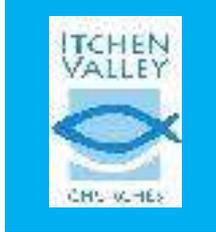




Itchen Valley Parish Council

Serving The Communities of
Avington, Easton, Itchen Abbas & Martyr Worthy

Working in Conjunction with Itchen Valley Churches



Coronavirus - Non-Medical Support

Supporting You and Your Family during the COVID-19 Outbreak

We hope you found the leaflet we distributed last week helpful. The Parish Council and Valley Churches are working together to provide a support system for the Itchen Valley Community during the Covid-19 outbreak. We aim to ensure that nobody is left isolated or in need of basic provisions.

What we are doing

Our plan follows a 3-level approach, for those in need of support -

1. You should first rely on your network of family and friends
2. Contact your local group of neighbours (most residents have formed themselves into small local groups, set up for this purpose) If you are unaware of a neighbour group covering your home please get in touch with your relevant Councillor below.
3. If you are in genuine need (e.g. because you are elderly, vulnerable, self- isolating, a key worker unable to shop) and unable to contact your neighbour group, contact your nominated Parish Councillor detailed below, and they together with their support team will do their utmost to help.

Parish Councillor Contacts

Martyr Worthy	Cllr Yvette Riley	Cllr.y.riley@itchenvalleyparishcouncil.org.uk	01962 799177
Easton	Cllr Denise Rosewell	Cllr.d.rosewell@itchenvalleyparishcouncil.org.uk	01962 779182
Itchen Abbas	Cllr Patrick Appleby	Cllr.p.appleby@itchenvalleyparishcouncil.org.uk	01962 779778
Avington	Cllr Christopher Langford	Cllr.c.langford@itchenvalleyparishcouncil.org.uk	01962 779224

What you can do

Help us to help you by contacting your near neighbours to form a group, if you have not already done so. Ensure one member of the group makes themselves known to their nominated Parish Councillor.

Continue to observe government advice. Restrictions have been placed on local playgrounds and pitches, but our network of footpaths remain open. We suggest that some narrow paths are used in one direction only to enable safe social distancing.



Itchen Valley Parish Council

Working in Conjunction with Itchen Valley Churches

What other help is available?

If you are frail or vulnerable, and unable to get the support needed from our local arrangements then **A new helpline** is now available to provide information and advice, as well as practical support.

Hantshelp4vulnerable Helpline- can be contacted on **0333 370 4000**.

The helpline is available **seven days a week, from 9am to 5pm**, and is for vulnerable people who do not have support from families, friends, or their local community, and who need urgent assistance with practical issues.

If you or a family member are **extremely vulnerable** due to age or health and are in the “Shielded group” and need further help, please call the **national hotline** number sent in the post by your GP or the **Hantshelp4vulnerable helpline** above who operate a triage system to ensure people get the right help from the right agency as quickly as possible.

If you are **extremely vulnerable** and have not been contacted by the NHS and think you should have, please confirm you meet the criteria by checking at <https://www.gov.uk/coronavirus-extremely-vulnerable>, where you can self-register, or alternatively speak to your GP or care team.

Events and government advice may lead to changes in our plans, and we will continue to keep you informed of those changes as they occur.

In the meantime, you are in our thoughts and we are here for you.

Yours sincerely

Patrick Appleby

Patrick Appleby
Chairman
Itchen Valley Parish Council

Alex Pease

Rev Alex Pease
Rector
Itchen Valley Churches