

Corona Virus

We have held a very productive meeting, with the other groups in Lanreath. This was to discuss how we can all help each other, during a lockdown or self isolation. With the Prime Ministers press call today, we felt we should bring forward this help, to try and allay any fears.

We all want to do our bit to help and protect those in the most vulnerable groups (over 70s, those with medical conditions also those who have to self isolate) The last thing anyone wants, is people feeling isolated or alone or that they will be forgotten and there is no one available to help them. Together we have come up with a plan to make life easier.

This is a very simple and easy system. We have put out in the local shop and in the upcoming Parish magazine, a flyer with a list of things we, as a village can help you with.

If there is anything else, please ask, we may be able to help. on there is the contact number for three operators **Sally Brenchley** **Enfys Johns 01503 220575** **Mandy Dollimore 07970 992402**

WHAT YOU DO

Contact anyone of those three ladies, they will assign one of our team of local village volunteers, to help you.

JOBS THE VOLUNTEERS CAN DO FOR YOU

1. prescriptions
2. Shopping
3. Arrange daily telephone calls so you don't feel alone.
4. Anything not on the list, please ask.

WE ARE LOOKING FOR SOME MORE VOLUNTEERS If you would like to volunteer, there will be a list to add your name to in the shop (or you can message on here) state what you can help with, shopping etc. If you are over 70, please don't think you can't help others, whilst you cant help with physical jobs. You can help by being one of a team of phone friends, checking on those that may be alone or need someone to have a chat with. This is as vital as the shopping etc, and is both rewarding for the person receiving the call and the person making it. We can all look after each other.

**HELLO! If you are self-isolating due to Covid-19,
Lanreath is here to help!**

Please call or leave a message one of the following numbers to get help and support:

- Mandy Dollimore - 07970 992402
- Sally Brenchly
- Enfys Johns - 01503 220575

They can arrange for the following:

- Picking up shopping - Including prescriptions/medication
- Posting mail
- A friendly phone call

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.