

April 2020

Forthcoming events

This month

All formal meetings of the Parish Council are on hold due to the Coronavirus (COVID-19) outbreak. We are hoping that the government will allow Parish Councils to legally hold formal meetings remotely. If so, further information will be circulated in due course.

NEWSLETTER No.8

Parish Council Newsletter Newsletters are posted on Noticeboards within the Parish and made available on the Parish Council website. If you would be interested in receiving the Parish Council Newsletter by email, please contact us on clerk@charltonkingsparishcouncil.gov.uk

Parish Councillor vacancy There is currently one vacancy on the Parish Council. Being a Councillor is a varied and interesting role which allows residents to have a positive impact on their community. **For more information see the Parish Council website.**

RESPONSE TO THE CORONAVIRUS (COVID-19) OUTBREAK

Given the extremely unusual situation that we all find ourselves in, we have decided to devote this month's Newsletter to information and support in relation to the Coronavirus (COVID-19) outbreak.

There is now a dedicated page on the Charlton Kings Parish Council website where we are posting information and useful contacts <https://www.charltonkingsparishcouncil.gov.uk/covid-19-coronavirus-support.html>

However, we are aware that some residents may not have access to the internet and so we are posting the information that is currently included on that page, in this Newsletter.

Friends of Charlton Kings COVID-19 response Friends of Charlton Kings COVID-19 response team are volunteers who are co-ordinating local support to Charlton Kings in response to the COVID-19 crisis. They match the generosity of our community with specific needs for support, focusing on residents and businesses facing particular difficulty as a result of isolation measures. Their main effort is a network of street-based communities, reinforced by some central co-ordination. **If you, or a friend or relative need support or if you would like to volunteer to help, you can contact Friends of Charlton Kings COVID-19 response team by email on friendsofcharltonkings@gmail.com, by telephone on 07535 497973 or by messaging their Facebook page. If you have no other way of getting in touch, a written message can be sent to them through the network of postmen and women across Charlton Kings (FAO Friends of Charlton Kings; they will pay postage if required).**

Parish Council Office We have taken the difficult decision to close the Parish Office to the public during the Coronavirus outbreak. Parish Council staff continue to work remotely, but will be regularly checking on the office. The best way to contact them is by using the email addresses

Your Councillors

Cllr Rob Williams (Chair)

Cllr Christopher Bryant

Cllr Jessica Diamond

Cllr Russell Grimshaw

Cllr Penny Hall

Cllr Clive Hodges

Cllr Ned Holt

Cllr Janet Honeywill

Cllr Joanna Hughes

Cllr John Hughes

Cllr Lynda Johnson

Cllr Andrew Lansley

Cllr Duncan Munro

Cllr Pat Palmer

Cllr Felicity Parnham

Cllr Rob Reid

on this Newsletter or by putting a written note through the Parish Office letterbox.

Allotment Holders - These are the guidelines received from the National Allotment Society. Currently allotment holders are permitted, even encouraged, to visit their allotments as part of their daily exercise regime. This can be with members of their household, but no one else. However, anyone who is self-isolating because a household member is ill with Coronavirus MUST NOT VISIT their allotment. If you develop symptoms, stay at home for at least 14 days. If you are over-70, or have a medical condition, or may be pregnant, take very great care to follow all the government's instructions when coming to, or being on, your allotment. EVERYONE ❖ Must use hand sanitiser or wear gloves when opening any padlock or gate. ❖ Must keep 2 metres/yards apart at all times, but even then, don't gather together in groups. ❖ If bringing your children with you, MUST keep them with you on your plot. ❖ Must not share tools. ❖ Must not wash hands in any communal water trough; use the allotment taps.

Useful links

LOCAL COMMUNITY SUPPORT SERVICES

CHELTENHAM BOROUGH COUNCIL

<https://www.cheltenham.gov.uk/coronavirus> Also can help with printing requirements for local organisations helping in the Corona virus outbreak, contact: communityservices@cheltenham.gov.uk

GLOUCESTERSHIRE COUNTY COUNCIL - COMMUNITY HELP HUB People who are able to volunteer to help others during the Corona Virus outbreak can register here and this includes local businesses who can offer help. It is also a way to register yourself, neighbours, or, people in your street who need help and requirements online at www.gloucestershire.gov.uk/helphub or by calling 01452 583519 Monday to Friday between 8.30am and 5pm

GLOUCESTERSHIRE COUNTY COUNCIL - SCHOOLS ADVICE A dedicated phone line and email address has been set up to help parents with all school related enquiries, including questions relating to Free School Meals. Tel: 01452 426015. Email COVIDSchoolenquiries@gloucestershire.gov.uk

GLOUCESTERSHIRE COUNTY COUNCIL - CONCERNS ABOUT A VULNERABLE ADULT OF CHILD Adult helpdesk: (01452) 426868 and Children & Families Front Door (Gloucestershire County Council) 01452 426565 or email childrenshelpdesk@gloucestershire.gov.uk

CCP (COMMUNITY WELLBEING SERVICE) Social Prescribers and Community Well-being Agents can help: In times of change, for example, after redundancy, health issues or retirement, in times of emotional hardship, such as after bereavement, if people are worried about debt, financial or housing issues, if people are lonely or socially isolated, if people don't know where to turn for support, if people would like to volunteer in their community. The service is for those who are 16 and over. They take direct referrals from

Contact details

Charlton Kings Parish Office,

26 Church Street, Church Piece, Charlton Kings, Cheltenham, Gloucestershire, GL53 8AR

PLEASE NOTE - The best way to contact the Parish Office staff during the current Coronavirus (COVID-19 outbreak is by email or letter.

