

# **COVID-19**

## **PRESTON RICHARD EMERGENCY PLANNING TEAM'S RESPONSE**



**January to July 2020**

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**January 2021**

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## **TIMELINE**

### **January**

The first two cases of coronavirus (2019-nCoV) in the United Kingdom are confirmed.

### **February**

The total number of confirmed cases in the UK is reported as 16

### **March**

On 2<sup>nd</sup> the government holds a COBRA meeting to discuss its preparations and response to the virus, as the number of UK cases jumps to 36. The government publishes its action plan for dealing with coronavirus. This includes scenarios ranging from a milder pandemic to a "severe prolonged pandemic as experienced in 1918" and warns that a fifth of the national workforce could be absent from work during the infection's peak. By 4<sup>th</sup> the total number of confirmed cases increases to 85. On 5<sup>th</sup> the first death from coronavirus in the UK is confirmed, as the number of cases exceeds 100, with a total of 115 having tested positive. England's Chief Medical Officer, Chris Whitty, tells MPs that the UK has now moved to the second stage of dealing with COVID-19 – from "containment" to the "delay" phase. By 8<sup>th</sup> the third death from coronavirus is reported, at North Manchester General Hospital, as the number of cases in the UK reaches 273, the largest single-day increase so far.

On the 12<sup>th</sup> the UK Chief Medical Officers raise the risk to the UK from moderate to high. The government advises that anyone with a new continuous cough or a fever should self-isolate for seven days. Schools are asked to cancel trips abroad, and people over 70 and those with pre-existing medical conditions are advised to avoid cruises.

#### **On 13th PREP issues statement on Preston Richard and Preston Patrick Facebook Page and to Endmoor Community First Responders**

By 14<sup>th</sup> the number of confirmed cases rises to 1,140. A further 10 people are reported to have died from COVID-19, almost doubling the UK death toll from 11 to 21. The government's aim for a "herd immunity" approach generates controversy. UK retailers release a joint letter asking customers not to panic buy products after some supermarkets sell out of items such as pasta, hand gel and toilet paper. 15 March - Health Secretary Matt Hancock says that every UK resident over the age of 70 will be told "within the coming weeks" to self-isolate for "a very long time" to shield them from coronavirus.

#### **On 16th PREP declares there is an Emergency, organises "self-isolating" help cards and appeals for volunteers. On 18th March volunteers register at Endmoor Village Hall. Cards are delivered and help begins.**

The government announces that all schools in the country will shut from the afternoon of Friday 20th March, except for those looking after the children of key workers and vulnerable children. No exams will take place this academic year. Chancellor Rishi Sunak announces that the government will pay 80% of wages for employees not working, up to £2,500 a month, as part of "unprecedented" measures to protect people's jobs

Prime Minister Boris Johnson orders all cafes, pubs and restaurants to close from the evening of 20th March, except for take-away food, to tackle coronavirus. All the UK's nightclubs, theatres, cinemas, gyms and leisure centres are told to close "as soon as they reasonably can".

**On 20<sup>th</sup> PREP issues the first (of 19) Coronavirus Bulletin for Volunteers, the Village Shop and Bakery offer free delivery. The Chippy Van offers free delivery and L&W Wilson provide free Hi-Viz Jackets. PREP issue a press release in the Westmorland Gazette.**

In a televised address, Boris Johnson announces new strict rules applicable to the entire United Kingdom with the aim to slow the spread of the disease, by reducing transmission of the disease between different households. The British public are instructed that they must stay at home, except for certain "very limited purposes" – shopping for essential items (such as food and medicine); one form of outdoor exercise each day (such as running, walking or cycling), either alone or with others who live in the same household; for any medical need, or to provide care to a vulnerable person; and to travel to and from work where this is "absolutely necessary" and the work in question cannot be done from home. All non-essential shops, libraries, places of worship, playgrounds and outdoor gyms are closed, and police are given powers to enforce the measures, including the use of fines. On 26<sup>th</sup> doorstep applause for NHS begins.

Lockdown begins on 27<sup>th</sup>.

**Kendal Primary Care identify 111 addresses in Preston Richard with over 70s. Volunteers are informed and extra "Help Cards" printed and delivered.**

The first NHS nurse dies of COVID-19.

