

Coronavirus Newsletter No. 2 from Selling Parish Council

www.sellingparishcouncil.gov.uk

We are all in this together. We will ensure residents have trusted sources of information and will co-ordinate and promote local community support. Not everyone has access to the internet so we really want to know who you are and how we can provide information for you. Please let us know so we can help.

Stick to the facts: Avoid misinformation on social media and consider taking breaks from endless conjecture on coronavirus. We should all use the comprehensive official advice from the government, NHS, Dept. of Health & Social Care, and Public Health England (PHE) and check that advice regularly.

Stay at home, protect the NHS, save lives: We must only leave home for four reasons: 1) shopping for basic necessities, for example food and medicine, *which must be as infrequent as possible*; 2) one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household; 3) any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person; 4) travelling for work purposes, but only where you cannot work from home.

Volunteer to deliver food and medicine: Swale Borough Council is asking for volunteers now to help with deliveries of food and medicines to those identified by government as vulnerable and most in need. You must not be in one of the government's high-risk categories. Training is given and social distancing strictly followed. Volunteer by going to their website swale.gov.uk/community-response

Look after your mental well-being and encourage others: If you are worried about coronavirus see 10 tips to help your well-being on the excellent NHS website: nhs.uk/oneyou/every-mind-matters. We have received kind offers of free counselling and pastoral care from current or former professionals living in Selling, and who wish us to pass on their contact details. We are required to say that the Parish Council cannot accept responsibility for any arrangements made. Diane Webb offers counselling via (Home) 012277 50144 (Mobile) 07743 303092 or e-mail diane.49ash@gmail.com. Rev. Peter Newell offers pastoral care to all people in Selling via (home) 01227 938374 or email: peter.newell06@outlook.com.

Take daily exercise: The Great British Spring Clean may have been postponed but when out on your daily walk, why not pick up litter as you go? Keep Selling beautiful. Send us your pics. Keep stretching and flexing at home with nhs.uk/live-well/exercise/strength-and-flex-exercise-plan. Try a walk to the White Lion and pick up a book, magazine or board game from the Swop Shop under the covered area.

Take part in a pub quiz: The White Lion's sell-out pub quiz enters a new era by going virtual on Wednesday 8 April. Check out facebook.com/WhitelionKent for details on how to join the fun.

Can you help others with IT or smart phone support? Lots of us struggle to update our iPads or laptops or install Zoom, Messenger or Skype. It could make a huge difference to feeling connected. If you are able to lead someone through a set-up in a phone call, please contact the White Lion with your areas of interest or knowledge. IT support calls would be free, voluntary, non-binding and done at the owner's risk with of course no guarantees of success. Tel Karen on 01795 383100 or email: info@whitelionselling.co.uk

Please support our local businesses: The Sondes Tea Rooms & General Stores has stayed open with fresh fruit, vegetables, and everything you need. Nearby, Chilham Shop and Macknade (who also now deliver) are longstanding businesses serving local communities.

If your bin collection is late: Please leave bins out until they are collected. The Tip is closed.

A big thank you: We salute all our amazing volunteers and all the WhatsApp group organisers across Selling; Valerie, Giles, Rev Peter & the Parochial Church Council for making the newsletters happen, Jo and Glynis for everything, Karen and The White Lion for tireless optimism and creativity, Claire and The Sondes General Stores for staying open with vital food for the village.

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