

CONDOVER PARISH COUNCIL

CORONAVIRUS SUPPORT - 6

Thank you all again for being so consistently helpful, creative and supportive in this very difficult time. It's great that our communities are pulling together, supporting neighbours, sticking to the Government guidelines and managing to stay positive.

It is hard though and everyone will have ups and downs. It's so important to ask for help when you need it. There is support available in the Parish which is completely confidential – help with buying food and other essentials, local food-sharing and sharing of all sorts of supplies. Collect or have delivered – it's your choice. Please don't worry in silence – there's lots of help - in the Parish, from Shropshire Council and from other services in Shropshire.

You can also help out by donating things to the Share Scheme being run from Dorrington Village Hall, or by contributing to the Parish 'Pay It Forward' scheme being managed by the Condover Pop-Up Shop.

The **Share Scheme at Dorrington Village Hall** is open on Mondays at 2:30pm. Social distancing rules are in place so you don't need to worry. If you can offer donations of food or need some supplies, please contact Siobhan Peters on: **07983 875 505** to arrange drop off or collection.

To make a contribution to the Condover Pop-Up Shop '**Pay It Forward**' scheme, you can add a small donation to your own shopping which will be used to support others. This can be done in person, online or when placing a telephone order: <https://www.mustardandgray.com/pages/condover> or 01743 872348 or 30 Harley Road Condover SY5 7AZ.

If times are hard due to coronavirus, you can still get what you need from the Condover Pop-Up Shop. Just call them on **01743 873006** or email **condovershop@gmail.com** and let them know what you need. They can help you.

If you're self-isolating and struggling to get cash from your bank account, **Post Offices have a new voucher scheme** to allow a trusted friend or neighbour to withdraw agreed amounts of cash on your behalf. For more information, look on the Post Office website: <https://www.postoffice.co.uk/post-office-payout>
DO NOT USE THIS SCHEME WITH ANYONE YOU DON'T KNOW OR TRUST!

A fake 'free Tesco voucher' scam is doing the rounds once again. Scammers are luring shoppers through email, Facebook or Twitter into handing over their personal details by promising fake 'free Tesco vouchers'. There's even a fake countdown clock marking the number of remaining vouchers to try and pressure you into acting! Remember, **supermarkets and banks will never contact you** by phone, text or email with offers or freebies or asking for personal details. For more info: <https://www.lovemoney.com/news/32580/free-tesco-voucher-coupon-giveaway-a-scam-gift-card>

Urgent Care: To free up hospital capacity, from 16 April **Urgent Care Centres (UCCs) at Princess Royal Hospital (PRH) in Telford and the Royal Shrewsbury Hospital (RSH) will temporarily relocate to the Minor Injury Units (MIUs) in Whitchurch and Bridgnorth to form two Urgent Treatment Centres (UTCs).** People with major injuries and illnesses, such as head injuries or breathing difficulties should still attend A&E at PRH or RSH which will remain open and fully operational 24-hours-a-day.

Support News

Ryton Village Support Network is a local village 'hub' with help offered by village households who have kindly volunteered their services as and when required. They will help directly or pass on contact details of someone who can help out. The Contact phone numbers for help are: Valerie Collard: **07762 641778** or Rob Gough: **01743 718806**. Contact can also be made via Ryton Village Newsletter. In addition to this Support Network there is a **Ryton Village Support Network Facebook page** set up with a similar name for anyone to use if they so wish.

Looking after your mental wellbeing - Shropshire Council and partners have produced a new mental health resource "**Looking after your mental health during COVID-19**". It includes top tips for self-isolation, a children's 14-day coronavirus challenge, and ideas for helping to manage coronavirus anxiety
<https://newsroom.shropshire.gov.uk/2020/04/coronavirus-mental-health/>

The **Alzheimer's Society support line:** is continuing to provide up-to-date support for anyone affected by dementia. If you or anyone you know needs advice or support, please call The **Alzheimer's Society on 0333 150 3456**. For more information, advice and resources on supporting people living with dementia see: <https://www.alzheimers.org.uk/>

Thank you everyone – Stay well