

Cranbrook Town Council Community response to Covid-19

We are working hard to ensure all members of the community, who are vulnerable, will continue to have access to food and medicine. We would first like to thank the tremendous response from our community, and all offers of help. Please read below for information related to food and Medication.

1. Food Related issues

We are currently working together with Exeter Food Bank to ensure we will not have food shortages in Cranbrook. Should you need assistance with food please refer by contacting:

- **Local Schools:** Contact your family Liaison worker at St Martins or the Education Campus via school emails.
- **Community Development Worker:** cdw@cranbrooktowncouncil.gov.uk
- **Cornerstone Church Cranbrook:** 07845736420 (text is best)
ministercranbrook@gmail.com

*Complete school closures

We are currently working with different services including the schools on a plan of action for children who may be without food in the coming weeks. This plan cannot be released as information and guidelines are being changed daily. Should the School be closed we will continue to support our community with access to food.

2. Medicine and local deliveries

Cornerstone Church Cranbrook are coordinating these deliveries. There is a team of volunteer drivers who are DBS checked.

For medication deliveries please let Cranbrook Pharmacy aware you cannot pick up your medication due to self-isolation. This service is for vulnerable residents only or people with underlying health conditions as stipulated in the government guidelines.

- For food deliveries (not food bank) please contact the Cornerstone church Cranbrook: 07845736420 (text is best) ministercranbrook@gmail.com

For general information please email cdw@cranbrooktowncouncil.gov.uk

3. Volunteering -

The Cranbrook Community Association are coordinating volunteering by street names in Cranbrook. Please see Facebook page

<https://www.facebook.com/cranbrookcommunityassociation/> And follow instructions for cards to assist any vulnerable residents on your street.

HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

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. **#ViralKindness**

Planning for the future

a. Self-isolating

At this challenging time, it is important we all take responsibility for our own health. It is important for residents to put their own plan of action into place if they need to self-isolate. This should include:

- Action to be taken for elderly relatives
- Working with employers and home working
- Using national guidelines to assist in self-care including access to medication
- Planning indoor activities for your family for an extended period
- Phoning other relatives or friends who are vulnerable
- Responsible food and household buying
- Search local media for what support is available

b. Social Distancing (Public Health England)

“Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Work from home, where possible. Your employer should support you to do this.
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media

6. Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is pragmatic.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70
- have an underlying health condition
- are pregnant

This advice is likely to be in place for some weeks.”

Thank you for your time in this matter and we would like to thank Cranbrook residents again for being so supportive in this time of uncertainty.

Cranbrook Town Council