

Redlingfield News Extra

MARCH 2020

We're here to help ...

Redlingfield has a number of volunteers willing to help other villagers during the coronavirus crisis.

Help is being offered to get shopping for people, collect medicines, or to just keep in touch to help ease any feelings of isolation or boredom.

Don't forget we are here for each other and help is just a phone call away.

If you are worried about anything – we are here to help or to get you the help you need. We are lucky, being in a rural village, in that people can get out for a walk without having to get physically close to people – so they can get some exercise and fresh air, instead of being cooped up all the time.

On the back page of this leaflet you'll find contact details. So do get in touch if you need help.

I would urge people to use the BBC (BBC News 24, Look East, Radio

Suffolk etc) and other trusted sources to keep up to date and only take advice from official outlets such as the NHS website. If you have concerns contact us. We will try to make sure people are

protected, as far as possible, from scams and misinformation and make sure we are able to point you to official, reliable sources of information and assistance.

As this goes on we will all need to start thinking about how we cope with the boredom of being stuck at home. You might need books to read, DVDs to watch or jigsaws to do – again we'll try to help.

Other concerns may arise, people may experience financial problems or health concerns and again we will try to get you the help you need. If you just start going a bit stir crazy phone us.

We hope this leaflet is of some use. Try not to worry.

Mike Ager & Janet Norman-Philips



- Mike Ager - Chair of Redlingfield Parish Meeting
- Janet Norman-Philips - Clerk ● email pc@redlingfield.suffolk.gov.uk
- website www.redlingfield.suffolk.gov.uk ● phone 01379 678835

How to protect yourself & others

As a community we all have a role to play. The best way you can protect yourself and others is to practice good hygiene:

- try to avoid close contact with people who are unwell
- wash your hands regularly with warm soapy water for 20 seconds
- do not touch your face, unless you have just washed your hands
- if you cough or sneeze, do so into a tissue and then bin the tissue and wash your hands.

The most simple and effective way to protect yourself and others from coronavirus is making sure you wash your hands frequently with soap and water, or a hand sanitiser if you are out and about.

It's particularly important to wash your hands once you get home or arrive at work or before you prepare or eat food.

You should stay at home for 7 days if you have either:

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

Do not go to a GP surgery 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. If your symptoms persist past 7 days you should contact NHS 111 online at 111.nhs.uk.

If you have no internet access, you should call NHS 111.

If you live with other people, they should stay at home for 14 days from the day the first person got symptoms.

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



Think of others,
consider your
actions & be
kind



Connect
and reach
out to your
neighbours



Make the most
of local online
groups



Support
vulnerable
or isolated
people



Share
accurate
information
and advice



BEWARE OF SCAMS

- Make sure you only use trusted sources of information about coronavirus. If you see emails or messages about coronavirus from someone you don't know, don't click on any links or buy anything.
- If people, either online or on your doorstep, try to sell you a "cure" or something guaranteed to stop you catching coronavirus – don't believe a word of it. They are just trying to get your money.
- Shop safe online by checking out suppliers and using a credit card which should protect your spending and allow you to get a refund if needed.
- Keep your computer and smartphones protected by keeping your software and apps up to date. See the National Society for Cyber Security advice at www.ncsc.gov.uk.

How to look after your wellbeing

It's understandable to feel anxious when faced with the constant media updates about the coronavirus outbreak. It is also important to look after your mental health and be aware of how you are feeling about things, and where to go for reliable information.

Try these five simple tips for keeping well and protecting your mental health.

- 1. Reduce time online and avoid rumours.** The constant media and social media speculation can fuel anxiety and fear. Having access to good quality information can help you feel more in control.
- 2. Look after yourself and others.** Take breaks from watching, reading or listening to the news. Continue doing the things you enjoy, exercise, eat healthily and get plenty of sleep. Talk to people. If you have a friend or neighbour who may need support or to talk, don't put off speaking to them.
- 3. Stay connected.** At times of stress, we work better in company and with support. Try to stay in touch with those around you over the phone, by post, or online. Let people know how you would like to stay in touch and build that into your routine.
- 4. Talk to your children.** Ask children what they have heard about the outbreak and support them, without causing alarm. Discuss the news and explain the facts.
- 5. Know what works well for you.** This could be contacting a friend or taking part in a hobby or activity you enjoy. Whatever works for you.

HELPFUL ADVICE AND RELIABLE INFORMATION SOURCES:

● www.111.nhs.uk ● www.gov.uk/coronavirus ● www.citizensadvice.org.uk

Diss Citizens Advice: www.cadat.org.uk; email: dissadviser@cadat.org.uk, phone: 03444 111 444.

Information and advice for businesses: www.newanglia.co.uk

CONTACT US FOR HELP with shopping, prescriptions, or for a phone & chat etc. There are currently around 20 volunteers in the village and we can put you in touch with the person best placed to help.

Mike Ager & Janet Norman-Philips (Hidcote Lodge)

01379 678835, pc@redlingfield.suffolk.gov.uk

If you have other problems, with benefits, finances or oddjobs that need doing, or need any other help please contact Mike & Jan. We will try to help or to find the people who can. If anyone else would like to volunteer please contact us.

PRESCRIPTIONS: You need to sign a permission slip to allow anyone other than a family member to collect your prescription. Mike & Jan can provide these.

LOCAL HOME DELIVERIES:

Healthy At Home, 01379 871 238, healthyathome.online; **The Queens Head, Eye**, 01379 870153; **David Dunnett Family Butchers**, 01379 870155; **G. Shurey & Son Butchers**, 01379 871061; **Fleurs Artisan Fruit & Veg**, 01379 870333.

REDLINGFIELD CHURCH All public worship has been suspended. Funerals will be held but will be restricted to family mourners. Baptisms and weddings may be postponed or restricted to a very small group. St Andrews will remain open for private prayer. If you find someone else in the church, please practise "social distancing". If you wish, do leave a note with prayer requests: be assured that the ministry team are praying for everyone in the benefice on a regular basis, both in church and at home, and will include your prayers if you so request.

MAKING WORSHIP AVAILABLE The church is exploring ways to continue making worship available in your homes, including live-streaming certain events. Both the Church of England website (www.churchofengland.org) and the diocesan website (www.cofesuffolk.org) will be live streaming services. BBC local radio will be broadcasting a Sunday morning service, as will BBC One, so check your schedules.

STAYING IN TOUCH Hoxne Benefice News will be left in churches and is available by email from hoxnebeneficeoffice@gmail.com. Updated posters will be placed on church noticeboards.

REVD MICHAEL Sadly, Revd Michael's farewell service and party have been cancelled but it is hoped he will come back for a celebration of his ministry in the autumn. You may post any farewell cards or messages to Michael and Mary at St Andrew's House, Vicarage Road, Wingfield IP21 5RB.

Produced by Mike Ager & Janet Norman-Philips for Redlingfield Village Committee. Current members are - Andrew Abbott, Graham Abbott, Katie Abbott, Mike Ager, Jeanette Brierley, Susan Chapman, Allan Chapman, Will Edwards, Lesley & Tony Rose-Freitas, Emma Hewitt, Pat Kelly, Manday Miller, Adrian Smith and Janet Norman-Philips.