**No deaths are reported in our parish.**

## April

**PREP produce and display Posters around Preston Richard.**

The first Nightingale Hospital opens in London and the Queen broadcasts to The Commonwealth. Boris Johnson is admitted to intensive care with Covid-19 and 100-year-old Tom Moore completes 100 fund raising laps of his garden. By 17<sup>th</sup> analysis of death registrations (all causes) in England and Wales by the Office for National Statistics finds the highest total this week, which at 21,805 is 207% of the five-year average for the same week. COVID-19 is mentioned in 8,730 cases. By the 28<sup>th</sup> testing capacity reaches 73,000 per day, although only 43,000 were carried out the previous day. Matt Hancock announces that testing will be expanded from the following day to include all care home workers, and people (and their family members) with symptoms who must leave home for their job or are aged over 65.

**In our parish the "#Where in Endmoor" initiative asks for the identification of places/features using photographs. The Youth Club hold games nights over the internet. Endmoor Community Choir sing on Thursdays at 5pm using Facebook video. Rainbows and Teddies are seen in windows. Pebbles and shells are painted and left for people to find. Books and jigsaws are made available at various points. The First Responders and Preston Richard Parish Council hold their meetings virtually with Zoom!**

**No covid-10 deaths registered in our parish.**

## May

On the 10<sup>th</sup> the UK government updates its coronavirus message from "stay at home, protect the NHS, save lives" to "stay alert, control the virus, save lives". A new alert scale system is announced, ranging from green (level one) to red (level five). Those who cannot work from home, such as construction workers and those in manufacturing, are encouraged to return to work from the following day, but to avoid public transport if possible. The guidance on the number of outdoor exercise periods is lifted

from Wednesday 13<sup>th</sup> May. A report on deaths in care homes in England and Wales from the Office for National Statistics finds 9,039 deaths between 2 March and 1 May, and a further 3,444 deaths of residents in hospital. Boris Johnson announces a relaxing of lockdown restrictions for the 2.2 million people who have been "shielding" in their homes, with them allowed outdoors with members of their household from 1 June. Those who live alone can meet one other person outside. Test, track and trace begins.

**PREP volunteers deliver Mental Health Booklets to our vulnerable people. Martin and Roger have negative coronavirus tests. 500 positive cases of coronavirus are confirmed in South Lakeland but there are still no deaths in our parish. June Bouskill from Endmoor praises Jane and Clive Dann in the Gazette for their deliveries from the Village Shop.**

## June

Primary Schools re-open. Horse racing resumes. Face coverings are compulsory on public transport from 15<sup>th</sup> June. Premiership football returns without spectators. Support bubbles can now be made where one person lives alone. English retail shops and public-facing businesses open. Dental practices open. Restaurants, bars, pubs, nightclubs, most cinemas, theatres, museums, hairdressers, indoor sports and leisure facilities remain closed. Outdoor animal-related attractions such as farms, zoos and safari parks may open. Places of worship may again be used for private prayer (but not for communal worship). English libraries remain closed.

**The "R" rate falls from 1.0 to 0.8 in South Lakeland. There are no examples of people being tracked or traced in the parish. Still no deaths in the parish**

## July

Pubs re-open on the 4<sup>th</sup> July. Hairdressers also re-open. Data is released that show the number of cases of COVID-19 are falling in England. Swimming pools, gyms, grassroots sport, close contact businesses and outdoor theatre return in England. In addition, a small pilot of indoor performances with socially distanced audiences take place to assess the best way to restart them. The wearing of face coverings becomes compulsory in shops and supermarkets in England from 24 July. England had the highest number of excess deaths in Europe between the end of February and mid-June, and had the second highest peak in number of deaths behind Spain.

**The Club Inn delays opening so that staff can navigate the new guidelines. There is some evidence of long-term effects from coronavirus. PREP warn of a second wave of the pandemic in autumn or winter. Masks are provided for our volunteers. A letter is received to communities from Stewart Young, CCC Leader, and Katherine Fairclough, Chief Executive, to thank volunteers for their hard work during the pandemic. Shielding is discontinued from 1<sup>st</sup> August and the Emergency Plan is suspended.**

**Preston Richard Emergency Planning Team**

**Coronavirus Pandemic**

**Hello! If you're self-isolating I can help.**

My name

is \_\_\_\_\_

I live locally

at \_\_\_\_\_

My 'phone number

is \_\_\_\_\_

**If you are self-isolating due to COVID-19 I can help with:**

Picking up shopping

Posting mail

A friendly 'phone call

Urgent supplies

**Please call or text me and I'll do my best to help you (for free!)**

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2 metre distance). Wash your hands regularly. Items should be left on your doorstep.

