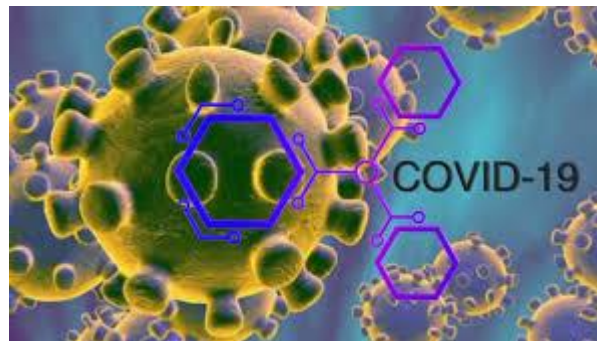




COVID-19: special edition

NEWS



We wish to emphasise that no one at Bramshaw Parish Council is medically qualified or a Public Health expert. We are watching and interpreting advice from the Government and associated agencies as it is updated.

The UK Chief Medical Officers have now raised the risk to the UK from moderate to high.

On 12 March, the Government confirmed that the country has moved from the 'contain' stage, to the 'delay' phase. The objective is to slow the spread of the virus in order to reduce the numbers who will be infected at the peak of the outbreak (so that NHS resources can be managed in the most effective way to provide care for those individuals who will need hospital treatment for the virus). Based on the information provided by the Chief Scientific Officer their estimate for the peak of the epidemic is during May.

Boris Johnson has unveiled a series of hugely stringent new restrictions to slow what he said was the now-rapid spread of coronavirus in the UK, including a 14-day isolation for all households with symptoms, a warning against "non-essential" contact, including trips to pubs and clubs, and an end to all mass gatherings.

Expert modelling suggests this approach could cut the estimated coronavirus death toll from 260,000 to 20,000.

Social Distancing

The government are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures. This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
 - chronic heart disease, such as [heart failure](#)
 - [chronic kidney disease](#)
 - chronic liver disease, such as [hepatitis](#)
 - chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
 - [diabetes](#)
 - problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
 - being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant

Useful links

The following links provide useful, factual and regularly updated information on COVID-19

[Overview](#)

[Self-isolation advice](#)

[Common questions](#)

This sort of incident could cause undue pressure and anxiety. The NHS Every Mind Matters website has some really simple useful tips and advice to support good mental health www.nhs.uk/oneyou

Parish Council Meetings

24 March 2020: Given the current medical and scientific advice, this meeting has been cancelled.

All future meetings scheduled in 2020: Bramshaw Councillors are actively working on a Business Continuity Plan. An update will follow.

Annual Parish Assembly

20 May 2020: Given the current medical and scientific advice, this meeting has been cancelled.

Support a Neighbour in Need

There are simple things you can do to help those in self-isolation continue to thrive. By its very nature, self-isolation is a solitary experience and their wellbeing will likely be improved by taking the following steps:-

- Check if family, friends and neighbours need help with their shopping, medication, or anything else.
- Call for a chat and check that they're ok.
- Please be respectful of anyone you know who has been diagnosed with COVID-19 as it's likely to be an anxious time for them. Due to patient confidentiality their details will not be publicly confirmed, so please do what you can to respect and protect their privacy, and do not speculate with the local media or on social media. PHE has advised people who are self-isolating to do what they can to avoid visitors to their home and any deliveries of groceries, medications or other shopping to be left at the door so please ensure that when you are providing support this advice is followed.

HOW TO REACH OUT WITH YOUR OFFER OF SUPPORT - we would like to encourage residents to keep an eye on their neighbours, particularly the vulnerable and isolated. Please print-off and complete the form below, and post through their letterbox.

HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

EVENTS CANCELLED



HORTICULTURAL SOCIETY

April, May and June meetings, plus the plant sale on 25th May.



BRAMSHAW PARISH COUNCIL MEETING

24 March

BRAMSHAW ANNUAL PARISH ASSEMBLY

20 May



BRAMSHAW COMMUNITY BBQ

2 May

For any event not listed above, please contact the organiser directly.

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