

## **Covid19 Coronavirus**

### **Community help in Horning**

Are you in the HIGH RISK category and needing to self-isolate throughout this virus? If so then there is a team of villagers waiting and willing to help you with any outside world necessities.

No job is too small, be it picking up essential groceries or household items, collecting medication, walking the dog, posting mail, or taking the bin down.

Just give us a call. Everything will be dealt with at a safe distance to avoid any contact, following government guidelines to ensure your health as well as those volunteering.

#### **Contact:**

**David: 07502 453415**

**Lizzie: 07850 489212**

### **Community help in Ashmanhaugh**

If you are housebound or self-isolating and need help with basic essentials, or simply need a friendly voice to chat, please contact:

**Anne Mulhall: 01603 784874**

## **Advice from Public Health England and the NHS**

### **Stay at home if you have coronavirus symptoms**

Stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

**Do not go to a GP surgery,  
pharmacy or hospital.**

**Use the 111 online coronavirus  
service to find out what to do.**

**Use the 111 coronavirus service**

## **Covid19 Coronavirus**

### **Community help in Neatishead, Irstead & Barton Turf**

Please feel free to ring any of these numbers below and we can and will be able to pass on your queries to the body of people willing and able to help Any parishioners willing and able to help please contact the numbers below so we can put you on our 'help' list

A distribution arrangement has been set up for collection of prescriptions at Hoveton, Stalham Green, and Staithe surgeries - please contact them direct for further advice

#### **Neatishead**

**Caro How** (Parish Council Chair)

**01603 784952**

**Nick Fowle** (Parish Council Vice chair)

**01692 630249**

#### **Barton Turf and Irstead**

**Glenn Neave** (Parish Council Chair)

**07885 706493**

**Martin Mills** (Parish Council)

**07501 622068**

## **Important Contacts**

### **NHS Help Line**

111

<https://111.nhs.uk>

### **NHS CoronaVirus Advice**

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

### **Hoveton Surgery**

01603 782155

[www.hovetonandwroxhammedicalcentre.nhs.uk](http://www.hovetonandwroxhammedicalcentre.nhs.uk)

### **Staithe Surgery, Stalham**

01692 582000

[NNCCG.staitheadadmin@nhs.net](mailto:NNCCG.staitheadadmin@nhs.net)

### **Stalham Green Surgery**

01692 580880

[ludham.surgery@njs.net](mailto:ludham.surgery@njs.net)

### **Norfolk & Norwich Hospital**

01603 286286

### **Cromer Hospital**

01263 513571

## **A Listening Ear**

Telephone/Internet Help and Listening

In the current crisis, we need more than ever to be good neighbours to each other, with a particular care for the elderly, the housebound, and those who must now self-isolate.

As well as practical help, you may know someone who would simply welcome a phone call (or even a Skype call!) for a chat either as a one-off or on a regular basis,.

Do feel free to ring any of the following people, who will be happy to talk, or to arrange for someone to call you.

|                       |              |
|-----------------------|--------------|
| Barbara Pilcher       | 01692 536132 |
| Caroline Johnson      | 01692 631287 |
| Claire Penstone-Smith | 01692 630580 |
| Anne Mulhall          | 01603 784874 |
| Pauline Simpson       | 01692 630674 |
| Sue Gibbons           | 01692 738893 |

There may sadly also be occasions where the coronavirus crisis, prevents people from attending the funeral of family members or friends. In such circumstances, or indeed at any other time, our clergy and ministers are available to talk and/or pray with you and for you, even if this can only be over the phone or on Skype.

Revd David Smith

01692 630216; 07771 521060

Rector: Benefice of St Benedict

Revd Ian Bloomfield

01692 501094; 07913 282852

Pastor: Neatishead Baptist Church

# **COVID-19 CoronaVirus Pandemic**

Help and Advice  
for residents of

**Horning  
Ashmanhaugh,  
Neatishead  
Irstead  
Barton Turf**

*Commended and supported  
by*

*Neatishead Parish Council  
Barton & Irstead Parish Council  
Horning Parish Council  
Benefice of St Benedict Churches  
Neatishead Baptist Church*