For more information contact Roger Gorman (Emergency Coordinator) 07845662989 or 01539566964

16<sup>th</sup> March 2020

## **HELP CARD HELP**

**MANY thanks if you have agreed to distribute the cards and follow up with action – please take care – your health and safety are paramount in this exercise. Remember you are a volunteer and can withdraw from the exercise at any time – but do let me know! Please also note that things are changing very quickly...**

There will probably be **TWO phases of distribution:**

1. **This week** – identifying the **elderly and other vulnerable people who may be self-isolating** (for whatever reason)

**Below is what you should do...**

Coordinate with other helpers in your area (you are not alone).

Decide who you think will require help during this first phase.

Complete and deliver the leaflets through the letterbox, go home and wait for a response (there may be no response as extended family members are helping).

If you get a response please email me your actions.

If you begin helping you will need to think about the following:

- **Communicate by ‘phone/email**
- **Be sympathetic**
- **Don’t enter the house**
- **Keep your distance – at least 2 metres**
- **Use the doorstep for deliveries and notes**
- **Step back and observe deliveries taken into the house**
- **Be vigilant with money**

2. **Sometime in the future (maybe days)** – identifying those households who have **caught the virus and are self-isolating.**

More details later...

If there are any problems or questions please get in touch with me and I’ll do my best to help.

Roger Gorman  
Emergency Coordinator

**PRESTON RICHARD EMERGENCY PLANNING TEAM**

**CORONAVIRUS PANDEMIC**

**VOLUNTEER REGISTRATION FORM**

Please complete this form, print it off and bring it with you. Spare forms will be available at the registration point.

To comply with GDPR this information will be kept confidential within the PREP team and will not be used for any other purpose.

NAME:

ADDRESS:

POST CODE:

EMAIL:

MOBILE NO:

HOME NO:

IDENTIFICATION: (Passport no., or driving licence no., or other)

EMERGENCY CONTACT

NAME:

Tel.

PLEASE INDICATE THE AREA OR STREETS YOU WILL COVER

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Parish / Town Council Intelligence

PARISH COUNCIL	
PRESTON RICHARD PARISH COUNCIL	ANN PARK
015395 67411	<a href="mailto:clerk@prestonrichard.co.uk">clerk@prestonrichard.co.uk</a>

- 1) Please provide details of any local community COVID response group including known activity, area covered, and contact details.

We have mobilised the Preston Richard Emergency Plan Team (PREP) to help with the effects of COVID

Contacts details are:

Roger Gorman PREP Chair 015395 66964

Martin Smith Parish Council Chair, 07388939762

Ann Park Clerk to the Council 015395 67411

If there is no local response group please indicate if the parish / town council is planning to get involved in local support.

N/A

There is advice and guidance around what form local support could look like at

<https://covidmutualaid.org/resources/#safety>

- 2) What is the community informally doing to support one another? (i.e. distributing supplies, support leaflet distribution, maintaining distant social contact)

Currently we have allocated zones and have volunteers for each zone who have already posted cards through letterboxes as a contact for help. The Zone volunteers will Pick up Shopping, post mail, friendly phone calls urgent supplies. Should a volunteer be unable to cover that area for whatever reason they will inform the PREP group and we have standby volunteers waiting to step in.

- 3) Are there any specific local issues relating to COVID 19 in the parish that you are concerned about? Please think short and medium term. Please indicate what you think you can do to reduce the impact of these?

Our concerns are for people who have no access to money if isolating, we do not want volunteers having to pay for good out of their own pockets.

We are asking the Parish Council to consider setting a budget aside for any urgent purchases (say a limit of £25 per request) and if the person requesting the item can't access any money the volunteer will give the receipt to the council together with the name and address and the Parish Council will reimburse the volunteer until such times the recipient can repay the money.

