

Hemblington Parish Council

Chairman – Tony Howe Clerk to the Council – Steven Ford
Hemblington Parish Council, 101 Thunder Lane, Thorpe St Andrew, Norwich,
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Web site: <http://hemblingtonparish.org.uk/>

HEMBLINGTON PARISH COUNCIL

If you are self-isolating, we can help:

Please contact one of your local parish councillors:

- Anthony Howe, Gables Farmhouse, Hemblington Hall Road, Tel. 01603 270360
- Bryan Slater (Cuttons Corner) tel: 07880 784190
- Richard Sergeant (Cuttons Corner) tel: 01603 716879
- Jutta Koch (Pedham) tel 07917 018193
- Caroline Ramsay (Pedham) tel 01603 270386

We can help with:

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

The Guidelines for those helping are:

Always:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home, rather than delivering in person
- Provide support over the phone and social media

If you are self-isolating visit www.nhs.uk/coronavirus and www.broadland.gov.uk
Contact Broadland District Council If you are self-isolating and need support please call 01508 533933. Broadland Council are planning to offer assistance in a way that ensures that the needs of the vulnerable are prioritised while others are supported to keep food on the table and a roof over their heads, bills paid, and benefits claimed.

Top tips for staying safe

- Only accept help from someone you know and trust
- Never give anyone your credit card and PIN – give cash and ask for a receipt
- If someone is shopping for you, give them a list and budget, based on what you can afford
- It is your home and you do not have to agree to anything a visitor asks. Never deal with unknown cold callers
- If you are in doubt, or feel pressurised or threatened close the door, call a friendly neighbour or in an emergency ring 999

Steven Ford
Parish Clerk
24th March 2020