

COVID -19 Coronavirus

Help & Support Guidelines for those Parishioners that are elderly or vulnerable:

- Stay in touch over the phone.
- Contact relatives and/or neighbours for help with shopping/prescription pick ups.
- Stay active whilst in the house.

For local help within the parish for those whom are self isolating due to COVID -19, contact Longwick Helpers and speak to Preeti on 07801 067640.

If older members of the public have concerns on anything else or they would like a chat, AGEUK has set up a service matching elderly people with a friend who calls once a week for a 30 minute chat at a time when it suits them.

To set this up tel no: 0800 434 6109 or go to www.ageuk.org.uk/callintime . This service is for anyone over the age of 60.

For the latest guidance, help and advice on the COVID-19 Coronavirus go to: www.nhs.uk or www.gov.uk.

Current guidance on staying at home and social distancing which can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

For elderly or vulnerable people who are being advised to self-isolate, Buckinghamshire's Covid-19 online community support hub is available here: <https://www.buckinghamshire.gov.uk/coronavirus/>

Any vulnerable or older person with no internet access, who is self-isolating and needs support, or anyone concerned about them, can call the Buckinghamshire Council on 01296 383 204.