

BILDESTON PARISH COUNCIL

COMMUNITY RESILIENCE BRIEFING FOR THE VILLAGE

**ISSUED BY THE PARISH CLERK ON
SUNDAY: 22ND MARCH, 2020**

GENERAL POSITION	<p>Please keep informed of the current position through media channels such as TV and radio and use reputable websites to find out the very latest information. We appreciate that over-exposure to difficult news can be upsetting but everyone should keep aware of the latest government guidance and requirements.</p> <p>For the latest advice please visit:</p> <p>https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response;</p> <p>For advice to businesses please visit:</p> <p>https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses</p>
LOCAL POSITION	<p>The Parish Council has links with Emergency Planning arrangements that are taking place across Suffolk and receives a daily COVID-19 bulletin from the Joint Emergency Planning Team via Suffolk County Council.</p> <p>We will help endeavour to share information with the local community about Suffolk-wide support arrangements.</p>
SUPPORTING YOUR NEIGHBOURS	<p>There have been many groups set up in towns and villages, up and down the country, supporting those who are self-isolating who need help in collecting groceries, collecting medicines, undertaking dog walking and being there for a friendly phone call for those worried by the present circumstances.</p> <p>These volunteer groups involve people looking out for their neighbours and the methods that they are using are quite diverse. Generally however, they start with a Facebook page, a door to door leaflet drop or an article in a village newsletter.</p> <p>In Bildeston, Shaun Moffat has produced a flyer which has been circulated with this month's edition of "The Bugle" promoting the "Bildeston Coronavirus Support Group". This is a free service to those who feel that they need help in the local community. Shaun is compiling a growing list of volunteers who have come forward to help others within the local community.</p> <p>Shaun can be contacted via email: shaun_moffat@yahoo.co.uk; or by calling 01449 257136.</p>

	<p>Ultimately, it would be useful if a network of volunteers could be established right across the village, encompassing every home in Bildeston so that there is someone looking out for everyone.</p> <p>The arrangements for the volunteering scheme are evolving and could change, of course, if the government implements a lockdown. However, in the meantime, work is being undertaken to ensure that the arrangements implemented are safe for all parties – both volunteers and those self-isolating. Clearly, safe working practices alongside generous community support within the village will benefit everyone.</p> <p>The scheme will operate independently of the Parish Council but the Parish Council is ready to consider financial support to help in any way it can to provide necessary resources.</p> <p>Public Health England considers that the elderly and people with chronic conditions such as diabetes, heart disease and lung disease to be at higher risk from the coronavirus. Therefore, it is important that those with lower risks reach out to their higher risk neighbours and community members, and ask how they can help.</p> <p><u>Please consider how you can help those around you in the days, weeks and months to come.</u></p>
<p>CITIZENS ADVICE</p>	<p>Sudbury and District Citizens Advice have closed their Hadleigh Office for face to face appointments but are still contactable and willing to help with your enquiries.</p> <p>TELEPHONE ADVICE SESSIONS Monday – Thursday 10am – 3pm Tel 01787 321400 or 0300 330 1151 Email advice@sudburycab.org.uk www.citizensadvice.org.uk; We're Here to Help You - Whoever You Are - Whatever the Problem</p>
<p>FOOD SUPPLIES</p>	<p>What better time than to support your own Village Store in Bildeston?</p> <p>However, we do understand that everyone will be concerned about food supplies generally, and we have been in touch with local Tesco, Asda and Sainsburys stores to find out the current situation.</p> <p>We understand that the supermarkets are putting out the stock, as soon as it arrives. As deliveries occur around the clock it means currently, arriving at 9am is no more of a guarantee to get pasta, rice, wipes etc than arriving at 5pm.</p> <p>The food retailers continue to state that there is enough for everyone and if everyone only takes what they need, (hence the new product restrictions), stores will eventually begin to fill back up to normal levels and availability will improve.</p> <p>The “Big Four” supermarket chains are in constant communication to ensure that they adopt consistent measures in response to unfolding events. This is to ensure that they take the majority of decisions as one such as the recent decision to close all counters and cafes within their stores.</p>