A further concern is if the volunteer has to make several trips into Kendal this could be costly to them and we should be reimbursing them with fuel costs to help keep things going.

Are there any funds that can be accessed elsewhere?

- 4) Are you concerned about any specific people in your community and is there anything being done locally to support them? **None at the moment**

Name	Address	What is needed and what could be done locally to support them.	Contact made / or contact number

**EMERGENCY  
ZONES**

Code	Zone	Name	Landline	Mobile
1a	Low Cottages, Weston Houses, Dove Nest Lane (N)			
1b	Enyeat Road, Woodlands Close, Dove Nest Lane (S), Main St (S)			
1b	Enyeat Road, Woodlands Close, Dove Nest Lane (S), Main St (S)			
1c	Nutting Hill Lane, Stubb Farm Caravan Site			
1d	Woodside Road			
1e	Woodside Close, Elm Close, Woodside, Main St (N)			
1f	Birchfield			
1g	Gatebeck Road and Wilson's			
1h	Sycamore Close			
1i	St Patrick's CE Primary School			
1j	New development			
2	Summerlands, Row End			
3	Low Park Estate			
4	Crooklands			
4	Crooklands			
5	Crooklands Hotel			
6	Milton			
6	Milton			
7	Showground			

8a	Kidside, Garden Centre			
8b	Deer Park			
8c	Commonmire			
8d	Birkrigg			
8e	Low Park Farm, Urchinrigg Farm, The Kennels			
9a	Little Acre Caravan Site			
9b	Gatebeck Road Caravan Site			
9c	Millbrook Caravan Site			
9d	September Cottage			

## **DROP FORM**

PLEASE complete the form below as best you can and send it via email to Ann Park at [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk). Complete it for those homes where you've left a card. We are very sorry to have to burden you with this task but we need to know where "drops" have been made in case you become ill and are temporarily out of action.

Thank you.

Name of Volunteer:

Email address:

Example

Name of Street: High Cottages

Number or name: 3, 6, 7, 12, 14, Primrose Cott,

Name of Street:

Number or name:

Name of Street:

Number or name:

Name of Street:

Number or name:

## VOLUNTEERS, ROLES, EMAILS

<b>Name</b>	<b>Role</b>	<b>email</b>
Andrea Simpson	Res	
Andrew Atkinson	Deer Park, Commonmire	
Karen Barnes	Millness	
Bridget Atkinson	Deer Park, Commonmire	
Caroline Hine	LC, WH, DNL	
Ceri Watson	PREP	
Chelsie Gladstone	PREP	
Ann Park	CLERK	
Clive & Jane Dann	Main St (S)	
David Hall	Low Pk Fm North	
Dawn Humble	Low Park	
Emma Galbraith	Res	
Glenn Smithers	Syc Close	
Jules Smithers	Syc Close	
Helen Walker	Bfield	
Suzie Kilgour-Miller	Old Hall Nutting H La	
Jacqui Ogden	Res	
John Lyons	Gbeck Rd	
Jules Powell	Res	
Kathy dos Santos	Low Park	
Kerry SR	Low Park	
Joanne Jones	Res	
Liz Laidlaw	Main S (N)	
Lawrence Johnston	Wside Rd, Wbank Cr	
Lynn Wright	Res	
Dougie Walker	Bfield	
Gemma Shah	Bobbin M La	

Martin Smith	Enyeat Rd	
Sarah Metcalfe	W Cl, E Cl, EG, LW	
Sam Brooks	Gatebeck Lane	
Sandra Atkinson	Milton	
Shirley Williams	Res	
Wayne Singleton	PREP	
Vivek Shah	Bobbin M La	
Kate Waddington	Summerlands Row End	
Amanda Webb	Res	
Julia Lane	PREP	

# Supporting others in your community during COVID-19

## Guidance for Volunteers

### Shopping for people who are self-isolating, family-isolating or social-distancing

This guidance has been developed through the COVID-19 Cumbria Community Resilience Group.

It aims to compliment national Government COVID-19 guidance and support the community response to COVID-19 locally where further information is required.

This guidance will be reviewed regularly.

We are seeing many communities and individuals volunteering to support friends, families and neighbours during the COVID-19 outbreak. They are providing an important and much valued service, which we are all grateful for. We hope the following information will help volunteers to feel informed whilst carrying out this great work.

