

## **Covid-19 Cranbrook Town Council Announcement**

As we are sure you are all aware, we will be going into a new lockdown from tomorrow, 5 November 2020. The new restrictions are different from the previous guidelines in March 2020. We do ask everyone to follow the government guidelines which are published on the gov.uk website at <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>.

### **Household Limitations**

Unless you show symptoms of Covid-19 any member(s) of your family can only leave the house to:

1. Go to work if you cannot work at home
2. Take children to school or a childcare setting
3. Go to medical appointments
4. Do the weekly shop
5. Pick up medicine from the pharmacy
6. Do exercise outside within your households
7. Travel for emergencies
8. Meet essential support groups for health and wellbeing

### **Symptoms of Covid-19 and self-isolating**

If you have these symptoms:

- New persistent cough
- High temperature
- Loss of taste and smell

you should self-isolate for 14 days or visit <https://www.gov.uk/get-coronavirus-test> to request a test. You must have two out of the three symptoms to book a test.

Contact Information for Cranbrook Town Council

If you are self-isolating due to symptoms and you need information or signposting, please contact Aynsley Jones, the Town Council's Community Development Worker, on:

- 07746 909933
- [cdw@cranbrooktowncouncil.gov.uk](mailto:cdw@cranbrooktowncouncil.gov.uk)
- Facebook Community Development page: <https://www.facebook.com/cranbrookcommunitydevelopment>
- For general enquiries please phone 01404 514552 (between 10:00am and 2:00pm Monday-Friday) or email [clerk@cranbrooktowncouncil.gov.uk](mailto:clerk@cranbrooktowncouncil.gov.uk) or visit <https://www.cranbrooktowncouncil.gov.uk/> or <https://www.facebook.com/cranbrooktowncouncil> at any time

Cranbrook Town Council can assist or signpost for Covid-19 information on:

- Food shortages
- Deliveries
- Transport to medical appointments
- Community funding
- Health and wellbeing support groups in Cranbrook
- Volunteering

## Community partners for signposting

**Deliveries and shopping** – Cornerstone Church Cranbrook – Lythan Nevard 07845736420 (text is best) [ministercranbrook@gmail.com](mailto:ministercranbrook@gmail.com)

**Free Frozen Food** – Grow Eat Do – Andrea Bomanson  
<https://www.facebook.com/groweatdo.cranbrook>

**Health and wellbeing** – Health and wellbeing Coach – Laura Hilton – Please make an appointment through reception on 01404 819207 <https://www.cranbrookmedicalpractice.nhs.uk/>

**Medical issues** (non-emergency) – Cranbrook Medical Practice – 01404 819207  
<https://www.cranbrookmedicalpractice.nhs.uk/>

**Prescriptions** – Cranbrook Pharmacy (please use online prescriptions where possible) 01404 514456

**Wellbeing Support** – Community Connector – Silvia Salerno – Signposting and support for families and young people

Referrals made through:

Caren Flicker St Martins Primary School - 07511307231

Jo Westney Cranbrook Education Campus - 07879180207

Cranbrook Medical Practice – Ask for referral to Health and Wellbeing Coach - 01404 819207  
<https://www.cranbrookmedicalpractice.nhs.uk/>

## Useful Information

Coronavirus regional information – <https://www.devon.gov.uk/coronavirus-advice-in-devon/>

### Food Banks

Broadclyst – 01392 360269 or email [office@broadclyst.org](mailto:office@broadclyst.org)

Exeter – 07818 226524 or visit <https://exeter.foodbank.org.uk/>

**J and R foods** (Local deliveries) – Online and usually next day deliveries from Cranbrook and set up accounts over the phone 01392 445510 or <https://www.jrfoodservice.co.uk/>

**Virtual Café** – Coming soon. Information will be published on Cranbrook Town Council's Facebook page and the Cranbrook Community Development page  
<https://www.facebook.com/cranbrookcommunitydevelopment> or  
<https://www.facebook.com/cranbrooktowncouncil>