



Brackley Town Council

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Statement – Covid 19

We, like you all, are watching the news unfold regarding the Covid 19/Coronavirus outbreak, and many of us are wondering what will happen next. These are difficult times for all of us, for our families, loved ones, friends and neighbours.

This is a time when we all need to help one another so, if you are able, please do try and support those who might be particularly vulnerable. Whether this is via a phone call or a note through the door to check if they are okay. Those who are self-isolating may be feeling lonely and this is not necessarily just the older generation. Could you help anyone who may be vulnerable with a video call so that they can see a friendly face? If a neighbour can't get out to shop – perhaps you could pick up some provisions for them? In these uncertain times, we should all strive to be a good neighbour and help support each other.

The fantastic community of Brackley, and the surrounding villages, have already taken the great initiative of launching a new Facebook support group called 'Brackley Vs Coronavirus' and we thank those involved in its set up and those that have already come forward to help. If you are able to help, please join the group and offer your support.

We are being reassured that there is plenty of stock in the supply chain, especially if we only take what we need, so if you are doing your weekly or daily shop please remember to leave enough products on the shelf for the next person. Our supermarkets are receiving deliveries daily so there is plenty to go around for everyone if we are careful. Please also consider purchasing additional items for Brackley Foodbank for those unable to buy extra supplies.

Brackley Town Council would like to thank all those who are helping to deal with this emergency including our local doctors, nurses and other medical staff, ambulance and emergency staff and all those in public and private sector services who are responding. Our supermarket staff have been under extreme pressure and we thank them too.

Brackley Town Council offices are now closed but we are all still working. Please do not hesitate to telephone us (01280 702441) or email (town.clerk@brackleynorthants-tc.gov.uk) if we can help at all in any way. You are not alone. You will still see our grounds staff around the Town keeping Brackley the beautiful place it is. In order to safeguard them, we would appreciate that you keep your distance from them and telephone or email the office if you have any concerns.

Our outside spaces remain open for the time being. Please respect the social distancing advice given by the government. More information can be found at www.gov.uk/coronavirus

We know that the people of Brackley already demonstrate a strong community spirit which is why we love our town and we will only grow stronger as we pull together in the weeks ahead.

Advice for Brackley residents to stay mentally well

We know many of our community will be struggling right now.

Positive social support improves our ability to cope with stress, but right now, as a result of the corona virus (COVID-19) many of us are facing periods of enforced isolation.

Particularly vulnerable groups are the elderly, those living on their own, those with existing mental health problems and those who are not connected with family via the internet.

So, it is important to find ways to maintain our wellbeing, such as:

1. **Stay connected with other people** – make sure everyone locally is getting twice-daily contact with friends, neighbours or family. If you can, help others get set up for facetime or skype, or wave as you pass their house. If you have vulnerable neighbours make sure they have phone numbers of people who can help in a crisis.
2. **Avoid constant checks on the news** – perhaps check in with a regular, trusted news programme twice a day. Public health advice only gets updated daily. The rest of the media is flooded with worry-inducing stories of the latest theories and incidence rates from around the world.
3. **Establish a routine** – plan your day.
4. **Do something that helps others** – an act of kindness – it helps them and you feel good.
5. **Keep physically active** – there are several good on-line exercise routines e.g. this from the BBC <https://www.bbc.co.uk/news/newsbeat-51924305>
6. **Get enough rest and sleep** – make time in your day to practice relaxation or mindfulness exercises. Do not check the news before bed.
7. **Treat yourself** – cake, box sets, a new book - whatever works for you.
8. **Keep your brain occupied** – read a book or magazine, do the crossword, listen to podcasts, learn a new skill.
9. **Get as much sunlight and fresh air as you can** - sit somewhere comfortable by a window, have flowers or plants in your home, spend time in your garden if you have one, or sit on your front or back doorstep.
10. **Use the Brackley vs Coronavirus form to arrange help accessing what you need.**

Use sources of help and advice:

If you're worried about a friend or family member – MIND provides excellent advice

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseca6e9>

Here are a few helpline numbers – but note these are likely to be very busy currently:

Samaritans offer a 24 hour helpline and text/SMS service:

Call: **116123** email: jo@samaritans.org (you may need to wait 24 hours for a response)

Silver Line is a national, free and confidential helpline dedicated to older people (24/7). They offer information, friendship and advice – or just someone to chat to: **0800 4708090**

SHOUT operate a text/SMS based service for people who are in a crisis, anxious, worried or stressed. **Text: 85258** <https://www.giveusashout.org/>

There are also some helpful on-line NHS approved self-help apps:

See <https://www.nhs.uk/apps-library/category/mental-health/>

We can only control what is in our control...

