

The following information is taken from the Royal Mail website which was last updated on 20 March. You may want to take extra precautions by moving this newsletter (and any mail) somewhere safe, then washing your hands, and coming back to it in 24 hours. Please check for updates to this advice as it may change.

Public Health England (PHE) has advised that people receiving parcels are not at risk of contracting the Coronavirus. From experience with other coronaviruses, we know that these types of virus don't survive long on objects, such as letters or parcels. This complements the highly publicised guidance from the PHE for people to wash their hands more often than usual using soap and hot water.

Coronavirus - PSM Village Support

This group is inspired by Southern Befrienders who support older people in the community who feel lonely and isolated. We want to extend the service to everyone in our village so that we can all feel safe in the knowledge that there is support available if and when we need it over the coming weeks.

If you can help:

Currently we have over 70 volunteers which is fantastic for a small village. It is possible that any of us (volunteers included) that may need to isolate at some point and so the more names we have, the better. If you are in the vulnerable category, are responsible for the care of, or live with someone in the vulnerable category then we prefer you stay home and be safe. However, you can still help by answering the phone, or phoning people who might want some regular contact.

If you are able, please add your name to the list by phoning or (preferably) messaging us on 274507. Please include the following information which will help us match you up to someone;

- Name
- Location
- Best method of contact (email, phone, text, whatsapp, messenger etc and contact details)
- Best time that suits you (any days that you can't help)
- What you can help with (shopping/dog walking/answering phones, boredom relief, telephone befriending!)
- If you have an in date DBS check (for example, teachers, Brownie leaders etc) please let us know as there are additional tasks you can help with.

- Any additional skills you may be willing to share over the phone (teaching tips, stress management or simply becoming a 'pen pal')

If someone needs your help, we will provide you with the latest guidelines on handing over food/medicine/money safely to minimise the risk of you becoming infected or introducing the virus to a household. We assume that you will then support the household for as long as they need it during the current outbreak, although if your circumstances change, we can reorganise resource.

If you need help:

If at anytime over the coming months, your household needs to self isolate and you need help with shopping, collecting medicines or other essentials like paying bills, walking dogs etc, please call or message 274507 where we will try to match you to someone who can help.

Please provide your name, address and what you need help with (so that we can match you to the best person).

Thank you for your support

If isolation is more long term than the current outbreak, please do contact Southern Befrienders on 833025.

Please note: Your details may be shared amongst volunteers and people we support. By submitting them you have agreed to that. When this is all over, your details will be deleted and it hopefully goes without saying they will not be used for marketing etc (sorry, just have to say it !)

We are not a registered charity or official body; we are a group of neighbours trying to make sure our community gets through this period safely. We still have work and families so although we are absolutely committed; everything is done on a best endeavour basis.