

the BOG STANDARD

www.boatofgarten.com

Boat of Garten's Community Newsletter

Special Edition March 2020

Offering and Asking for Help during the Covid-19 Coronavirus Emergency

Some Boat of Garten residents have met to discuss how we can support each other through the challenging weeks and months ahead.

As everyone is now advised to practise social distancing and people over 70, pregnant women and those with existing health conditions are asked to take special care, a two-pronged support network has been organised:

1. There are people throughout the village and outlying areas who have offered to collect shopping, go to the pharmacy, keep in touch by phone, walk dogs, etc. They are your first point of contact if you need any sort of help, even if you just want a chat (details overleaf).
2. Beth and David at the Post Office have organised a group of people who will deliver shopping from the PO to those who cannot get out (details overleaf).

As we go to press, the current advice if you feel unwell with flu-like symptoms is **NOT** to visit your GP or call 111, but to go to the [website 111.nhs.uk](http://www.111.nhs.uk) and complete the online assessment. If you cannot access a computer, phone your neighbourhood contact who will be able to complete the form on your behalf.

What is Social Distancing?

Government advice is aimed at keeping safe those people particularly vulnerable to the virus. This group includes older people, pregnant women and those with less robust immune systems or ongoing health conditions.

Social Distancing does not mean staying indoors, but rather keeping a safe distance (2 metres) from people. As long as you keep your distance, it is safe to go out and about, but not into places where you might come into close contact with other people. So:

- **Do** keep working in the garden and going for a walk!
- **Do** wave and talk to passers-by at a distance of 2 metres!
- **Do** go to the PO **but** sit outside and hand in your shopping list - they'll bring your shopping out!
- **Do** answer the door if someone knocks **but** stay in the doorway and ask them to take 3 steps back!

The virus can also be spread by contact with contaminated surfaces.

- When receiving deliveries, unpack them wearing rubber gloves – washing-up gloves are ideal as they can be washed while wearing them.
- As well as washing your hands, wash any surfaces that may have been contaminated, e.g. door handles.

Keep in touch – via the contact details overleaf and via phone with family and friends.

Don't hesitate to pick up the phone!

Common sense with some additional precautions will see us through this!

NHS

Coughs and sneezes spread diseases

always carry tissues cover your coughs and sneezes throw used tissues in a bin always clean your hands

Stop germs spreading

The Village Shop **POST OFFICE**

A Note from

BOAT OF GARTEN POST OFFICE

For the duration of the COVID-19 alert, we are prepared to provide home delivery of groceries if you are in need (free of charge).

We could also provide some Post Office Services.

If you would like us to deliver or help with the Post Offices services, **please ring 831527 between 8am and 5pm, Monday to Saturday, or between 9am and 1pm on Sundays**

Beth and David



NEIGHBOURHOOD SUPPORT

In line with the Government’s strategy for managing Coronavirus, the village has put in place

a neighbourhood support network for those having to practise social distancing and I am your first point of contact.

If you need help with anything during this period, please get in touch—don’t hesitate, don’t feel you’re being a nuisance, **just call!!**

My name is:.....

I live at:.....

My phone number is:.....

HM Government **NHS**

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government’s Action Plan go to nhs.uk/coronavirus

CORONAVIRUS PROTECT YOURSELF & OTHERS