#### IMPORTANT

- It is important that you do all you can to follow the national guidance on 'social distancing for everyone in the UK and protecting older people and vulnerable adults', which can be found [here](#).
- It is also important that you follow the advice on [protecting yourself and others](#) at all times. Spread only kindness, not COVID-19.

#### FURTHER ADVICE

- Firstly, consider if you are able to volunteer to do someone's shopping at this time. DO NOT volunteer if:
  - you have symptoms of COVID-19 (a fever or new continuous cough)
  - you should be self-isolating or part of a family who should be isolating
  - You are in a group being 'strongly advised' to socially (physically) distance themselves from others, or you have been told to [shield](#) because you are extremely vulnerable.

23 March 2020

1

The guidance accessed via the 'IMPORTANT' section above provides definitions for self-isolation, family-isolation and social distancing.

- If you are able to volunteer at this time, consider whether or not you will do this very informally (e.g. communicating your contact details and offer of support to family, friends and neighbours) or through a coordinated volunteering group e.g. Support Cumbria are looking for a number of volunteers to support local charities and organisations work in local communities. Go to [SupportCumbria.org.uk](https://SupportCumbria.org.uk) if you would like to volunteer or you are a group/organisation looking for additional volunteers.

**PLEASE DO NOT ENCOURAGE VULNERABLE PEOPLE TO DISPLAY REQUESTS FOR HELP VIA NOTES OR CARDS IN THEIR WINDOWS/DOORS. Criminals can take advantage of this.**

- When a person contacts you to ask if you can do shopping, you should discuss how the shopping will be paid for. Use online or telephone payment options where possible (so the person can pay directly themselves – this will also minimise the need to touch money). If you are paying for items yourself, use contactless payment options where you can. Consider if the person has any memory difficulties. It may be important to keep a record of what has been bought and the cost (e.g. can you take a photo of the receipt and keep a record of any money that is exchanged?).
- Consider where you will do the shopping. Is there a chance to support local business? Could they arrange for payment via telephone? Think about the person and their income – do you need to shop within a specific budget that will influence where you shop?
- Consider others whilst shopping. Follow the [advice](#) on how to reduce your risk of catching or spreading the illness. Keep 2 metres away from other people at all times, including at the check-out.
- Do not buy high-demand items in bulk – only buy what is needed.
- If you need to consider substitutes, are you aware if the person or other household members have any allergies or are there foods they should not have because they may interact with medications? What sort of cooking and food storage facilities do they have? Would they be able to open tins/jars for example?
- Transporting shopping – for food hygiene purposes, ensure any frozen food does not thaw before reaching the person's house (and check the person places in the freezer immediately if they are not planning to consume to food immediately). For food that should be refrigerated, such as raw/cooked meat; do not allow it to get too hot whilst being transport and make sure it is back in a fridge within two hours of picking from the shelf.

23 March 2020

2

- Delivering shopping to the person – where possible, we strongly advise volunteers not to enter homes. Keep a 2 metre distance from the person you are helping.

Agree a time and safe place to leave the shopping and ensure the person knows it is there. Where this is not possible (e.g. where a person is physically not able to carry their own shopping into the house/lift bags onto the worktop), wash your hands, or use hand sanitiser before and after entering the house.

Consider wearing disposable gloves and change them between deliveries if it is difficult to wash your hands regularly. Alternatively, if sanitiser, hand washing facilities and gloves are not available, carry liquid hand soap, bottled water (preferably warm), paper towels and a bag for disposal, so you can wash your hands remotely.

If you need to handle money, ensure you and the person you are helping wash your hands before and after touching it.

Wash your hands before and after each delivery. It is also recommended that the person receiving the shopping wash their hands after bringing the shopping into the house and also after packing it away.

- If you are part of an organised group delivering shopping and you are not known to the person you are delivering shopping to, consider use of a 'safe word' agreed with the person in advance, that you can use to provide reassurance if required. Double check you are leaving food at the correct house.

Thank you for your support.