**REMEMBER
YOU ARE MORE RESILIENT THAN YOU THINK
YOU ARE NOT ALONE
KEEP SAFE EVERYONE**



Are you self-isolating?

Or can you become a volunteer?

Telephone Number 07592 049372

Name	
Contact Number(s)	Email Address
Address	
What Help do You Need?	
<input type="checkbox"/> Grocey Shopping <input type="checkbox"/> Collection Medication <input type="checkbox"/> I would like to talk to someone <input type="checkbox"/> Posting Mail	Other (please specify)
If you need help with getting shopping/provisions preferred method of payment	
Special instructions (eg I am self-isolating, I am a vulnerable person, I have a weak immune system)	
What can you do as a volunteer? (you will be asked provide photo ID and proof of your address (photo driving licence) and this should be posted through the door at Caroline Cares for You offices where they will be kept securely and then destroyed after the crisis has passed.)	
<input type="checkbox"/> Shop/deliver groceries <input type="checkbox"/> Collect/deliver Medication <input type="checkbox"/> Provide company/phone call <input type="checkbox"/> Post Mail	Other (please specify)
Can you have the phone and be a co-ordinator?	
Any other information/questions?	

By submitting this application form you are consenting to the processing and storage of your personal data. We will process all personal data and comply with the requirements of the GDPR and subsequent acts regarding the management and processing of personal data



Telephone Number
07592 049372

Volunteer Guidelines

Thank you for giving your time to help a member of our community who is currently in self-isolation due to Covid-19. Your support is greatly appreciated.

We wanted to provide you with some guidelines, so that you feel confident in the role that you are playing and what you are not required or expected to do.

1. We expect that residents should only use this support for errands, that would require them to leave the house such as collecting prescriptions, shopping, posting letters, collecting parcels and other similar activities. You are not required to, nor should you, carry out any jobs in a resident's home or garden. Neither should you accept any offer to come into a person's home for a chat. This will be made clear to residents when the support is explained, and you can feel confident to decline any such requests.
2. If a resident needs shopping purchasing, we are setting a **£20 limit** on any food shops. This should be more than adequate to provide some essentials for a few days, and you can always return if the resident needs more. This is a safeguard we are putting in place to protect you and the resident. Please take their form of payment, collect the shopping and return with a receipt/any change. Please do not ask a resident for their PIN or any personal bank details. It may be that the resident has placed a food order for you to collect, in that instance you will not need to take any payment.
3. Should you be asked to collect a resident's prescription you will need to take a letter of consent from the resident.
4. We are not expecting you to be medical experts. Should a resident start asking for medical advice please encourage them to call the NHS 111.
5. Should a problem arise, or you are not sure what to do in a situation please contact us for guidance and support.
6. Remember YOUR health is also of primary importance. If you feel unwell, please let us know and we will assign the resident to another volunteer. Please take all necessary precautions such as washing your hands etc...

Resident Guidelines

Some guidelines that those arranging the support should make sure the residents receiving help know. These should be read out to the resident.

1. A volunteer from Brackley Vs Coronavirus will be assigned to you and you will notified of their name before you have contact with them.
2. Their role is to help you with errands that you cannot do now that you are self-isolating such as collecting prescriptions, shopping, posting letters, collecting parcels and other similar activities.
3. They are not here to help with housework/gardening, so please do not ask them.
4. Please do not invite them into your home. It's important to keep both you and the volunteer safe.
5. We will need a letter of consent in order to collect a prescription.
6. They are not medical experts so please do not ask for medical advice, please contact your GP or NHS 111 if you are concerned.
7. They will never ask for more than £20 for a food shop or ask you for personal bank details or PIN numbers. They will take the payment, collect the shopping and return with a receipt and any change. If you need more food, they will return at another time to carry out another shop of up to £20.
8. If you have any problems or are in any doubt about who the volunteer is, please call us.