

Covid-19 Update

Issue no. 3

7th April 2020

It is now 2 weeks since the government announcement of a major national lockdown of activities.

In the midst of an everchanging backdrop to the Covid-19 pandemic, for our third Update the TGE Response Group thought it would be good to review what has been achieved so far and to offer some pointers to the ever growing resources available to help us all through this time.

In Toppesfield & Gainsford End:

- ✓ 40 volunteers have come forward offering to do a range of things from delivering shopping to dog-walking;
- ✓ Our Community shop has a robust system to ensure the shop is well-stocked, well-staffed and able to deliver to an increasing number of residents. Please place orders before noon to help us deliver that day. Orders received after 12 may not be delivered until the following day.
- ✓ A prescription collection and delivery system is in place (see below for details on how it works);
- ✓ The pub is serving a range of takeaway meals at lunchtime and in the evening;
- ✓ Takeaway beer is available from the pub with meals, and from the brewery during the day;
- ✓ The wellbeing phone line is up and running.

Everyone isolated at home is also doing a vital service. Don't feel guilty; don't feel inadequate. **By staying at home, exercising outdoors once a day and restricting travel for only essential purposes, we are ALL helping to reduce the pressure on frontline NHS staff and to stop the spread of the virus.**

Added to all this is the tremendous feeling that the village is pulling together at this challenging time; everybody is affected and by working together we will get through it together.

There are a couple of things to which we want to draw your attention:

1. **Prescriptions:** Order your prescriptions from the dispensary as you normally would (please try to order a week in advance); Complete a consent form; and Call **07341 264219** or email tgevolunteer19@gmail.co.uk to arrange collection and delivery of your prescription.
2. **Shop:** If you are going shopping outside the village, please **"SHOP FOR THE SHOP"**! Call the number below to see if you could pick up a few items needed by the shop.

The biggest challenge for many is the lack of face-to-face contact with our families, friends and neighbours. But the good news is that there is a rapidly increasing range of services available online, from virtual meeting rooms provided by the likes of zoom to virtual museum tours to free access to live West End shows. There are online exercise classes, book clubs and choirs. And for children there is a huge amount available. And most of this is free. There is a selection overleaf.

Please keep the following contact details available:

- To send an email to offer to become a volunteer tgevolunteer19@gmail.com
- For prescription delivery or for any help other than shopping call **07341 264219**
- To request support for food deliveries please email to tgevolunteer19@gmail.com
If you have no access to email call **07341 264220 (8:00am to 8:00pm)**
- If you would like to talk to someone about a specific or general topic that concerns you or if you are feeling lonely please call **07341 264221 (8:00am to 8:00pm)**

Information will continue to be posted on the parish Facebook page -

<https://www.facebook.com/toppesfieldandgainsfordendcommunity/>

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A selection of online resources – mostly free!

‘Filmed on Stage’ has many free filmed plays and musicals from the West End and Broadway

<http://filmedonstage.com/news/76-free-musicals-and-plays>

‘What’s on Stage’ is similar, with free theatre, opera etc

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

PE with Joe Wicks every morning at 9am live for a workout or watch later

<https://www.youtube.com/watch?v=3Z05939ZMbE>

Get started on a foreign language

<http://www.bbc.co.uk/languages/>

Take virtual tours of 12 world famous museums, including the British Museum

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Get together with friends and families

<https://zoom.us/>

Watch Netflix with friends

<https://www.netflixparty.com/>

Yoga (free until early May)

<https://www.downdogapp.com/>

National Theatre youtube page

<https://www.youtube.com/user/ntdiscovertheatre>

The Sofa Singers; an online choir meeting weekly

<https://www.thesofasingers.com/>

.....and for Children (and their parents!)...

National Geographic for Kids

<https://www.natgeokids.com/uk/>

The Big Lockdown resource list

<https://thegreenparent.co.uk/articles/read/lockdown-life-savers>