



NASH MILLS

PARISH COUNCIL

Let's all be good Nash Mills neighbours

Over the coming days, weeks and months, some of our Nash Mills community will be required to self-isolate (the term used by the NHS to mean staying at home to avoid catching or spreading the Coronavirus infection). Let's help each other to get through this period of uncertainty and potential loneliness. If you are able to, please offer help to those who need it.

Can you help?

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Contact them to make sure they're OK. Check that they're up to date with the latest information, that they have food and other essential items and make sure they have your phone number(s). At the back of this leaflet, you will find two cut-out cards that you may find useful to leave with your neighbours in case they need it.

Do you need help?

If you are self-isolating and have not been offered assistance from anyone else, please contact us and we will try to find a way to get help to you.

Parish Council Contact details

Nikki Bugden - Parish Clerk/Responsible Financial Officer

Email: clerk@nashmillsparishcouncil.gov.uk / Tel: 07493 519458

Office opening hours: Monday 12pm-5pm, Tuesday 9am-5pm, Thursday 9am-5pm



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Cllr Nicola Cobb

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Keeping up to date about Coronavirus

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information.

The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus

NHS 111 online service

available at www.nhs.uk/coronavirus

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if:

- ◇ *you feel you cannot cope with your symptoms at home*
- ◇ *your condition gets worse*
- ◇ *your symptoms do not get better after 7 days*

Please only call 111 if you cannot get help from the online service

Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember:

- Watch out for scam messages: Don't click on the links or attachments in suspicious emails
- Never respond to unsolicited messages and calls that ask for your personal or financial details.
- Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a scam: www.actionfraud.police.uk / 0300 123 2040

Hello If you are self-isolating, I can help!

My name is

I live locally at

My phone number is

If you are self-isolating due to Coronavirus, I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help (for free!)

Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring that nobody enters your house while you are self-isolating. Thank you!

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Nash Mills Good Neighbour

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