



MUNDESLEY PARISH COUNCIL

Over the coming days, weeks and months, it's likely that some of our community will be required to self-isolate. Let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Please remind them to drink plenty of fluids. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s).

Please if possible go in pairs to help, do not enter peoples properties. Avoid handling cash and provide a receipt for goods bought. Make sure the person you are helping knows the limits to your assistance.

If you are self-isolating and do not have help from anyone else, please contact us and we will find a way to get help to you. If you would like to volunteer to help please call or email.

Please call between 9am and 3pm Monday to Thursday.

If there is no answer leave one message and you will be called back.

Mundesley Parish Council—01263 720 603

Email : clerk@mundesley-pc.gov.uk

In the case of an emergency please contact:

David Harding—07780 861 737

Denise Revell—07900 957 888

Cllr Wendy Fredericks - 07794624067

Email : Wendy.Fredericks@north-norfolk.gov.uk

Keeping up to date about Coronavirus

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information.

The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus

NHS 111 online service *available at www.nhs.uk/coronavirus*

An online 111 service is available from the NHS website. If you have access to the internet, please use this online service if:

you feel you cannot cope with your symptoms at home

your condition gets worse

your symptoms do not get better after 7 days

Please only call 111 if you cannot get help from the online service.

Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember:

Watch out for scam messages: Don't click on the links or attachments in suspicious emails

Never respond to unsolicited messages and calls that ask for your personal or financial details.

Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a fraud or a scam: ActionFraud.police.uk / 0300 123 2040.

USEFUL NUMBERS

Samaritans 116 123

MIND

Our lines are open 9am to 6pm, Monday to Friday
(except for bank holidays). 0300 123 3393

NNDC 01263 513 811

Norfolk County Council

0344 800 8020

North Norfolk District Council

01263 513 811

Gas Leak - 0800 111 999

Water - 03457 145 145

Citizens Advice - 08000 855 889

Police - 01692 402 222

Doctors - 01263 724 500

Cromer Hospital- 01263 513 571

The following shops and services that will deliver to anyone in the village who is in **isolation** due to the coronavirus.

Thank you to everyone for help.

Mundesley Butchers 01263 720 796

Country Pickings 01263 720 054

The Corner House Café 01263 720 509

Trunch Village Stores 01263 722 072

Cromer Country Cars will pick up shopping Cromer charges a fare 01263 515
440

Lobster Pot (wet fish stall) 07828 149 629

Fish and Fry 01263 720 486

Daily deliveries no minimum order

Swash Nosh 07788 375 453

will be providing a meal delivery service.

Monday to Friday .Meals such as cottage pie, lasagne, steak and Ale pie. Mash ,omelette, Soup and Sandwich bags
will be available.

The mains meals will be from £3.50 .Minimum order will be 5 meals

24 hour notice for orders and payment via Cheque on delivery or BACS

Premier Stores Cromer Road

01263 720 262

Norfolk Chauffeur Company

free services to the vulnerable & elderly in the village

01263 502 361

**You can place this on your fridge in case you fall ill
or need to be hospitalised or give this information
to your emergency contact.**

Name: _____

Emergency Contact: _____

Medications: _____

Medical Conditions: _____

Doctors: _____

Spare key location: _____

Work Number: _____

Neighbours and friends contact: _____

Heating Control is: _____

Precautions for my pets: _____

Only share this information to those you know and trust.