

Coronavirus - Key messages from Selling Parish Council

All the latest local news is on our website: sellingparishcouncil.gov.uk

We are all facing challenges the like of which most of us have never seen. We believe our greatest asset in Selling is how residents look out for each other. There is essential information we need to ensure all residents have and not everyone has access to the internet. If you can, please see our website.

Use proper sources of information: The Coronavirus COVID-19 situation is fast-moving and there is an increasing amount of misinformation, particularly on social media. We should all be using official advice from *government*, *NHS* and *Public Health England (PHE)* and check that advice regularly. If you have difficulty accessing any information, please contact us and we will get it to you.

Stay at home: Government and health advice is for adults and children to stay at home. This is by far the most effective form of social distancing. Even if you feel perfectly fine, you are most unlikely to know whether you have contracted Coronavirus. Please do not unwittingly infect your loved ones or vital keyworkers (NHS, teachers, supermarket staff and people who deliver your Amazon or takeaways).

Physical health: We all know it is important to keep fit. You can exercise safely indoors of course. You can also exercise in your garden. If you need to venture outdoors, you must always be a minimum of 2 metres or 6.5 feet apart from anyone else. Coronavirus can be transferred in the open air.

Mental well-being: Learn to love the Great Indoors! Our aim is that every household in Selling is able to speak to someone in their local community at any time and receives regular welfare checks if they choose. Even though many will be self-isolating, nobody has to feel alone or excluded. There is a wealth of creative expertise in the village, which we can use for the benefits of those who are in a protracted period of time at home. This may involve putting online a range of options such as 'virtual' coffee mornings and afternoon teas, interest groups, social chats, bingo, keep fit and even music.

Practical help: We are currently contacting our local community groups, volunteers, the church and businesses to co-ordinate and help resource a range of practical measures and activities in support of all our residents. This will need to be sustainable and resilient. We can all help by shopping, delivering books & magazines, gardening, walking dogs (other animals are available!) and making meals.

Local WhatsApp groups and telephone trees: If you are the organiser or administrator of a WhatsApp group or telephone tree, please contact us. We want to establish a coherent Parish-wide network that allows a credible, reliable means of getting out official preventative or emergency information to all. If you are contacted to join such a group or tree and are unsure who it is or feel unsafe, please contact us.

Don't get scammed: Please think carefully before displaying a "self-isolation card" that announces you are of a certain age, in isolation, or on your own. Kent Police say criminals are looking to exploit opportunities in the current crisis by knocking on doors and pretending to be from the health authority or phoning. They may say they can take your temperature or test for CO-VID19. Do not open the door to strangers and please never ever let them in. Never give anyone cash or your bank card or PIN number. If you ask a stranger to go away and they don't, call 999 and ask for Police.

Please volunteer to help: *If you feel able to contribute in any way to the community effort, have ideas or skills or experience, or simply just want to help please contact us and say what you can do.*

Contact Us:

- Wendy Gregory, Clerk, email clerk@sellingparishcouncil.gov.uk or mobile 07790 903442 or write to Clerk, Selling Parish Council, The Limes, London Road, Upper Harbledown, CT2 9AU
- Andrew Bowles, Chairman, email Andrew.Bowles@kent.gov.uk or mobile 07778 629879
- Kevin Hobson, Vice-Chair, email kevin.hobson@sellingparishcouncil.gov.uk or mobile 07944 269273