

WORTHINGTON PARISH COUNCIL

COVID 19 Bulletin

**April
2020**

Serving the villages of Griffydam, Worthington and Newbold Coleorton

Issue 5

STAY SAFE.... WE ARE HERE TO HELP

The parish council would like to thank all our parishioners who are reaching out to look after members of the parish (Griffydam, Worthington, and Newbold Coleorton) during this COVID 19 crisis. Working closely with community groups and local volunteers within the parish the council is in the process of implementing a response plan designed to ensure the most vulnerable in our local communities are identified and supported. We are also in constant contact with our district and county councils to ensure the latest advice is shared and parish needs are met.

If you are alone, struggling to get shopping, have no internet access, worried about getting your prescription, or simply need to a friendly reassuring chat please don't hesitate to call the council Clerk Nicola who has access to a network of local volunteers ready to help you.

NEED SUPPORT? Telephone: 07855 565936

Or visit: www.worthingtonpc.org.uk

Do You Want To Help Your Parish?

If you live in or around Griffydam, Worthington or Newbold Coleorton and would like to be added to our volunteer network please contact:

Nicola on 07855 565936 , or email clerk@worthingtonpc.org.uk

What is social distancing?

The Government advice is you must keep at least two meters away from any another person outside your home, and be outside in groups of no more than two.

Why we must all socially distance?

Simple, to try and stop the virus spreading in our local area. The less people we are in contact with the less opportunity we get to infect, or become infected.

USEFUL CONTACT NUMBERS

NHS: 111

AGE UK: 0800 678 1602

CITIZENS ADVICE : 03444 111 444

SAMARITANS: 116 123

GOVERNMENT ADVICE TO STAY SAFE

1. Stay at home, Stay Safe Protect the NHS

2. Only do **essential** journeys

You should only leave the house for

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person

3. Wash hands regularly and thoroughly

4. Distance yourself (at least 2m / 6ft) away from people

What are the symptoms?

CALL **111** immediately and seek advice from NHS Direct. If you have any of the following:-

Fever, fatigue and muscle pain

Dry cough

Shortness of breath

Chest pressure, causing breathing difficulties.

COUNCIL MEETINGS AND INFORMATION

To protect and keep safe, councillors, staff and members of the public our meetings are currently cancelled. We will provide as much information as we can on our website. If you cannot access our website, please ring the clerk and she will be able to assist you with your query and mail out the information you require.

COUNCIL VACANCIES

We currently have two vacancies for parish councillors.

More information available from the clerk or our look at our website.

Allotment Availability

We have two allotment plots available to rent on our site on Worthington Lane, Newbold Coleorton

£10 per year

CONTACT US NOW....

Monthly meeting agendas and meeting minutes can be found on our website.

www.worthingtonpc.org.uk

Please contact :

Mrs Nicola Land— PARISH CLERK

Tel :- 07855 565936