



Fowlmere Parish Council

Dear Fowlmere Resident

Fowlmere Village Support available during isolation

As representatives of various village organisations, we are writing to all households in Fowlmere as we begin a period of isolating ourselves within our village to let you know of the support that is available to you during this time.

1. Community Support.

Many people already have support networks set up through friends and family or neighbours, but if you do not have this support, please let one of us know and we will find help for you. If you are self-isolating and you need

- Any shopping or urgent supplies,
- A dog walking, or mail posting,
- Help with a practical issue,
- Or just a friendly phone call.

Please contact us and we will coordinate with the volunteers closest to you. Supplies can be delivered to your doorstep and items to post can be picked up from there as well. You do not need to open your door and you can maintain your isolation.

There are also national groups who you can contact if you just want to talk or are feeling really low

- Silverline 0800 470 890 is a helpline for people over 55
- Samaritans 0330 094 5717
- Mind 0300 123 3393

2. Shops offering deliveries

The local shops are offering a delivery service or you can order shopping over the phone and then we can offer a volunteer to fetch it for you.

- Foxton Shop 01223 870339
- Bury Lane Farm shop 01763 260418
- Thriplow Shop 01763 208958 (Thriplow Shop also offers a Prepay service but you need to set this up first).

3. Foodbank

There is a 'Guilt Free Foodbank' operating from a box at the back of St Mary's Church. This has been available to anyone who needs to access a foodbank since the autumn and it will remain available during this time. The usual pattern of Sunday and midweek services has been put on hold but the church will remain open during the day. Please use this if you need it.

You can also find local support immediately if you log onto the '**Fowlmere Self Isolation Support Group**' through Facebook. We are very fortunate to live in such a caring community with so many people stepping up and offering to help.

And finally, to protect ourselves it is important that we all continue to follow the advice we are being given which is scrupulous handwashing and avoiding physical contact (2m distance when you are chatting!).

Please contact any one of us if you need help or support

Fowlmere Parish Council

Appleacre

Dorothy Woods Fowlmere Friendship Club

St Marys Church

Churchwardens

Fowlmere URC

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