing is the topic of **money**. If this period extends into months, cash may become hard to come by for those in isolation. Please discuss this NOW with anyone you are supporting to ensure no one foregoes help for want of ready cash.

## **VILLAGE NEWS:**

- > DFR is closed until further notice. The phone will be checked periodically.
- > The Pandy Inn remains open at this point.
- > A member of the village has offered to use her Tesco delivery order to support deliveries into the village. For more information call Lisa at The Pandy, 01981 550273.
- > A member of the village has offered to pick up prescriptions from Staunton Surgery. For information please call Lisa at The Pandy 01981 550273.

## **CONTACTS:**

- > If you are unwell and don't know what to do call the **NHS 111** helpline - do not go to your surgery unless instructed to do so.
- > **DFR phone number: 01981 550777** (not manned but will be checked regularly - note: for non emergencies only)
- > **The Pandy Inn** will be offering a takeaway/delivery service. Call **01981 550273** for details. Neighbours with internet access will have menu details.