

## COVID-19 UPDATE AND ADVICE FOR TOLLESBURY RESIDENTS

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### **A WARM WELCOME!**

Tolls Vols News is distributed to every home in Tollesbury, 1297 addresses. We do this to be certain to reach all households without access to the internet, estimated at around 200 or so. So please help to support our efforts by keeping an eye open for the many neighbours who are not digitally connected and for whom paper is still a vital means of communication.

The latest Covid information available via the 'ZOE' App, from Professor Tim Spector of Kings College London, is that there are several hundred active cases within 10 miles of Tollesbury. The new NHS 'Test and Trace' App currently places the CM9 postcode at 'Medium Risk', which is defined as 'high or rising levels of infection'.

Professor Spector's researchers have found that across all age groups most people suffer first from fatigue and headache. Followed by fever, cough, and loss of smell. Of course, fatigue and headache can occur for other reasons too, but please be alert.

If in doubt, self-isolate, stay at home. If you need help with shopping or other errands, call our Helpline or email Tolls Vols (see over). And do please use the GREEN signs in your windows. Use RED for emergency only.

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### **A HUGE THANKS**

We owe a huge thanks to our medical providers in the community, our GP Surgery and Tollesbury Pharmacy – they have worked tirelessly to care for us, and adjusted to challenging conditions. They have remained open and available, and responsive to every need.

They have established new ways of working to make everything COVID-secure, including the important care of their staff. Sometimes it's easy to forget their staff may be anxious, and likely exhausted – so a big thanks to them!

Both Karen, Practice Manager at the Surgery and Dimple at the Tollesbury Pharmacy stress the importance of booking in for a flu jab, free if you're older or have health needs. Always wear masks when you go in. Regarding availability of over the counter medication – don't panic, there's plenty of stock. And the big message is, though an increase in cases sounds scary, we are now in a much better place to cope, so do not panic, but be careful.

### **COPING WITH THE UNEXPECTED**

Living alone can be a challenge when unexpected things happen. This year has been an endless stream of unexpected things coming at us, and even now as we are getting used to living with COVID-19, things still come at us out of the blue. For example, coping with the practicalities of self-isolation for 14-days; working out how to deal with an urgent travel need; a big family event might confront us unexpectedly. Even working out how to arrange a Covid test can be confusing. If you haven't got anyone close to you, it may be helpful to talk to the Tolls Vols Helpline contact – available every day between 8.30am and 5.30pm. Chatting a problem through can often reveal a good solution.

### **PARISH NURSE REFLECTIONS**

What will life be like after the pandemic?  
These lessons may resonate with you:

**Connection to happiness:** Making more time to be with those I love; to express affection, compassion and togetherness.

Many people referred to me live alone and have valued a social distance walk and chat, to discuss thoughts, feelings and help reduce loneliness and isolation.

**Reducing stress:** Those of all ages have been in touch, both by telephone and by email.

**Helping others:** Four Parish Nurse assistants, who live locally and hold a wealth of life experience, will soon be available to provide support.

**Showing gratitude** not only feels good, it promotes kindness, generosity and a more compassionate society.

**'Stuff':** Let's create a healthier society – consume less and give more.

**We are stronger together:** Many people are living on the edge of poverty. The pandemic has really opened my eyes to health inequality and has created a strong desire for change.

**Final thoughts and reflections:** The wonder of love, kindness and humility is overwhelming. I have valued feedback received and plan to recommence the health and wellbeing clinic shortly (confidential one-to-one).

**TAYLOR CHARITY TRUST** (Charity no. 2117420)

Our local charity has helped individuals in the community this year through direct support and via Tollesbury School, and more than £3,000 has been disbursed.

Contact the Secretary on 01621 869039 or [tollesburypc@btinternet.com](mailto:tollesburypc@btinternet.com) for information on making an application.

Gifts to support the developing work of the trust are gratefully received. Tax payers can apply Gift Aid, which increases a gift by 25%.

Contact the Secretary or email:

[taillercharity@gmail.com](mailto:taillercharity@gmail.com)

### **RED/GREEN SIGNS**

Remember, our RED/GREEN window signs are still important, though Volunteers are not currently patrolling in the same way, the signs provide a useful way for passing neighbours to spot if you need assistance. If you're OK, display the GREEN side, in an emergency display the RED side, and if possible phone the Helpline. We have spares: just phone the Helpline.

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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. MIND: 01206 764 600. Age UK: 0800 678 1602. Shout: text 85258.

Medical: Tollesbury Surgery 01621 869 204. Or: 111. Or: visit [www.111.nhs.uk](http://www.111.nhs.uk)

**EMERGENCY: 999**

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

[tollesburypc@btinternet.com](mailto:tollesburypc@btinternet.com)

[www.tollesburyparishcouncil.gov.uk](http://www.tollesburyparishcouncil.gov.uk)

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