



# COVID 19 UPDATE

*PARISH NEWSLETTER*

12 August 2020

## **NHS volunteer responders**

Support will continue to be available through the NHS Volunteer Responder Scheme beyond the end of July. NHS Volunteer Responders can support you with:

- collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies;
- a regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks; and
- transport to medical appointments arranged through Health car professionals.

Please call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support. More information is available at [www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk).

## **Testing for Coronavirus**

Anyone with symptoms of coronavirus, however mild (a high temperature, a new continuous cough or a loss or change to your sense of smell or taste), must stay at home and book a test [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test) or by calling 119.

## **Accessing Supermarket slots for Clinically Extremely Vulnerable People**

If people on the shielded list have not already arranged supermarket slots they will now need to follow the procedure below.

Accessing supermarket slots from 1 August onwards:

- 1) Create an online account with any participating supermarket – please note that Ocado are currently not accepting registrations of new customers. Please do so as soon as possible.
- 2) Within 1 week of creating an account you should be contacted by that supermarket. If this does not happen, please contact the supermarket directly. Explain that you are on the Shielding Patient List and are Clinically Extremely Vulnerable, and that you registered for support to access food with central Government on or prior to 17 July. The supermarket should be able to manually locate you on the list they receive from central Government, and activate your priority access to online delivery slots. When you contact the supermarket please provide them with your details, and make sure they are the same as those which you registered with the Government when you requested support to access food.
- 3) If you have been contacted by a supermarket but are having trouble ordering online or accessing your priority slot, please contact the supermarket directly

## Co-op Home delivery and collection

The Co-op are now offering online shopping from the Enderby and Glen Parva Stores. When you order online you can collect your shopping or get it delivered within two hours. They can also deliver when you buy-in store so you don't need to carry heavy bags.

<https://www.coop.co.uk/in-store-services/home-delivery>

## Ready Cooked Meal Delivery

There are a number of suppliers of ready cooked meals who will deliver to households. We cannot recommend any one supplier however, below is a list of those who deliver to the Blaby area.

Wiltshire Farm Foods – Order online or by phone You can order for a friend or family member. They accept payment by debit or credit card, or you can pay in cash or by cheque to the driver. Tel: 08000 077 3100 <https://www.wiltshirefarmfoods.com/>

Oakhouse Foods – order online or request a brochure and phone local shop.

Tel 0333 370 6700 <https://www.oakhousefoods.co.uk/>

ParsleyBox – order online or by phone/request a brochure – Tel: 0800 6127225  
<https://www.parsleybox.com/>

Cook – online orders <https://www.cookfood.net/info/Shopping-Online/Home-Delivery/>

Chef on Board – order online <http://www.chefonboard.com/>

## Shielding Restrictions

Although restrictions have been lifted in general for the district of Blaby, there are still different advice for those people who Are Clinically Extremely Vulnerable (Shielded).

The Government is relaxing shielding advice in the **Blaby area** in two stages on **3 August and 17 August**. This is because the number of people with the virus in Blaby area has fallen

### From 3 August 2020

- you may, if you wish, meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing;

- you no longer need to observe social distancing with other members of your household;
- If you are a single adult household (either an adult living alone or with dependent children under 18), you may from this date, if you wish, also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance.

**From 17 August** the advice to 'shield' in your area will be paused. From this date, as with the wider population, the Government will be advising you to adopt strict social distancing rather than full shielding measures. Strict social distancing means you may wish to go out to more places and see more people but you should take particular care to minimise contact with others outside your household or support bubble.

- you can go to work, if you cannot work from home, as long as the business is COVID-secure;
- children who are clinically extremely vulnerable can return to their education settings if they are eligible (in line with their peers). Where possible children should practise frequent hand washing and social distancing;
- you can go out to buy food, to places of worship and for exercise but you should maintain strict social distancing;
- you should remain cautious as you are still at risk of severe illness if you catch Coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing; and
- If you are clinically extremely vulnerable you are advised not to enter any area where local lockdown measures are in place.

If residents are currently in receipt of Government Food Parcels these will be carried on being delivered from the 1<sup>st</sup> August until 17<sup>th</sup> August by Leicester City Council. If someone is concerned that they will need help, they can contact the city council via email at [c19support@leicester.gov.uk](mailto:c19support@leicester.gov.uk)

If any shielded people living in the following areas require further assistance the BDC Community Hub can still provide support with shopping, prescription delivery etc Please contact Blaby District Council on [www.blaby.gov.uk](http://www.blaby.gov.uk) or by calling 0116 275 0555.

This applies to clinically extremely vulnerable people in:

- Braunstone Town (including Fosse Park)
- Glenfield
- Glen Parva
- Leicester Forest East (The area East of the M1)
- Thorpe Astley
- Enderby (area to the East of M1)

**Parish or Community Groups** needing help with matters relating to the Coronavirus please speak to your local Parish Liaison Officer or contact the Community Hub on 0116 275 0555 or <https://www.blaby.gov.uk/leisure-health-and-community/community/coronavirus-community-hub/>