

# Itchen Valley Parish Council

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



## Working in Conjunction with Itchen Valley Churches

Itchen Valley Parish Council & Itchen Valley Churches know that the advice on Coronavirus is changing all the time so we have put together this leaflet which includes some links to signpost you to the current advice and to help you find local volunteers should you need help.

### **Please don't be a neighbour stranger**

There are many people in our community that will need to self-isolate in the coming weeks and may need your help. If you haven't already been recruited into a small local group (e.g. 5 to 10 houses) please contact your nearest neighbours and form one. By keeping these groups small and ensuring you all know one another, will help safeguard the most vulnerable in our community.

Form a WhatsApp group or pop the form on the back of this leaflet through a neighbour's post box. (if you need more cut out and photocopy or download and print the form on our website.)

Help us make sure that all households that want to be part of a support group are included by letting Itchen Valley Parish Council know when you are up and running, who the lead contact is and which houses your group is covering.

#### **Contact IVPC:**

[clerk@itchenvalleyparishcouncil.org.uk](mailto:clerk@itchenvalleyparishcouncil.org.uk)

07493 417313

<https://www.facebook.com/ItchenValleyParishCouncil>

To find the most current advice on Coronavirus – Covid-19 please visit the following websites, you will find links from their front pages and these will be regularly updated



[www.gov.uk](http://www.gov.uk)



[www.nhs.uk](http://www.nhs.uk)

## Other useful resources



Latest from the Hampshire County Council

[www.hants.gov.uk](http://www.hants.gov.uk)



Help & Advice

[www.ageuk.org.uk](http://www.ageuk.org.uk)



What the Coronavirus means for you

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



**Think of others, consider your actions & be kind**

People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.



**Connect and reach out to your neighbours**

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.



**Make the most of local online groups**

Keep up to date, share information and be a positive part of your local community conversations.



**Support vulnerable or isolated people**

Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.



**Share accurate information and advice**

Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.





### **Help from Hampshire County Council:**

If you are concerned about any adult who is in potential danger or suffering because of access to services please ring the Adult Services

**Phone: 0300 555 1386**

Monday to Thursday 8.30am to 5pm

Friday 8.30am to 4.30pm

**Textphone users: 0300 555 1390**

**Email: [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk)**

**Out of hours 0300 555 1373**

Monday to Thursday 5pm to 8.30am

Friday 4.30pm to Monday 8.30am

All day on Bank Holidays

**Use the NHS 111 online coronavirus service if:**

**you feel you cannot cope with your symptoms at home**

**your condition gets worse**

**your symptoms do not get better after 7 days**

**Only call 111 if you cannot get help online.**

**<https://111.nhs.uk/covid-19/>**

**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:**

Picking up shopping

Posting mail

A friendly phone call

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**