ADDRESSES WITH OVER 70'S\*

Birchfield (6 homes)	Endmoor	LA8 0JA
Moss Lea (3 homes)	Endmoor	LA8 0JB
	Endmoor	LA8 0JB
	Endmoor	LA8 0JB
Sycamore Close (4 homes)	Endmoor	LA8 0NY
Woodside (1 home)	Endmoor	LA8 0HQ
Gatebeck Road (9 Homes)	Endmoor	LA8 0HH
	Endmoor	LA8 0HL
Woodbank Crescent (2 homes)	Endmoor	LA8 0HF
	Endmoor	LA8 0HF
Woodbank (1 home)	Endmoor	LA8 0HG
Woodside Road (1 home)	Endmoor	LA8 0HE

Enyeat Road (10 homes)	Endmoor	LA8 0HD
	Endmoor	LA8 0OH
Low Cottages (1 home)	Endmoor	LA8 0HB
Weston Houses (3 homes)	Endmoor	LA8 0HA
	Endmoor	LA8 0HA
	Endmoor	LA8 0HA
Dove Nest Lane (8 homes)	Endmoor	LA8 0EY
LA8 0EW area (4 homes)	Endmoor	LA8 0EW
Main Road (3homes)	Endmoor	LA8 0EU
	Endmoor	LA8 0EU
	Endmoor	LA8 0EU
LA8 0ET area (3 homes)	Endmoor	LA8 0ET
	Endmoor	LA8 0ET

	Endmoor	LA8 0ET
Longwood (2 homes)	Endmoor	LA8 0ES
	Endmoor	LA8 0ES
LA8 0EQ area (3 homes)	Endmoor	LA8 0EQ
	Endmoor	LA8 0EQ
	Endmoor	LA8 0EQ
LA8 0EP area (2 homes)	Endmoor	LA8 0EP
	Endmoor	LA8 0EP
Moorside Road (3 homes)	Endmoor	LA8 0EN
	Endmoor	LA8 0EN
	Endmoor	LA8 0EN
Greenways Drive (7 homes)	Endmoor	LA8 0EL
Meadowside Close (8 homes)	Endmoor	LA8 0EJ
LA8 0EH area (6 homes)	Endmoor	LA8 0EH
	Endmoor	LA8 0EH
	Endmoor	LA8 0EH
	Endmoor	LA8 0EH

	Endmoor	LA8 0EH
	Endmoor	LA8 0EH
Warwick Drive (1 home)	Endmoor	LA8 0EE
Summerlands (4 homes)	Endmoor	LA8 0ED
Elm Close (1 home)	Endmoor	LA8 0EA

\*Actual house numbers/names have been deleted from this document to ensure anonymity and comply with confidentiality.

# CORONAVIRUS

## PANDEMIC

Hello! If you're self-isolating we can offer *free*

# HELP

Local volunteers are in your area and can:

- *DO YOUR SHOPPING*
- *GET YOUR PRESCRIPTIONS*
- *WALK YOUR DOG*
- *POST YOUR MAIL*
- *HAVE A CHAT ON THE 'PHONE*

*TO FIND OUT MORE, CONTACT*

Roger Gorman (Emergency Coordinator)

[rogergormanr@aol.com](mailto:rogergormanr@aol.com)    07845662989    01539566964

Martin Smith (Parish Council Chairman)

[Martin@smith-family.co.uk](mailto:Martin@smith-family.co.uk)    07388939762    01539567453

## **Shielded People from August 1st**

From 1 August, the government will pause shielding unless the transmission of COVID-19 in the community starts to rise significantly.

This means:

- the government will no longer be advising you to shield
- the support from the National Shielding Service of free food parcels, medicine deliveries and care will stop
- NHS Volunteer Responders will carry on delivering the food you buy, prescriptions and essential items to you if you need it
- you will still be eligible for priority supermarket slots (if you have registered by 17 July)

You may still be at risk of severe illness if you catch coronavirus, so stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.

From 1 August, you'll be advised you could go out to more places and see more people, for example, the advice is:

- you can go to work, as long as the workplace is COVID-secure – but carry on working from home if you can
- children who are clinically extremely vulnerable can go back to school (when the rest of their class goes back)
- you can go outside to buy food, to places of worship and for exercise – keeping 2 metres away wherever possible

This guidance will be updated with these changes on 1 August.

