



## Slimmed Down Coronavirus Issue

Given the current advice, it now seems sensible not to publish a full Bulletin in April.

Instead, we've made our resources available to Chipping Campden Coronavirus Support Hub - so local advice and information can be concentrated and not duplicated.

We would have much preferred to be promoting a wonderful Spring and Summer, full of local community

events, such as Scuttlebrook, Dover's Games, Campden Music and Literary Festivals and many others. This year, though, it's not to be. But they will all be back - and so will the Bulletin. Soon.

Meanwhile, please look after yourselves - and others.

Lynden Stowe  
Editor



### Chipping Campden Coronavirus Support Hub

Prepare - Protect - Provide

After discussions with Michael Allchin, Chipping Campden's mayor, we have set up a hub providing information on support and advice available in Chipping Campden during the Coronavirus emergency.

#### OUR AIMS:

- help pull together the town's various support capabilities
- centralise details of the support in one place
- publicise what support is available
- avoid duplication of effort
- ensure no one in need falls through the net
- recruit more volunteers who are willing to help
- prepare for longer term restrictions

Arthur & Rachel Cunynghame  
corona@campdenonline.org 01386 291005

#### LET OTHERS KNOW:

- about our existence
- our website where we will be posting local information [chippingcampdenonline.org/corona-virus](http://chippingcampdenonline.org/corona-virus)

#### LET US KNOW:

- details of particular support initiatives with email & telephone contacts
- if you can offer help yourself. A list is being kept at the Post Office
- if you would like to be added to our email updates
- contact details for anyone that needs support
- anything else you suggest we do

## LEAVE HOME ONLY FOR:

- Shopping for basic essentials
- Medical needs
- Travelling to and from work only if absolutely necessary
- One form of exercise a day

If you have symptoms of coronavirus, to protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online.

For further information go to [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or [gov.uk/coronavirus](http://gov.uk/coronavirus).

→ **REMEMBER**  
The 2 metre rule ←

## Help!

Help with shopping, posting mail, urgent supplies or a friendly phone call etc.

Campden Post Office is keeping a list of volunteers who are willing to help.

Please telephone them on 01386 840810 or email them at [sales@peridotdigital.co.uk](mailto:sales@peridotdigital.co.uk) if you would either like to help or would like support.

[www.chippingcampdenonline.org/corona-virus-hub/](http://www.chippingcampdenonline.org/corona-virus-hub/)

Please check any information contained herein before taking action as we are simply passing on what has been sent to us.



## Doctors' Surgery & Medication

**URGENT MESSAGE** - We are still getting a number of patients coming to the surgery instead of telephoning/querying through the website, ordering online or asking us to e-mail documentation – please do not visit the surgery unless you have a pre-arranged appointment or are collecting a prescription.

We are offering telephone and video consultations with doctors and nurses, where possible, instead of face to face appointments. The GP will try and telephone at the arranged time – however please be patient with us if this is not possible. A GP will try twice during the day requested and if they cannot obtain a reply, this will be marked as a did not attend.

We can e-mail documentation instead of patients coming to collect. Please do not attend the surgery to order medication, please telephone or order online.

**Prescriptions:** Can be arranged over the telephone 01386 841894 between 11am and noon and 2pm to 3pm. Or, if not already registered online, you can do so using the NHS app where you can self-identify - details at <https://tinyurl.com/y6updmp8>. You will be sent a password by email or post. Do not go to the surgery to be verified.

Your prescription will be sent to your nominated pharmacy (allow 2 days) or if you normally collect from the surgery, please continue to do so. Chipping Campden Pharmacy can be contacted on 01386 840251 or [chipping.campden@dudleytaylor.co.uk](mailto:chipping.campden@dudleytaylor.co.uk)

You can ask someone to collect prescriptions for you. Anyone collecting from a pharmacy or the surgery will need to know the name, address and date of birth of the person they are collecting for. If you need to find someone to collect for you please phone or email the Post Office 01386 840810 [sales@peridotdigital.co.uk](mailto:sales@peridotdigital.co.uk)

**Hayfever:** We would like to remind patients that the hay fever season is now upon us – therefore please ensure you obtain your usual anti-histamines from the chemist to help with symptoms.

