



Covid-19 Coronavirus Isolation Support Group

If you are self isolating for either social distancing to protect yourself, or because of infection you can request help

We have a large group of volunteers in Northrepps who are willing to help with shopping, prescription collection etc for anyone who is self isolating

If you live alone and have no local family, you may wish to contact us with your details and arrange for a volunteer to make regular checks on your well-being

The volunteer group is being co-ordinated by NVT

In the first instance email or call;

Email;northreppsvillage@gmail.com

Gavin 01263 578271

Sarah 01263 579256

Anna 01263 579134 / 07909 807438

Chris 07768 103811

If you are feeling alone and isolated during this time call the volunteer help lines above

Please note; This is a volunteer group

We cannot give advice on Covid-19 Coronavirus

You can find information here;

[Www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/) Or call 111

STAY SAFE

In these difficult times we urge you to remain vigilant and aware of unscrupulous persons and scams that may be circulating.

Remember;

Your bank, the NHS or any Government body will NEVER ask for your personal bank, credit or debit card details.

Do NOT respond to any email asking for personal information, even if they are offering support. Do not download documents or forms.

Do not give your personal details or bank details to anyone, including volunteers, or delivery persons.

No legitimate organisation will ask to collect cash.

If you receive a call or email asking for financial or personal details from anyone, including any claiming to be your bank, the NHS or an official government organisation offering support, you should ask for a number and **terminate the call**. You can then check with a family member or someone you know and trust to check the validity of the call with you. Always use a different phone.

Volunteers will only call at your house if you have requested assistance with shopping, prescriptions, or such like. They will NEVER cold call. If you are in doubt do not answer the door, and call a neighbour or the help line below.

If you think you have been a victim or someone has tried to scam you call Norfolk Police 101, or alternatively call Crimestoppers anonymously on 0800 555 111

KEEP UP TO DATE WITH OFFICIAL LINKS;

www.gov.uk

www.nhs.uk

www.who.int



STAY AT HOME



HELP KEEP US ALL SAFE

Only go outside for food, health reasons or work (but only if you cannot work from home)

If you go out, stay a minimum of 2 metres (6ft) away from other people at all times

Wash your hands as soon as you get home

If you walk your dog, or take outside exercise;
DO NOT meet others, even friends or family. You and others can spread the virus even if you don't have symptoms

NHS Do not leave home if you or someone you live with has either;

A high temperature; this means hot to touch chest or back (you do not need to measure temperature)

A new, continuous cough; coughing a lot for more than an hour or 3 or more episodes in 24hrs

Check the NHS website or call 111 if you have symptoms



Covid-19 Coronavirus Isolation Support Group

**If you are self isolating for either social distancing
to protect yourself, or because of infection you can request help**
You can validate our volunteer group by contacting Cromer Town Council

We have a large group of volunteers in Northrepps who are willing to help with shopping, prescription collection, dog walking etc, for anyone who is self isolating
If you live alone and have no local family, you may wish to contact us with your details and arrange for a volunteer to make regular checks on your well-being

**The volunteer group is being co-ordinated
by NVT. In the first instance email or call;**

Email; northreppsvillage@gmail.com

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When you call or email a request, the co-ordinators will forward to a volunteer. When your request has been allocated to a volunteer, we will advise you of their name and details.

Prescriptions and shopping will be left safely on your doorstep, and the volunteer will ensure it is taken in whilst observing the physical distancing of 2 metres minimum. We will never ask for payment before shopping and all shopping will be delivered with a receipt.

Payment can be made in cash on delivery with receipt. We can arrange other ways of paying if you do not have cash. Please call Gavin above if you need this service. No volunteer will cold call. No volunteer or co-ordinator will ask for bank or personal details.

If in doubt call one of the numbers above and we can validate the volunteer's identity.

This is the time to shop local and support those supporting us

Country Cars 01263 515440

All regular services, and more.

The Foundry Arms 01263 578271

Off sale draught beers and lagers available by pre-order only; text or call 07415 646371.

Southrepps Mini Mart 01263 833607

Will deliver shopping locally

Dotty about Cakes 07795 271048

Hand crafted artisan baking. Finds us on Face Book

Emms Stems 07810 542220

Flowers delivered, telephone order

Tune in connect; www.zeno.fm/northrepps-lockdown

LISTEN IN TAKE PART

**The Northrepps
Lockdown
Internet Radio Station**

**Presented by Wee Willy Winkie Live from Craft Lane
Sundays and Wednesdays 4.00pm**

All those working in the NHS, the care workers, volunteers and emergency services who are helping to keep us safe, the drivers, farmers, council operatives, shops and business for supporting our community and helping us with what we need. THANK YOU.