

# Tolls Vols News

Wednesday 8 April 2020

## *Covid-19 update and advice for Tollesbury residents*

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### **WELCOME!**

Tolls Vols News contains information to help you, from the Tollesbury Volunteer Network. The village has responded generously to the C19 emergency. Over 100 people are donating their time. From an idea on Facebook three weeks ago, we are now organised across 16 areas of our village. Every home is covered. Cheerful Volunteers are doing errands, shopping and fetching prescriptions, for people right across our community. Place GREEN cards prominently; **RED for emergency only!** Spare GREEN/RED cards are available. **Just email or, if urgent, call a Helpline (overleaf).**

### **LOCAL C19 EXPERIENCE**

*"We spent a recent period in isolation – I am sure we could not have completed this without the kindness of friends in the village, delivering food and medicine and waving through the window! During a matter of days, I experienced severe chest pain and shortness of breath with a dry persistent cough and fever. The ambulance crew, sent by 111, said mine were symptoms of the virus and told our whole household to self-isolate for 14-days. We slept on separate floors and disinfected everything. I took Paracetamol every four hours and rested. Luckily, the symptoms subsided within seven days – it was a worrying time! Sincerest thanks to all in the village whose help was invaluable!"* **Elle Care**

### **CHECK-IN – "It's OK not to be OK"**

We face unfamiliar times. Long days at home. Just trips for essential supplies, or exercise. Some folk are working; many in the NHS and other vital services. People are worried for jobs, futures and finances. Those living alone and the vulnerable who must stay in suffer most, but **CHECK-IN is for everybody.** If

you're lonely – **call a Helpline to ask for a CHECK-IN Volunteer to phone and share a chat.**

### **SHOPPING**

We can fetch your shopping – just ask! Local shops deliver, but they're busy, so we can help. Wherever possible, order and pay the shop directly, then ask us to collect. Not all shops take phone payments, but you can transfer money to Taylor's Charity, which will pay the shop for you (call a Helpline). If you cannot make bank transfers, we can help. If you have a supermarket collection slot at Maldon or Tiptree we can collect. **See our Shopping Guide on Tolls Vols website;** print version available.

### **SOCIAL DISTANCING**

**Stay at home! Keep at least 2 metres (6 feet) from everyone.** 'Social distancing' is a taste of the life of some older people much of the time! Some use the Internet, for others that's not possible. But we can have friendly exchanges, even with folk whose names we don't know. Tollesbury is good at that. A

recent widow expressed it well: *“Tollesbury will always give you a hug!* Actual hugging isn't possible right now, but CHECK-IN is available; or text; or push a note through the door with a friendly message to a person living alone. A wave says: *“I'm thinking of you!”*. A CHECK-IN Volunteer is ready to give you a virtual hug!

## **WELL-BEING**

During these uncertain times our well-being depends on our physical and mental health:

- Keep active – fresh air and physical activity help to de-stress.
- Stay focused – DIY, cooking, gardening – a daily task gives a goal and structure.
- Communicate – speak on the phone – a familiar voice, or CHECK-IN.
- Calm – cut down on the news, perhaps mornings only – focus on positive things!

## **EASTER**

For people of all faiths, and no faith: *“This will be an Easter like no other – churches closed, bells silent, only our chocolate eggs as comfort. But the message of Easter is one of hope. After the darkness of Jesus' crucifixion, comes the light and joy of his resurrection. As we continue in lockdown, we face our own period of darkness, our everyday lives constrained in ways we've never imagined possible. But there will come a time when we can once again gather together, hug each other, rejoice in a renewed life together. Hold on to that hope. Our time for parties will come. For now, stay safe, stay home, and give thanks for all that we have to celebrate, here in Tollesbury, right now.”*

**Rev Sarah Clare**

## **SAFEGUARDING**

Volunteers observe a safeguarding policy and guidelines: see the Tolls Vols website.

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## **MAKING CONTACT**

***HERE FOR YOU!***

***HOW CAN WE HELP?***

Requests, suggestions and information: email [tollesburyvolunteers@gmail.com](mailto:tollesburyvolunteers@gmail.com)

Tollesbury Helplines: 07716 955 338 / 07934 723 187 / 07934 716 351 (8.30am–5.30pm daily)

Tolls Vols website: [www.tollesburyvolunteers.com](http://www.tollesburyvolunteers.com) (*check it out – it's filled with information!*)

**Also:**

Parish Nurse (Jo Lacey): 07368 498 908 or [nurse@blackwaterparishnursing.org.uk](mailto:nurse@blackwaterparishnursing.org.uk)

**Samaritans: 116 123.**

**Emergency: 999 or for medical advice: phone 111 or visit [111.nhs.uk](http://111.nhs.uk)**

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Tolls Vols News is sponsored by Tollesbury Parish Council – Parish Clerk Michelle Curtis 01621 869039

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