## APPLAUD

our healthcare workers, helpers and those supplying food

### Mickleton Helpers

Have over 100 volunteers and are happy to help any vulnerable people within the Parish with things such as medication collection, shopping, meal provision, etc. They have a fund available for people who can't afford to pay for food and have arrangements with local shops and farm shops to supply.

T: 01386 291006

E: [contact@mickletonhelpers.co.uk](mailto:contact@mickletonhelpers.co.uk)

### Aston Road Helpers

Helping people in Aston Road, Grevel Lane, The Bratches, Kingcombe Lane (Campden Yurts) and the Pauls Pike Cottages.

T: 01386 244103

E: [enquiries@bucklehouse.com](mailto:enquiries@bucklehouse.com)

### Park Road Helpers

Will keep in touch, offer or seek help, inform and entertain.

Have started a WhatsApp group, "Park Road CV Self Help Group"

T: 01386 247743

E: [edainsbury@me.com](mailto:edainsbury@me.com)

### Bretforton Helpers

Newly formed Voluntary group aimed at supporting the Bretforton community in any way possible during this difficult time. Organisations and groups represented on our committee include Bretforton Parish Council, Bretforton Community shop, Bretforton Social Club, St Leonard's Church, Bretforton Pre-School group, Bretforton Sports Club, Bretforton Village School and the Fleece Inn, along with other groups within the community.

Nigel Smith T: 07940 731137

## Useful Weblinks

Doctors' Surgery

Local Information

Guidance on shielding vulnerable people

Current advice from the NHS

Latest news from Public Health England (PHE)

Latest news from the Government

Coronavirus Q&A from the World Health Organisation

Advice on social distancing/isolation from the Government

<https://www.chippingcampdensurgery.co.uk>

<https://www.chippingcampdenonline.org/corona-virus-hub/>

<https://tinyurl.com/s5pc7wh>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/government/organisations/public-health-england>

<https://www.gov.uk/coronavirus>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://tinyurl.com/ql6ak74>



These signs can be downloaded from [chippingcampdenonline.org](http://chippingcampdenonline.org) and printed at home if needed. Ask a friend to print one for you or contact us for one if necessary.

## Businesses

Businesses may have particular concerns and Campden Business Forum are offering support to Campden's business community for these concerns to be shared and solutions found. Each will have their own difficulties to face but these may include

- Coping with a drop in business
- Aspects of your operation which need to change to minimise risk
- Insurance cover

Contact [info@chippingcampden.com](mailto:info@chippingcampden.com)

Katy McMinn of Campden-based consultancy Task HR are also offering help.

W: [taskhr.co.uk](http://taskhr.co.uk)

T: 07980 562292

E: [katy.mcminn@taskhr.co.uk](mailto:katy.mcminn@taskhr.co.uk)

## Campden & Cotswold Edge Advisory Service

FREE Confidential Advisory Service

Available to Older People to assist in accessing the following services:

- Benefits such as Attendance Allowance
- Support services such as carers, cleaners & gardeners
- Equipment such as walking aids
- Blue Badge Applications
- Adult Social Care
- Advice on General Well being

For free support, advice and information please contact:

Louise Kington, Campden & Cotswold Edge Advisory Service

T: 07703 566772 E: [louisecotswoldedge@gmail.com](mailto:louisecotswoldedge@gmail.com)

*This service is made possible due to Grant Aid kindly provided by Chipping Campden Community Trust Reg Charity No: 1058187*

If you know of anyone who requires our support or who is willing to volunteer please don't hesitate to refer them to Cotswold Friends.

A summary of our services going forward:

- Transport (medical appointments)
- Telephone befriending
- Shopping services

2,000 people have been contacted and supported and we will continue to take referrals from people who need telephone befriending, shopping and transport as needed. We are fast tracking all new volunteers.



01608 651415

## Baptist Church Food Bank

Will be staying open. Donations of food and other essentials. Fridays 11am - 12noon or at the Post Office anytime.

campden  
baptist  
church

## St James' Church

Along with other churches, St James' are there to help and, whilst the church is not having services, are developing a different way of "being a church". Much of this will be electronically and through social media. If you don't do so already Rev Craig Bishop encourages you to follow the church on Twitter (@CampdenVicar) and Facebook (@Campden Church).



