

Newbald Parish Council Coronavirus Response

HELP US TO HELP THE VULNERABLE AND ISOLATED

Dear Residents,

Newbald Parish Council understands that normally most members of our community are self-sufficient but in light of the recent outbreak, some of our more vulnerable residents may need additional support in the coming weeks / months.

We would like to ask that if you are able to offer support to those that need it please do so. You could make a big difference in many small ways for example:

- Checking on your friends and neighbours, particularly if you know that they live on their own and/or are elderly or in a high risk category
- Offering to collect food shopping / prescriptions
- Being a listening ear for those people that are isolated
- Following Government advice and self-isolating if recommended
- Adding yourself to the volunteer register (see overleaf).

We hope that the community response that we know is already taking place will be enough to help those that need it. (See overleaf). We would like to thank those generous kind-hearted people in advance for their help; we really appreciate all you are doing. Newbald has always been a place where there has been a strong community spirit and now we need this like never before. These times are unprecedented and we all need to think of protecting and helping others in whatever way we can.

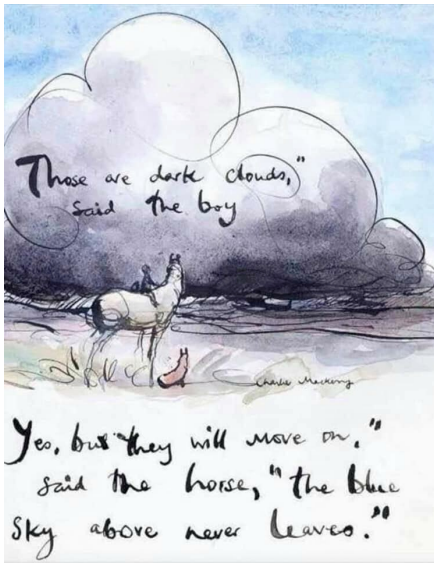
DO YOU NEED URGENT HELP? SUPPORT IS AVAILABLE.

Details of a new community initiative to support those in need of extra help is detailed overleaf. This is your best first port of call if you cannot rely on your usual support network. Of course the Parish Council is always here for you too. Please email clerk@newbald.com or call Suzanne on 07814240033 if you have any concerns.

This is obviously a fast moving situation and we are closely monitoring what is going on and advice from the Government and East Riding of Yorkshire Council. We will keep you informed as best we can and implement further measures if required.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

NEWBALD CORONAVIRUS COMMUNITY SUPPORT



DO YOU NEED HELP? PLEASE GET IN TOUCH!

If for whatever reason you need some help and are unable to get assistance from your usual support network, please get in touch with one of the following.

Emma Hibbs 07852 226761
Beccy O'Sullivan 827175
Tracey Latham 07745 068567

We have a group of volunteers who, at the very least, can help with shopping, collecting prescriptions & pensions, dog walking or just simply calling to say Hi. However, if you have

another need please contact us and we will do what we can to help you.

FRESH, LOCAL VEG AND EGGS AVAILABLE!

Carrots, potatoes, cauliflower, onions, mushrooms, garlic, tomatoes & lemons.

Deliveries 3 times per week. To order please contact Mrs Levitt 07940222344.

WEEKLY MEALS ON WHEELS!

The NYPP (church rooms) committee will be making portions of traditional meals such as cottage pie, lasagne, soups etc. This is a work in progress initiative and availability and frequency will depend on demand. To register your interest please contact Helen Townend on 07973 834475.

VOLUNTEERS, WE NEED YOU!

If you're healthy, not self-isolating and have some spare time, to help with any of the above, please contact either Emma, Tracey or Beccy to join the volunteer register. If you have any other ideas or suggestions that you will think will benefit the community during these uncertain times, please get in touch.

WWW.NEWBALD.COM



Parish Council Meetings
All parish council meetings are cancelled for the foreseeable future. However we are still here for you and will do our best to operate as normally as possible. Please get in touch if you have any questions or concerns about village matters.

OFFICE CONTACT

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[Facebook.com/newbaldpc](https://www.facebook.com/newbaldpc)
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NPC COUNCILLORS

John Barrett	827662	Ed Openshaw	827589
Michael Bushby	07483860074	Beccy O'Sullivan	827175
Simon Dongray-Burke	828568	Beverley Smith	827153
John Howard	828932	Gavin Stewart	801174
Geoff Lewis	801128	Diana Stewart	827510
Sarah Milner	827961		

LOOK AFTER YOUR MENTAL HEALTH

Although you may need to find alternative ways to do it, it is very important that you continue to prioritise your physical, mental, social and emotional well-being.

If you are feeling anxious, try and surround yourself with information/music that is uplifting. Breathing techniques can really help to calm you down. Breathe deeply through your nose + make your out-breath much longer than your in-breath. Establishing routines helps you to feel in control.

<https://www.nhs.uk/Conditions/stress-anxiety-depression/>
This too will pass.

Please note the Village Hall is closed until further notice