	<p>Please keep informed online of the special arrangements that have been introduced this week by stores to support the elderly, vulnerable and their carers with special shopping hours in place in some stores.</p>
<p>HELP WITH TECHNOLOGY - THE BT SKILLS FOR TOMORROW PROGRAMME</p>	<p>Many of us will be having to stay in touch with our loved ones and public services by going online. Help is available with information , from @BT_UK through their #skillsfortomorrow programme www.bt.com/skillsfortomorrow</p> <p>If you wish to learn more about how to connect with family and friends by using video calling, there is a course available - click here or share with someone you know who would like help https://www.learnmyway.com/courses/video-calling;</p>
<p>SUFFOLK LIBRARIES</p>	<p>Suffolk Libraries closed the county's library buildings to the public for the foreseeable future from Friday, 20th March, 2020 and the mobile library service will also be suspended.</p> <p>Suffolk Libraries has suspended charges for overdue books and extended reservation and return dates indefinitely, so customers do not need to worry about renewing or returning items. Suffolk Libraries is also promoting its extensive and free eLibrary services during the closure.</p> <p>There are around 60,000 items available including eBooks, eAudiobooks, magazines and newspapers. You can also stream music, films and documentaries.</p> <p>People will still be able to contact Suffolk Libraries' customer service team with any enquiries. The team are available Monday to Friday 9-5 and can be contacted at help@suffolklibraries.co.uk or by calling 01473 351249.</p>
<p>STOWMARKET FOOD BANK</p>	<p>As the virus spreads, the Stowmarket Food Bank based at the Stowmarket Community Centre, faces additional pressure with less donations and greater demand.</p> <p>Please could those who have more than they need consider donating non-perishable products to the Food Bank. These can be dropped off to the local supermarkets during normal opening hours.</p>
<p>SCAMS</p>	<p>There have been reports in Suffolk of people pretending to be from the British Red Cross, knocking on the doors of elderly and vulnerable individuals, taking their money to do shopping – and then not returning.</p> <p>There have also been reports that cards are being put through doors with the British Red Cross branding, offering help.</p> <p>The British Red Cross are NOT utilising a postcard system currently in connection to Covid-19 and any distribution of these cards locally needs to be reported to Trading Standards via 0808 223 1133.</p>
<p>POWER SUPPLIES</p>	<p>UK Power Networks is responsible for distributing power to over 8.3 million properties across London, the South East and East of England. Its engineers are out as normal continuing their core role in maintaining the electricity network, and fixing any electrical faults that occur.</p> <p>With many of its customers now working from home and to support the wider UK economy from the evening of Friday 20th March, 2020, it will be cancelling most of its lower priority planned maintenance work. This is in</p>

	<p>order to avoid prolonged planned power cuts for people who are currently working from home.</p> <p>If anyone needs information on a power cut, visit the Power Cut Map for live updates, tweet @UKPowerNetworks or telephone the customer service team, 24 hours a day, on 105 or 0800 3163 105. Calls are free from a landline or mobile phone.</p>
SCHOOLS	<p>Suffolk County Council closed its schools on Friday, 20th March, 2020.</p> <p>The government has asked parents to keep their children at home, wherever possible, and asked schools to remain open only for those children who absolutely need to attend. The fewer children making the journey to school, and the fewer children in educational settings, the lower the risk that the virus can spread and infect vulnerable individuals in wider society. If a child needs specialist support, is vulnerable or has a parent who is a critical worker and who cannot be safely looked after at home so that the parent can work, then educational provision will be available for them in Suffolk.</p> <p>National guidance and list of key workers can be found here: https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision</p>
WELL-BEING	<p>Following the latest government guidance, many people in Suffolk will be self-isolating and/or working from home. While these measures are necessary, they will mean a significant change of routine and can create stress and feelings of anxiety which is why it is important to look after your mental wellbeing in the coming weeks.</p> <p>The five ways to wellbeing is a really useful framework, with practical ideas to support improved mental health. Here are five tips for staying mentally well:</p> <ol style="list-style-type: none"> 1. Connect with others Take time to call a friend or family member. It's important to stay in touch with others however you do it, and sometimes simply talking about how you feel can make a big difference. If you have a friend or neighbour who may need support or a listening ear, spare some time to talk to them. 2. Be active Being physically active can have a real benefit to your mental health. If you are not self-isolating, try building in a walk or other exercise during the day. If you are indoors, take regular screen breaks and stretch at least once every hour. 3. Learn Take the opportunity to think about learning a new skill or pick up something you have enjoyed doing before. Always wanted to read that book, or learn that language? Now is the time. More classes and courses are also available online now than ever before. 4. Take notice It's all too easy to become immersed in the constant, and

ever-changing media coverage surrounding coronavirus (COVID-19). Take a break from watching, listening or reading news stories and use the time for the things you enjoy. Techniques such as mindfulness can be helpful.

5. Give

Giving your time and energy to others is extremely important, never more so than now, and can pay dividends for your mental wellbeing. Whether it's looking out for and helping a neighbour, or registering to volunteer to offer support in your community, there is plenty you can do. The 'Home, but not alone' campaign is one such example, run in partnership between the East Anglian Daily Times, Suffolk County Council, Community Action Suffolk, Suffolk Community Foundation and the Suffolk Association of Local Councils.

For more information and support, visit the following trusted sources:

www.nhs.uk

www.suffolk.gov.uk

<https://volunteersuffolk.org.uk/>

www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing

Please note that the above is accurate as at the time of publication on the basis of the information available. If you have any updates to the above, or any information you wish to be shared, please contact clerk@bildeston.suffolk.gov.uk;