



Poynton Town Council will be maintaining services during this uncertain time. This includes:

- Emptying bins on the Inclines, Brecon Park and Hockley Park
- Keeping Brecon & Hockley Parks open and carrying out routine inspections
- Responding to residents telephone, email enquiries and concerns
- Council Community Support Officers will be patrolling as normal

Whilst we focus our full attention on facilitating a community resilience plan for vulnerable residents and as a result of Government advice regarding social distancing, all council committee meetings and working groups are suspended at this time and the Annual Town Assembly has been postponed until to the 18th May 2020.

Please keep an eye on our website and social media pages for updates and if you have any non medical concerns regarding a vulnerable neighbour, please telephone us on 01625 872238.

Guidance for Poynton's community response to Covid-19 **For residents who are self-isolating**

Plan ahead as much as possible. Ask your employer, friends and family to help you to get the things you need to stay at home.

If you have Coronavirus symptoms:

- Do **NOT** go to a GP surgery, pharmacy or hospital;
- You do not need to contact 111 to tell them you're staying at home;
- Testing for coronavirus is not needed if you're staying at home;
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online Coronavirus service.

Poynton Town Council is co-ordinating volunteers from community organisations. If you need non-medical support or assistance during self-isolation please contact Poynton Town Council on **01625 872238** or email **haf.barlow@poyntontowncouncil.gov.uk**

A local neighbour may have already been in touch and provided you with their contact details so you can get in touch if you need any assistance.

- Don't be shy about contacting them if you need to;
- Do not give bank cards or bank details to individuals;
- If you require shopping think about how you will pay. You could do this using online banking or by asking a family member to pay via online banking for you;
- Observe social distancing practices at all times;
- Think about keeping busy with activities such as cooking, reading, online learning and watching films;
- Write down family contact details and leave them in a prominent position, e.g. either by the telephone on a mantelpiece;
- Keep a list of important telephone numbers close at hand (doctor, chemist, town council etc.);
- Keep a list of medication close at hand.

The Town Council will regularly post information on our website **www.poyntontowncouncil.gov.uk** and on Facebook **<https://www.facebook.com/poyntontowncouncil/>**



Guidance for Poynton's community response to Covid-19

For volunteers helping neighbours

Firstly, thank you for being a good neighbour.

If you are offering your contact details to elderly and vulnerable residents, please consider the following:

- Are you okay to volunteer? It's important that you are not classed as a vulnerable adult. i.e. you are below the age of 70 with no pre-existing medical conditions and no virus symptoms;
- Think ahead. You may need to self-isolate in the future, so plan ahead, making sure that you have provisions for yourself and your family for at least two weeks;
- Observe advice from Public Health England and daily Government updates.

These are some things to think about whilst looking out for a vulnerable or elderly resident:

- You can knock on the door and step away 2m or swap telephone numbers and talk in that way; Don't come into physical contact with the person or enter their home.
- Remind them to eat well and stay hydrated. Check with them that they have enough food in and have a plan to get more provisions delivered;
- Encourage residents to keep a note of family emergency contact details and keep them in a visible place in their home, e.g. near to the telephone or on a mantelpiece;
- If they don't have access to the internet, keep them updated with relevant information;
- Consider making an extra portion of food/meals for vulnerable residents;
- Ask them if they have access to their medication and are taking it as prescribed;
- Encourage them to keep in touch with people via the phone or digitally if they can;
- Recommend that they keep busy.

It's also important to ensure that you safeguard yourself and the person you are helping. You can do this by:

- Working in pairs with a fellow neighbour, if possible;
- Do not ask for bank cards or bank account details from the person;
- Make sure you provide a receipt for the shopping and keep a copy (i.e. by taking a photo on your phone);
- If you require payment for shopping ask the person or their family about arranging an online payment.

If you have any serious medical concerns about a resident you are looking out for ring 111.

Poynton Town Council is co-ordinating volunteers from community organisations. If you belong to a community organisation please register your interest with them. If you are not a member of a community organisation email haf.barlow@poyntontowncouncil.gov.uk

Delivering provisions and food to residents

Poynton Town Council is collating a list of local businesses who are able to deliver provisions, take-away meals and food to residents.

Our Council Community Support Team are attempting to contact businesses who are able to do this, but require your help to make the list as comprehensive as possible. If your business is able to provide residents with the above service, please contact Poynton Town Council on 01625 872238 with details of what you can offer.

Also, if your business becomes unable to provide this service in future, please let us know so we can keep the list updated.

The list, which will be updated, can be viewed or downloaded as a PDF here: <https://bit.ly/2J8OWxl>

