



This free bulletin is from April's edition of the Chippy News, the Town's community newspaper – with information and news of tremendous town & village efforts to help each other.

Time to take care

Our MP Robert Courts said 'It is crucial that we stand strong together as a community in our towns and villages across West Oxfordshire'. Chipping Norton's vicar James Kennedy encouraged everyone to join with the church family, regardless of belief, 'to look out for family, friends and neighbours who need practical help'

Staying home helps everybody

The Prime Minister said on 23 March that the single most important action to fight Covid-19, save lives and help the NHS, is to **stay at home**. Chipping Norton's local pubs, restaurants, leisure facilities and non-essential shops are closing. Strict measures, to be reviewed in 3 weeks, mean everyone must not leave the house except for shopping for basic necessities, one form of exercise a day, and any medical need. If it's essential, such as for running key services or helping those housebound, then travelling to and from work is allowed.

Whether at home or out we should follow the rules, including:

- No social gatherings of more than two – except the household
- Follow the 6 feet rule strictly
- Wash hands thoroughly – particularly when leaving and arriving home

All this gives the best chance of keeping it safe for our amazing **critical workers** helping us get through this – including NHS, Social Care, emergency services, food, utilities, and transport. Latest updates at www.gov.uk

Chippy's schools and nurseries are mainly closed with provision for key worker and vulnerable children (helpline 0800 046 8687). For help with self-isolation see www.gov.uk (covid-19 response), and www.publichealth-matters.blog.uk. The 1.5 million people with extra-vulnerable health conditions should stay fully at home for 12 weeks – they will be contacted and can register for special support at gov.uk/coronavirus-extremely-vulnerable.

Wellbeing and safety

These are stressful times. Please look out for others with **mental health** problems around Chippy, who are vulnerable through anxiety. Reassure anyone suffering that they can still contact their **GP**, go to **Accident & Emergency**, or call the **NHS Area mental health team** on 01865 902563. You can call **Chippy Police** (via 101) for a welfare check on anyone seriously at risk. For **Samaritans** call 116123 free or 0330 0945717 local call. With intensified stress and household isolation there are increased worries about **domestic abuse**. Get help via the Oxfordshire Domestic Abuse helpline on 0800 731 0055, or alternatively visit www.reducingtherisk.org.uk and www.womensaid.org.uk/. Chippy Cllr Laetisia Carter says please call 999 if there are serious safety issues.

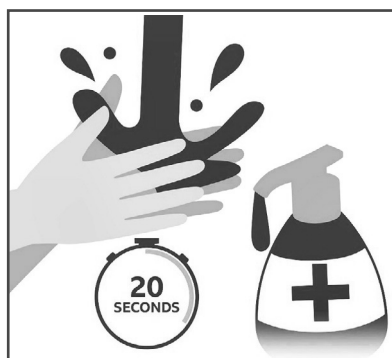
Health advice and support

See the latest Government advice at www.nhs.uk or on TV and radio. But the current message is clear. **Staying at home is best! If you have coronavirus symptoms – a high temperature or a new continuous cough –**

- Do not go to a GP surgery, pharmacy or hospital
- Try and get help online – start with nhs.uk
- Then, if needed, ring 111 & follow advice, including follow-up
- With symptoms, stay isolated at least 7 days (if alone) and the whole house hold for 14 days (if with others)
- If you are at serious risk the NHS will contact you for next steps.

Chipping Norton Health Centre are gearing up for a large expected rise in demand by:

- Doing all triage (including with clinicians) on the phone. The GPs will bring people to them only if necessary
- Postponing all routine appointments and changing building space to avoid infection
- Asking all to: be honest about symptoms, allow 5 days for repeat prescriptions, and follow all advice!



Wash your hands!

Chippy's GPs urge us to keep up the positive Chippy community spirit, be polite and respectful, and offer help – particularly to those in isolation.

Food and your economic welfare

Supplies of food and essentials is a top priority and shops say restocking should be secure. The early rush should calm down. In Chippy Sainsbury's, Aldi, M&S, Co-op, Costcutter, Spar at the Esso garage, Roger's & Oats are working hard – more hours and staff for restocking, purchase limits on key goods, and health measures at checkout. Please respect those running our local town and village stores – they are at risk as well.

Income, employment, and financial support has seen unprecedented Government measures. Many Chippy and local businesses can get relief (loans, grants, wage subsidy, and tax holidays). There's good advice at acas.org.uk/coronavirus for employers and employees, at gov.uk (employers Covid-19). For **Help with paying for utilities** (particularly pre-payment customers), contact your utility provider or housing association. Also contact **Citizens Advice West Oxfordshire** helpline 0300 330 9049 and their website.

Helping each other

Here's a start on help available in Chippy and surrounding villages. Don't hesitate to ask.

Local advice and help

OCC's Community Resilience – oversee all Oxfordshire's local action on Government measures, including extremely vulnerable support (see gov.uk/coronavirus-extremely-vulnerable). They need connection with local support groups. Please Email community.resilience@Oxfordshire.gov.uk and Chippy County Councillor Hilary.Biles@Oxfordshire.gov.uk or 01993 831822.