Clerk/RFO - Joanna Noles
clerk@charltonkingsparishcouncil.gov.uk

Administrative Officer - Helen Johnston
administrativeofficer@charltonkingsparishcouncil.gov.uk

Admin Assistant - Debbie Dockree
admin@charltonkingsparishcouncil.gov.uk

www.charltonkingsparishcouncil.gov.uk

health professionals including GP surgeries and Integrated Community teams or can be contacted directly by individuals on 0300 365 64

63. www.ccp.org.uk/communitywellbeing - General enquiries

email: communitywellbeing@ccp.org.uk and secure referral

email: glccg.ccpcommunitywellbeing@nhs.net

AGE UK GLOUCESTERSHIRE If any person is worried or has an immediate problem they can contact the Help team on: 01452 422660 Monday to Friday 9.00 am to 4.00 pm. They will prioritise more urgent issues over non-covid-19 enquiries. Website: www.ageukgloucestershire.org.uk

They also provide social isolation support for older people through a new Freephone number for telephone friendship with a staff member or volunteer on: 0800 2980579(9.00 am to 4.00 pm). An out of hospital service for older people recently discharged from hospital: 01452 420937 / 420928

Advice to mutual aid groups on supporting older people safely and effectively, or for individuals who want to offer help: cwalker@ageukgloucestershire.org.uk

<https://www.ageuk.org.uk/gloucestershire/ourservices/coronavirus-covid-19-and-older-people/>

'Greet your Street' – make a cup of tea, open your window or front door and Greet Your Street 11 a.m. every day. Wave, smile or say hello to your neighbours, share a joke, reassurance and stay connected. Just remember to stay 2 metres apart.

Essentialinfo@ageukgloucestershire.org.uk

GEM 'GOING THE EXTRA MILE' PROJECT for one-to-one support with job search / looking for volunteering / training (including on-line) / cv writing / interview skills etc. The Navigator Developers who work one-to-one with people who are unemployed and have barriers to employment including low confidence, will still be able to support individuals through phone and email contact during this time of Corona Virus outbreak. Tel: 01452 699741 gem@ggtrust.org

GLOUCESTERSHIRE RURAL COMMUNITY COUNCIL (GRCC) Volunteering

Guidelines: <https://www.grcc.org.uk>

NATIONAL COUNCIL FOR VOLUNTARY ORGANISATIONS (NCVO) Championing

Voluntary Action - knowledge and e-learning for charities, social enterprises and community groups ncvo.org.uk

NEIGHBOURHOOD WATCH Scam Advice and support on keeping yourself and loved ones safe <https://www.ourwatch.org.uk>

NHS VOLUNTEER RESPONDERS Provide a range of volunteers including Community response volunteers (collecting shopping, medication or essential supplies for someone who is self-isolating), Patient transport volunteers (for people who are medically fit coming out of hospital), NHS transport volunteer (taking medical supplies between medical organisations), Check-in and chat volunteers (telephone service), Short-term telephone support volunteers - <https://www.goodsamapp.org.uk>

MENTAL HEALTH AND WELLBEING

NHS website: mental and physical well-being during Corona virus outbreak www.nhs.org
<https://www.nhs.uk/oneyou/every-mind-matters> Support on mental well-being whilst staying at home and Corona Virus anxiety tips.

SAMARITANS Phone free on 116123 Or email: jo@samaritans.org Currently face-to-face appointments are suspended owing to corona virus. The listening service is in full operation.

SWINDON AND GLOUCESTERSHIRE MIND Offer a wide range of support for mental well-being. Email: alexwellbeing@sgmind.org.uk Tel: (01452) 245338

CRISIS TEAM For working age adults with mental health issues. This is for when mental health deteriorates and you need a higher level of care. Crisis Support contact 0800 169 0398. Can be referred through GP. Emergency contact: 07659 140 000

YOUTH WORK RESOURCES <http://youthworksupport.co.uk>

NATIONAL GUIDANCE

CURRENT ADVICE FROM THE NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://mentalhealth.org.uk/coronavirus>

<https://www.nhs.uk/oneyou/every-mind-matters/>

LATEST NEWS FROM PUBLIC HEALTH ENGLAND (PHE)

<https://www.gov.uk/government/organisations/public-health-england>

LATEST NEWS FROM THE GOVERNMENT (INCLUDING JOB RETENTION SCHEME)

<https://www.gov.uk/coronavirus>

CORONAVIRUS Q&A FROM THE WORLD HEALTH ORGANISATION

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

LATEST ADVICE ON SOCIAL DISTANCING/ISOLATION FROM THE GOVERNMENT

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

GUIDANCE FOR EMPLOYEES, EMPLOYERS AND BUSINESSES:

The government has issued updated information on healthcare advice for employers and support for businesses. <https://www.gov.uk/government/news/coronavirus-covid-19-guidance-for-employees-employers-and-businesses>

HARDSHIP FUND:

The government has confirmed a £500 million hardship fund will provide council tax relief for vulnerable households. <https://www.gov.uk/government/news/government-confirms-500-million-hardship-fund-will-provide-council-tax-relief-for-vulnerable-households>

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