



Good Neighbour Scheme



Hello - are you in self-isolation?

If you're self-isolating because of Coronavirus / Covid-19, we may be able to help you. If you need:

Groceries; medication; or urgent supplies

Please contact either...

Kate Johnson (Councillor).....07890 646 870
Adele Davies-Cooke (County Councillor).....(01352) 759 034
Fr Daniel Stroud (Holy Trinity Church).....(01352) 810 694

...and we'll pass your details to a local volunteer who will be in touch to discuss how we can help.

Alternatively, you can email the Community Council Clerk, Mrs Kay Roberts, at gwnaffieldclerk@outlook.com

We need volunteers, can you help?

The **Good Neighbour Scheme** is run entirely by volunteers and we're looking for as many people as possible to support our community. To help please call **Kate Johnson**.

Crown Inn: hot meals delivered

Dish of the day Monday to Friday. Freshly prepared daily. Delivered between 1pm and 3pm hot and ready to eat £7 per day or £30 for the week.

For menu and to book call 01352219912 or 07453944009



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Who should self-isolate?

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy, or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

How long to stay at home

- if you have symptoms, stay at home for 7 days;
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms;
- If you live with someone who is 70 or over, has a long-term condition, is pregnant, or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.