Although our communities are also offering assistance, as a church family St James' want to offer support. If you have particular personal needs please email [assistance@stjameschurchcampden.co.uk](mailto:assistance@stjameschurchcampden.co.uk)

**TO CHEER US UP  
Lambs and blossom,  
Spring is here.**



# Food Supplies

## **Bantam Tea Rooms**

Offering takeaways.

T: 01386 840386 E: info@bantamtea-rooms.co.uk

## **Coop**

Food. 9.30am to 10.30am - Over 70s and vulnerable only.

T: 01386 840260 E: store.316@midcounties.coop

## **David Moore, Mickleton**

Butcher. Will deliver

01386 438288

## **Da Luigi**

Takeaway pizzas and other dishes

T: 01386 840934 E: info@daluigi.co.uk

## **Decades Tea Rooms, Mickleton**

Food, fruit & veg. Will deliver. Min £10.

07525 748289

## **Fillet & Bone**

Wide range of foods, fresh meat, fish, fruit & veg etc. Will deliver.

T: 01386 849093 E: hello@filletandbone.co.uk

## **Lygon Arms**

Takeaway & home delivery

T: 01386 840318

## **Maylam's**

Food

T: 01386 840903

## **Maharaja**

Home delivery of takeaway food

T: 01386 849281 E: info@thevolunteerinn.net

## **Michael's Mediterranean** - from 7 April

Mediterranean takeaways

01386 840826 info@woolmarkethouse.com

## **One Stop**

Food

T: 01386 840381

## **Sarah's Delicatessen**

Offering home deliveries of anything from their shop.

T: 01386 840766 E: sarlouwoodward81@yahoo.com

## **Supermarket Home Deliveries**

Why not share a delivery slot with someone who can't get out.

## **Toke's**

Good range of ready meals and food. Will deliver.

T: 01386 849345 E: info@tokesfoodanddrink.co.uk

## **Vegetable Matters**

Vegetable Deliveries

T: 01386 593326 E: info@vegetablematters.co.uk

## **Victor's (previously Butty's)**

Sandwiches, salads, jacket-spuds etc. Free town centre delivery.

T: 01386 840841 E: victorscampden@hotmail.com

# PREPARE NOW for self-isolation



## **Create a household plan of action now**

In agreement with each person in your household.

- Assess the needs of each person.
- Decide on plans for food deliveries.
- Have a plan for obtaining medicines.
- Plan ways to care for those who might be at greater risk.
- Agree an emergency contact list - next of kin, healthcare providers, Surgery, drivers & neighbours or other Campden Support.
- Try to have a thermometer and paracetamol in the house.
- Choose an 'isolation room' to separate sick from healthy household members with good ventilation, an En suite bathroom if possible and make plans for bedding / laundry.
- Note it down, keep in a safe place and share with whoever needs to know.

## **Practice and preach good personal health habits**

- Avoid close contact with people – keep at least 2 metres apart, even in shops.
- Wash your hands (20 secs min.) regularly with soap and hot water – again and again and again.
- Cough / sneeze into a tissue which should be flushed away immediately or into the crook of your elbow if you don't have a tissue handy.
- Clean surfaces and objects daily (e.g. tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.

## **Stay informed**

- Telephone, email, Skype friends etc. Latest info about local COVID-19 activity from: <https://www.chippingcampdenonline.org/corona-virus>

## **Put your plan into action**

- If anyone in your house develops a high temperature, fever, a continuous dry cough (which means coughing a lot for more than an hour or having three or more coughing episodes in 24 hours) or breathing problems.
- Stay at home - don't go out at all.
- Self-isolate.
- Contact NHS 111 for advice (online if possible but use the telephone if necessary).
- Communicate your plan to household members, relatives, and friends.
- Emotional health of household members. It can be a stressful time. Talk with your children and others in the house about the outbreak. Stay calm, and reassure them that they are safe.

Abbreviated advice from Centre for Disease Control and Prevention, USA. Full advice at <https://tinyurl.com/rlx7ulk>