

## MARDEN PARISH COUNCIL

### Responding to the current Coronavirus (COVID 19) outbreak

***If you need help during the Coronavirus outbreak because you are self-isolating due to age or an underlying health problem AND YOU ARE UNABLE TO ORDER FOOD AND SUPPLIES ON THE INTERNET, please contact the Co-ordinators for the Marden Coronavirus response***

- ***Email [mardencoronavirusresponse@gmail.com](mailto:mardencoronavirusresponse@gmail.com)***
- ***Or phone Mike on 07835 980291 or Kate on 07980 310696 between 9.00am and 5.00pm, Monday – Friday. Volunteers cannot handle money or payment, please pay for goods that you want delivered when you order***
- ***Following the government’s statement on Monday evening, we can ONLY offer Volunteer help if you are unable to order food and essentials online***
- ***The service is free and provided by unpaid volunteers. Do not give money, bank details, bank cards or any personal details to anyone. Please do not use this service if you are fit and well and isolating because of social distancing, please do not put Volunteers at unnecessary risk.***

***If you can provide help as a Volunteer, please contact Mike or Kate as soon as possible.***

***Personal data from Volunteers or Parishioners will be managed in line with the parish council’s Data Protection Policies and deleted when no longer required, or if you ask for removal.***

***There are 2 cards supplied with this letter. Please read the instructions and use them wisely.***

The recent advice (23 March) from the government is:

- that everyone should stay at home and only go out for basic food and medicines, if unable to order food and essentials online, for health appointments or for one period of exercise a day and should use social distancing from anyone that you don’t live with – keeping 2 metres apart – if you do go out
- that people over 70 or who are pregnant or have underlying health conditions should now stay completely at home and avoid contact with others (self-isolate), apart from those they live with, so that they are shielded from the infection
- that those with symptoms of Coronavirus – mainly high temperature, cough or breathing difficulties, though the infection may be very mild – should self-isolate for 7 days and other people in the household should self-isolate for 14 days from when the other person started showing symptoms
- that everyone who can do so should work from home, unless you are a key worker.

Updated advice is available on the parish website or government websites. If you need verbal advice this can be provided.

As this situation could last a number of weeks, Marden Parish Council has developed a strategy to support people in the parish who need help in the current situation, such as help with shopping, collecting a prescription or a newspaper, walking a dog or just a regular phone call or email to keep in touch. This strategy is initially for 12 weeks but it will be reviewed as required by government advice.

### Volunteering

- a. We are asking for volunteers to provide help when required. This will be without close physical contact – social distancing of 2 metres – to keep you and those at risk safe.
- b. If you are able to help, please contact the Co-ordinators with your details, ideally by email [mardencoronavirusresponse@gmail.com](mailto:mardencoronavirusresponse@gmail.com) but otherwise phone Mike on 07835 980291 or Kate on 07980 310696 between 9.00am and 5.00pm, Monday – Friday.
- c. Details of the PC’s Risk Assessment will be given to you when you sign up.

## Needing support

- d. If you are already self-isolating, either because you are over 70 or have an underlying health problem that puts you at risk or because you have symptoms AND YOU ARE UNABLE TO ORDER FOOD AND ESSENTIALS ONLINE please let us know that you would like help and what support you need – such as shopping, collecting a prescription, or just a regular phone call or email to keep in touch.
- e. Please contact the Co-ordinators with your details and what support you need, ideally by email to [mardencoronavirusresponse@gmail.com](mailto:mardencoronavirusresponse@gmail.com) but otherwise phone Mike on 07835 980291 or Kate on 07980 310696 between 9.00am and 5.00pm, Monday – Friday.
- f. Details of how your information will be shared will be explained when you contact the Co-ordinators.

If you have internet access, parish support and news, information and other ideas to cope with the crisis can be found from a link on the home page of the parish website [www.mardenherefordshire-pc.gov.uk](http://www.mardenherefordshire-pc.gov.uk) but if you do not use the internet, we can explain information to you.

Marden Parish Council hopes that by working together and supporting each other, we will get through this difficult and concerning time in the parish and in the country.

24 March 2020

Disclaimer: The information given is correct at the time of printing, but information and advice from government may change between the time of printing and your receipt of this letter.

## **The following local shops are believed to be staying open and providing food and essentials:**

### Marden Mace Shop and Post Office

Ring 01432 880386 – **please pay by card over the phone** when you place your order. Either the shop or Volunteers will deliver.

### Marden European Shop

Ring as below – **please pay by card over the phone** when you place your order and contact the Co-ordinators who will arrange collection and delivery.

Monday 10am to 8pm – ring 07857 737350

Tuesday 10am to 3pm – ring 07898 221900

Tuesday 3pm to 8pm – ring 07741 620265

Wednesday and Thursday 10am to 8pm – ring 07857 737350

Friday 10am to 3pm – ring 07898 221900

Friday 3pm to 8pm – ring 07741 620265

Saturday and Sunday – ring 07741 620265

### Saffron Garage – Bodenham

Delivery by garage on Tuesday and Friday.

Ring 01568 797337 or email [sharon@saffroncross.co.uk](mailto:sharon@saffroncross.co.uk) to order the day before.