

We know that this is a difficult time for residents in Hail Weston following the Government announcement on 16/03/2020, which has created concerns about the impact this might have on our community. The Parish Council took the decision to cancel this week's Parish Assembly Meeting and are having to think about different ways of working. It is an uncertain time and the Hail Weston Parish Council are keen to make sure residents feels supported.

The Parish Council has a small list of 'volunteers' who are happy to give their time, during this crisis period, to offer basic help to any resident who needs to stay at home through illness, because of government advice or perhaps whose family or friends are now unable to help them in the usual way. If you would like the services of one of the volunteers please contact me and I will put you in touch. Volunteers would be happy to help with essential tasks such as ordering or delivering shopping, collecting medication, posting letters or parcels etc.

Further Information regarding the new Coronavirus can be found via the following links:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

<https://www.gov.uk/government/publications/coronavirus-action-plan>

If you think you or a member of your household has the symptoms (a fever and/or a new and persistent dry cough) follow NHS advice. The advice is to 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.

If you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get

better after 7 days use the coronavirus advice service at <https://111.nhs.uk/covid-19> self-diagnostic tool. Latest guidance is **Only call 111 if you cannot get help online.**

Age UK are committed to do as much as they can possibly do at this very difficult and challenging time. Helpline: 0300 666 9860

BBC Newsround (<https://www.bbc.co.uk/newsround>) has regular updates for younger children and Young Minds (<https://youngminds.org.uk/>) has practical steps older children can take to help with anxiety.

Contact Jennifer 01480 215880