

# Covid-19 Update

**STAY HOME: PROTECT THE NHS: SAVE LIVES**

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Life seems to have settled into something of a steady pattern over the past 5 weeks since the lockdown was imposed. The guidelines put in place appear, at last, to be slowing the spread of Covid-19 but it is likely that we still have some time to go before we reach anything resembling 'normal' life.

Fortunately, the vast majority continues to respect social distancing rules and accept the restrictions placed on day-to-day life and we should all be grateful for that; unfortunately, there is always a small number that either doesn't understand, doesn't care or doesn't think this applies to them..... **Well, it does apply to you!**

For all our sakes and especially to protect the most vulnerable, **KEEP TO THE GUIDELINES.**

Here in Toppesfield, the systems put in place are working well with a few tweaks here and there.

- **Prescriptions** are being delivered to the village from the three local surgeries;
- **The shop** continues to offer a wide range of food and grocery items with free delivery for those needing it. We are also delighted to offer fresh asparagus from Wash Farm on Wednesday morning – please order to be sure of getting some; at £2.50 a bunch, it really is a bargain! For gardeners (isn't that everyone now?), there is a range of plants available and if there is something we don't have, please ask and we will try to get it. Bags of compost are also available from Tuesday 28<sup>th</sup>. Weekly orders for meat etc. from Priors Hall are best placed by Monday evening for delivery on Thursday, and weekly bread orders from Tensheds also by Monday evening, for delivery on Friday. Fresh fruit and vegetables are brought in 3 – 4 times per week, so please do ask what is available and/or order what you need and we will supply.
- We also have a **confidential phone line** if you have any issues or concerns about which you would like to talk. Whether it is stress related or any practical issue or if there is something you or your family needs, **please call 07341 264221**. The line is manned by experienced people who will treat every call with complete confidentiality. Please do not hesitate to call them.
- **The Green Man** continues to provide meals. See their Facebook page for times and menus.

This is, sadly, a time when there are unscrupulous people around trying to take advantage of those who may be lonely and isolated. **If you have any phone calls or visitors which you have not requested or which you find worrying please call 07341 264219 at any time for help and advice.**

And finally, a request for some additional help. There are a lot of volunteers providing fantastic support for the community and we all owe them our sincere thanks; we are, however, short of people who are able and willing to do shopping outside of the village.

**If you can help, either by doing a specific shopping trip or by adding goods to your own shopping, please call 07341 264220.**

## **Please keep the following contact details available:**

- To send an email to offer to become a volunteer [tgevolunteer19@gmail.com](mailto: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](mailto:tgevolunteer19@gmail.com) or 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 issue that is concerning 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/>