

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance).

ADVICE IF YOU'RE FEELING ILL.

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild illness.

If you feel like this is an emergency or struggling to breath dial 111 or 999

One of the simplest things we can do is keep eye on each other.

Would you consider becoming a Community Buddy to keep an eye on a small number of people in your immediate area and pass on their requirements to us?

We will coordinate local volunteers to provide direct, local services to assist with shopping, dog walking and signposting to other available services as necessary.

Our intention is that the role of a Community Buddy should be a light touch, and we will provide all the support you need.

Please let us know if you can help with this. And if you can we will deliver you some information to assist you in this role.

As well as these Community Buddies we also need to recruit the volunteers to provide the assistance we mention above, so if you know of anyone who'd like to volunteer for this ask them to email us on volunteer@overton-on-dee.co.uk or ring 07423 569949

Overton Community Response: Covid-19 support group formed by Overton Community Council, the Rainbow Centre and local Volunteers

Overton Community Council and the Rainbow Centre are working in partnership to support you if you are self-isolating and need help, please contact us if you need:

- Advice and Support to access local services including home care
- A Chat on the Phone (or at your front door) if you are living alone
- Shopping Services
- Collecting Prescriptions
- Dog Walking
- Meals on Wheels
- Posting Mail

If you would like any support now or in the future please get in touch with,

Rainbow Centre: 01948 830 242 (Monday—Friday)

Community Agents Mobile: 07542 479263 (Monday—Friday)

Can you Volunteer?

contact Overton Community Council

Email: volunteer@overton-on-dee.co.uk

Telephone 07423569949



HOW TO KEEP YOURSELF OCCUPIED

DURING SELF ISOLATION.

- Try to keep as active as you can whether that is gardening, or spring cleaning
- BBC have a free couch to 5k app to get out running
- Try cooking with recipes online such as www.bbc.co.uk/food
- For children's crafts try online websites such as www.activityvillage.co.uk/crafts
- For adult crafts try online websites such as www.unleashedcraft.com

You can still participate in gardening and keep yourself busy with reading, doing puzzles, jigsaws, drawing, writing such as poetry and don't forget you can still pick up the phone and chat with family, friends and your community agents on 01948 830 242.

If you are feeling anxious and unable to cope please contact your local GP Practice so that they can put you in touch with a Social Prescriber who can offer you support.

NORTH WALES POLICE SERGEANT, Luke Hughes: ' Could I ask you be more vigilant when asking for support, there is going to be cases where those self isolating will get targeted for fraud and theft offences. I FULLY SUPPORT COMMUNITY HELP, I'm a police officer and looking at the potential for target community members. Going forward I'm looking at ways to protect us all in times of need. If you have unknown persons on your door-step offering to do shopping trips etc, please think first don't give cash in advance or your card and PIN number, but we need to lookout for each other.'

By arranging services via the Rainbow Centre or people you know we can all support each other to stay safe.

WHO WILL DELIVER ESSENTIALS LOCALLY?

As of 19/03/2020 these are some of the shops that are offering delivery services to you locally, but this list may change:

- Overton Corner Shop, 01978 710279, deliveries late afternoon card payments requested
- Overton Supermarket, 01978 711905
- Home Farm, 01978 710141
- 2 Doves Café, 01978 710310
- ME Evans Butchers, 01978 710342
- Stans Superstore, free delivery to over 60s self isolating telephone 01691 772348
- Pop Up Post Office will be open on 24th and 31st March, then on a Wednesday 10-12noon, Parish Rooms

For more information on services still operating locally to you contact your Community Agent or local Community Council

Or follow these Facebook pages

<https://www.facebook.com/CommunityWellbeingService/>

<https://www.facebook.com/OvertonOnDee>

RAINBOW MEALS ON WHEELS (Monday—Friday)

2 COURSE DINNER - HOT MEAL AND PUDDING = £6 INC DELIVERY

ADD A TEA TIME PACK - 2COURSE DINNER PLUS A SANDWICH AND CAKE = £10

01948 830 730 TO ORDER