

Westoning on Sunday – Special Edition

The Newsletter of Westoning Parish Council

March 2020

Corona Virus Crisis

Help for the Elderly, House-bound and Vulnerable
residents of Westoning from 'Westoning Cares'

(Westoning Cares Co-ordinating Group)

The restrictions imposed by the Government in response to the Coronavirus pandemic is making life more difficult for all of us, but especially so for the very elderly, the housebound, key workers and those vulnerable members of our community.

This newsletter sets out the **SAFE** options available to Westoning residents who fall into any of these categories.

If you are not able to get to the shops to get essential food items and household supplies you may be able to make use of one or more of the services outlined below and overleaf.

Westoning Parish Council, St Mary Magdalene Church, Westoning Baptist Church, Westoning Lower School and other village organisations and groups are working together as '**WESTONING CARES**' to provide co-ordinated assistance for those residents who cannot get to the shops or who need help in some other way.

If you would like to speak to someone to find out if any of the services available meet your needs, please call any of the **HELPLINE** numbers shown in this newsletter for advice and information.

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Westoning Store and Post Office

The village shop will take orders preferably by email or in writing and will deliver them to your door the same day or next day. Please include your name, address, phone number and email address on your order. Payment can be by cash or cheque on delivery.

Orders can be placed for any food or non-food item in stock when the order is taken/confirmed.

Email: hinal1995@hotmail.co.uk

The Chequers

The Chequers will take orders by phone for any lunch or evening meals from their menu and the meals will be delivered to your door within a specified time period.

Payment should be by credit or debit card when placing the order.

Tel: 01525 712967

Deacons Butchers

Deacons is under great pressure to meet demand at the moment but they will endeavour to fulfill written orders for small quantities of meat.

Please include your name, address, telephone number and email address clearly printed on your order. Only cash payments can be accepted on delivery. Please call the Helpline for your written order to be collected and taken to Deacons.

This service is available Mon to Fri.

Tesco

There is currently no arrangement with Tesco in Flitwick, but trusted shoppers are available to shop for you and deliver your shopping to your door. A till receipt will be given to you and you may make payment in cash or by cheque to your personal shopper.

If prescriptions need to be collected, please make sure you advise us if the person for whom the prescription has been issued is exempt from NHS charges.

Please be suspicious if someone you do not know offers to get shopping for you. They may just take your money and disappear. Never give your Bank Card to anyone you do not know and trust completely!

Our Helpers

'Westoning Cares' will only use helpers who are local people who are known to us. They will also show you official photo identity such as a UK driving license which will give you peace of mind that you are not dealing with a bogus operator. We shall also endeavor to advise you of the name of any helper who will call at your home before he/she arrives.

HELPLINES

To make contact with 'Westoning Cares' you may call any of the following numbers between 9.00 am and 6.00 pm Monday to Saturday and on Sunday in extreme emergency.

Name of Contact	Telephone Numbers	Email Address
Maureen Graham	01525 873870	malcolmgraham1@ntlworld.com
Steve Alcock	01525 755039 or 07710 172546	steve.alcock3@ntlworld.com
Nigel Washington	01525 714442 or 07722 297299	nwashy2@gmail.com
	Telephone only in emergency	Preferred contact method

Please remember that if you are in need of urgent help the following helplines are open 24/7.

NHS Advice -	Dial 111
Emergency Services -	Dial 999
Police -	Dial 101

How can YOU help ?

If you have a few spare hours each week, can answer a telephone, drive or walk around the village, or are simply able to chat to someone who is lonely -

then you CAN help!

You can be a volunteer if you can do one of the following:

take telephone calls in the morning or afternoon, write down or pick up shopping lists from people's houses and take them to the Post Office or Deacons, collect shopping from village shops, Tesco in Flitwick or Flit Vale green-grocery and deliver it to an address in Westoning -

then you CAN help!

So WILL YOU HELP?

Please send an email to westoningcares@gmail.com to let us know how YOU can help us to help others

How can I be a Good Neighbour?

The short answer is **'In many ways'**. You may have someone living next door to you or in the same street who is very elderly, self isolating, an essential worker or unable to get about to do their shopping or to post a letter or birthday card. These are the people we are trying to make contact with to ensure that they are able to look after themselves over the coming months.

Perhaps they may need some help putting out their bin each week or cutting their grass now that the weather is getting warmer. It may be that they have to get a prescription from the Tesco Pharmacy or a garment they have left at the cleaners.

All of these 'little things' can be enormously helpful at times like this.

If you feel that a neighbour is vulnerable, just keep a discreet eye on their house to see if lights are being switched on and off at different times. Is there a glow from a television that stays on for days? All these can indicate if someone is well and carrying on with their daily routine or if something has happened, like a fall or illness, that suggests they may need help.

Other sources of INFORMATION

Information is changing by the day at the moment so the best way to get reliable, accurate information is via various websites.

Organisation	Tel	Website
BBC		www.bbc.com/news
Central Bedfordshire Council	0300 300 8301	www.centralbedfordshire.gov.uk/corvid-19
Central Government		www.gov.uk

What and Who is WCCG

WCCG stands for the **'Westoning Cares'** Co-ordinating Group. It is made up of Rev Nigel Washington, Vicar of Westoning; Steve Alcock, Chair of Governors WLS; Andy Rayment, Chair WPC; Ria Tonking, Social Media & Communications Guru; Paul Ellis, Chair Westoning United Charities. We hope that the group will soon expand to include representatives of other village organisations that can assist us in our mission.

How do we operate?

Our mission is simple, we want to identify those in our community who may need various types of help over coming months and those who can offer that help and to bring those two groups together in a structured way so that the right help is available when needed.