

COVID-19 UPDATE AND ADVICE FOR TOLLESBURY RESIDENTS

WELCOME!

First, a huge THANK YOU to every single Volunteer who has stepped forward to help keep our residents safe, supported and reassured. The Tolls Vols team is here for Tollesbury!

Extract from a leader article in *The Economist*, 4 July 2020:

"Covid-19 is here to stay. Many experts feel the worst is to come. Without a medical breakthrough the total number of cases will continue to climb. Well over 90% of the world's population will still be vulnerable – more if immunity turns out to be transient. The actual outcome depends on how societies manage the disease. Without a cure or a vaccine, containment depends on people learning to change their behaviour. You may have lost interest in the pandemic. It has not lost interest in you."

We all continue to face serious risks. To stop spreading the disease we must physically distance, wash hands, travel less and wear a mask on public transport and in crowded places. People will be afraid to go out, but many must do so to earn their living.

Some Volunteers are returning to work, but Tolls Vols are still here. We plan to be available into 2021. We can give practical support – just text or call one of the three Helplines (see over).

Volunteers are undertaking fewer patrols, but a RED/GREEN leaflet is an important signal for neighbours. A new, simpler design is distributed with this Update. Please place it prominently in a window. Keep it there into 2021. Show the GREEN side, except in case of emergency.

If you see a RED, call a Helpline – RED means **'Emergency!'**

As a caring village, we look out for neighbours – please keep an eye open for the vulnerable.

Be cautious, stay safe, take heart:

Our NHS, care workers, shop keepers, refuse collectors, emergency services, postal staff and volunteers are here for you, alongside millions of others providing essential services in transport, telecoms, power generation, water supply, sewerage, agriculture, fishing, food production, freight distribution, manufacturing and public services.

Together, we in Tollesbury will get through this.

OUR HEALTH, A MESSAGE FROM DIMPLE BHATIA – TOLLESBURY PHARMACY

As a pharmacist for more than 20 years, I have never seen anything like the effects of this Pandemic. Thermometers, paracetamol, hand sanitisers, anti-bac wipes, gloves and

masks have become a new currency. Rising stock prices, drug shortages and inconsistent supplier deliveries have been a challenge, coupled with consumers who order double prescriptions and acute medication "just in case".

Tollesbury Pharmacy has remained open throughout, including two Bank Holidays. Like everyone else, our staff have managed childcare, elderly parents, and their own health issues. I am humbled that there was not one day of staff sickness and the team worked their days off without being asked. We have learned health protection, to arrange barriers, PPE, safe systems, and signage. The Tollesbury community spirit has shone bright and strong. Cards, letters, hand-written notes from children, cakes, biscuits, messages from well-wishers and people just asking: "how are you?" These provide immense strength, so we walk a little taller, after 16-hour days. For many kindnesses – thank you!

We are better prepared, should there be a second wave. As lock down is relaxed, take baby steps, remembering distancing and hand washing.

Tollesbury Pharmacy is at the heart of the community. Whatever lies ahead, we will do all it takes to help keep you healthy and well.

OUR WELLBEING, A MESSAGE FROM JO LACEY – PARISH NURSE

The gradual easing of lockdown may feel really positive. After all, it helps us to see friends and increase contact with our families

and our work. However, for many of us, these changes and the related anticipation can make us feel worried, anxious – even frightened. This is completely understandable.

We need to be kind to ourselves.

The Mental Health Foundation (MHF) suggests that the end of lockdown might feel as hard as the start; if not harder, as we find our way back to 'normal' and reconnect with life.

Creating a daily routine, staying connected and talking with people who matter to us, eating well, and taking exercise can really help; and are just as important now as at the start of lockdown. Do make contact if you wish to chat (details below).

TAYLOR'S CHARITY – UPDATE

During the pandemic, the charity has helped with emergency food supplies; and assisted Tollesbury School with essential digital resources for pupils.

If you know someone who needs urgent funding, or if you care to donate to support the charity's work, please email Tollesbury Volunteers, or contact the Parish Clerk (details below)

MAKING CONTACT

HERE FOR YOU!

HOW CAN WE HELP?

Requests, suggestions and information: email 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 (*check it out – it's filled with information!*)

Also:

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

Samaritans: 116 123. Mind: 01206 764600. Age UK: 0800 678 1602. Shout: text 85258.

Medical: Tollesbury Surgery 01621 869 204. Or: 111. Or: visit www.111.nhs.uk

EMERGENCY: 999

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

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www.tollesburyparishcouncil.gov.uk

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