Chipping Norton Town Council – A task group of councillors will help neighbourhood coordination with volunteer groups and liaise with the County. See chipping-nortontowncouncil.co.uk and facebook for updates. Any groups or isolated individuals needing advice or support can contact Cllr Sandra Coleman on 07552 100176 sandracoleman@kzap.co.uk or the Guildhall 01608 642341 cntc@btconnect.com

Age Concern Chipping Norton have 5 staff and 2 minibuses at Highlands and are offering help and support, including errands and chat. Other volunteers welcome. Call 01608 643320. **Age UK Oxfordshire's** free telephone support service includes a friendly weekly chat and help. Leave a message on 01865 411288. Someone will ring back. See ageuk.org.uk.

WODC have advice at westoxon.gov.uk/coronavirus. Our Chippy District Councillors are available – Laetisia Carter (01608 641828), Geoff Saul (01608 648202) and Mike Cahill (07876 685417) and see In Touch with Chipping Norton Labour Councillors Facebook. Our MP's 'one stop shop' Covid-19 weblink is via www.robertcourts.co.uk.

Chippy & Village businesses – are offering help including (as at 25 March) with telephone/online deliveries – such as Gills, Corbetts, Flbreworks, Jaffé & Neale. The Theatre's staff are also offering to help. There will be more.

Staying Connected, Staying Well

There's lots of other local Chippy Support. Here's some, thanks to many, including Emma Kennedy at St Mary's Church, Joyce Rice at Baptist Church & Cllr Rizvana Poole.

Chippy Food Bank (free) – call in on Mondays 10–11.30am at New Street Baptist Church. Donations can be left in the Co-op or Baptist Church (Fridays 10am-noon).

Mary's Meals provide (free) frozen food for family meals. You can donate frozen shopping (lasagne, meat, pies, etc) in the Community Freezer at St Mary's Church during daylight. A popular **Chippy Community Larder** has food boxes with supplies from SOFEA charity – it's a paid membership scheme but free until the end of April (thechippylarder@gmail.com) These schemes will distribute jointly outside **The Branch** (old bank in Market Square) Fridays between 3-4.30pm. They can distribute to the vulnerable at home on Saturday mornings. Call 01608 626202 if you are self-isolated with no support and need a delivery.

Entertaining you and families – St Mary's Church offer Family Craft Bags with something to make or bake and have fun. Drop in at the church during daylight. Other ideas? Lots of groups (eg a book group) are getting online with WhatsApp, meeting on Zoom and other apps – try it. And see tacklevillage.co.uk/wp/ for an amazing compendium of education resources for kids and adults – terrific!

Town and Village support groups

Many volunteer local support groups are using phone, WhatsApp, Facebook (eg Next Door) and Covid19.mutualaid to help the housebound – for friendly regular chats, shopping, and collecting medication. See oxfordshireallin.org/ for setup advice. **Oxfordshireallin.org** is a good resource for support groups.

Chipping Norton – Chipping Norton & villages Covid-19 community help and support (on Facebook), St Mary's Church (see below and stmaryscnorton.com), Chipping Norton Next Door Facebook groups. Local street groups include SQUARE SUPPORT WhatsApp in Alexandra Square (Phillipa Weaver 07557 819764) and Street Support The Leys (contact rachel.bladon@googlemail.com).

Sarsden & Churchill have a popular NextDoor Facebook page, Contact Anne Mandry (07894 706919) and Amanda Ponsonby (01608 658244) for a friendly chat, advice or practical help.

Kingham has a 'Kingham Village' Facebook page. The Stockwells have an emergency line for the elderly and for volunteer coordination (contact 01608 658100) or via Marina Colville stay@kinghamcottages.com. Contact Vicar David Salter (01608 652888) about Kingham in Need Relief Fund.

Great Rollright's coordinated volunteer hub is leafleting village residents. Contact Marilina on 07812 246991.

Over Norton's village support group has 20 volunteers so far. Contact louise.westerman268@gmail.com or call 07880 551267.

Chadlington's Good Neighbour scheme also covers **Spelsbury, Taston and Dean** (07541 235002 or via Chadlingtongoodneighbours@gmail.com). Café de la Post and CQS community shop are collaborating on village home deliveries. Details on Chadlington.com.

'I'm here to help'

Many individuals offering help are dropping 'kindness cards' with telephone contacts into homes of neighbours who might need help. Feel Free to cut out this card and use it. (with thanks to St Mary's Church).

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:

Picking up shopping



Posting letters



A friendly phone call



Collecting medication



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

Want to do something to help?

Fill this in and drop it through a neighbours door.

Coronavirus is contagious.

Please take every precaution to ensure you are only spreading kindness!

Avoid physical contact, keep two metres apart from others, and wash your hands regularly. Any items left for you will be left on your doorstep.

Please keep up to date with all information – it's changing all the time. Contact Chippy News at Chippy-mail@aol.com and see www.chippynews.org. Watch out for online updates with further information.