

Coronavirus- Help for those in self isolation or need

The Government is recommending that people aged over 70 and others who are vulnerable self-isolate for their own welfare.

This is a daunting prospect for those who live alone and have limited local support. We think it is important that our community in Kingsland comes together to support one-another to get through this challenging period by, for example

- providing someone to call or skype for company;
- providing someone to contact in emergency;
- providing someone who can get essential shopping (either personally or by organising an online delivery);
- providing someone who can deliver medication.

If you need any support of this kind, please call and leave details of your specific needs with:

Kingsland Rectory on 01568 708255

Jean Barbour on 07866 418488

Rhian and Chris Fear on 07779 062217

Lisa Juson (Markham's Garage) on 01568 708208

Kingsland Post Office on 01568 708201

VOLUNTEERS - If you are not in the "at risk" group (i.e. under 70 and in good health) **and would be willing to help neighbours who need support**, please contact one of the above numbers and leave your details.

If there are **any teens or other youngsters (or not-so-youngsters) who would be willing to walk dogs for people** who are self-isolating, please let us have your details.

Finally, **please contact your neighbours** and keep in touch with them so that we can all support one-another to get through the next few weeks.

KINGLANDLIFE WEBSITE – has a help and information page to support residents, businesses and organisations and includes eg services available in the parish to help people in self isolation eg home deliveries, latest government and NHS advice etc. It is updated regularly as things change. You can find it here: <https://kingslandlife.com/coronavirus-help-and-information/>