## **FACEBOOK ENTRIES**

13 March

PRESTON RICHARD EMERGENCY PLANNING TEAM

*Please don't panic....*

Below is a letter we, as affiliated members, received from Neighbourhood Watch. It gives advice about how we can help our community should there be an escalation of the coronavirus pandemic. As far as we know there are no cases in our parishes to date (13th March), but this may change. The most "at risk" group are the elderly with pre-existing ailments, so it is important that they are identified and monitored. Our operating emergency plan already contains much of the recommendations from Neighbourhood Watch (e.g. buddy system in item 3), and most of our Zone Coordinators know where and who those at risk are, and are keeping a watchful eye.

There's lots of information from the government on self-isolation, washing hands, and symptoms and there are several web sites you can visit. Some are listed below...

“Dear Neighbourhood Watch supporters,

You will all be aware of the coronavirus (COVID-19) outbreak. Neighbourhood Watch exists to look out for communities across England and Wales and at a time like this we encourage you to consider ways to keep yourself, your loved ones and those in your community safe, particularly the isolated and vulnerable. We are following the advice from the government and encourage you to do the same:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

16 March

PRESTON RICHARD EMERGENCY PLANNING TEAM

### **CORONAVIRUS PANDEMIC**

Our Emergency Plan is now in operation, but there is no need to panic.

We have prepared a "Help Card" which will be distributed by an army of known local volunteers to those who are elderly or in other vulnerable groups. The card, which is now at the printers and should be ready in a few days, offers help with shopping, post, urgent supplies, and a friendly telephone call. If you'd like to volunteer, in any capacity, please email me on rogergormanr@aol.com - let me know where you live and how you could help.

Thank you and keep washing those hands! Roger.

PRESTON RICHARD EMERGENCY PLANNING TEAM

### **CORONAVIRUS PANDEMIC**

We're giving out "HELP" cards to our volunteers on Tuesday 17th March at Endmoor village hall from 5:30pm to 6:30pm. They'll drop them through the letter boxes of those people considered "at risk".

Hopefully this initiative will make things a little easier for some of our residents.

Keep washing those hands and maintain your social distancing. Roger.

17 March

PRESTON RICHARD EMERGENCY PLANNING TEAM

CORONAVIRUS PANDEMIC

Many thanks to all of you turning up to help out and collect your "help cards". Thanks also to my team of registrars.

We have the parish covered and people are going about in their Preston Richard Emergency Team hi-viz jackets delivering "help" cards.

If you receive a card, and you could do with some help, please don't hesitate to telephone your designated helper. They are primed and ready to go! If you know someone who is self-isolating or needs a bit of help let me know and I'll arrange for someone to get a card to you.

It's a community thing and we all need to help each other. Things may get worse but if we all pull together, we'll make it. More volunteers will be needed, so if we couldn't use you this time, we'll use you in the future.

Roger Gorman rogergormanr@aol.com 0784566298928

19 March

PRESTON RICHARD EMERGENCY PLANNING TEAM

FOR INFORMATION ONLY - CHIPPY VAN

Are you self-isolating in Endmoor or Low Park and can't get to the Chippy Van tonight?

Craig has promised free delivery on the first FIVE orders of fish and chips which he will deliver after 7:15pm

- You MUST be self-isolating – please don't take advantage...
- You will need to be able to pay with cash or contactless card
- You will need to social distance – 6 feet away
- Fish and chips £6.70; small portion £5.50
- Telephone order – 07972233454 – provide your full address and telephone number

If this trial is successful and popular, Craig will employ a driver to deliver next week to cater for the demand.

Remember it's the first FIVE to order and you MUST be self-isolating.

28 March

PRESTON RICHARD PARISH COUNCIL

In these difficult times your Parish Council is doing all it can to help keep everyone safe. We are sure by now you all know what you need to do to keep you and your family safe. However this puts a strain on everyday living and as such the Preston Richard Emergency Plan Team (PREP) have swung into action supported by the Parish Council.

Firstly we would like to thank all those involved and the volunteers who have offered to help those self-isolating at this time. Cards have been posted through doors offering help with shopping, mail, a friendly phone call or urgent supplies. If you know of anyone who is likely to need this support and they have not received a card please let the Parish Council or the PREP team know all contacts on our web site <https://www.prestonrichard.co.uk/>

Once again stay safe and look out for your neighbours.

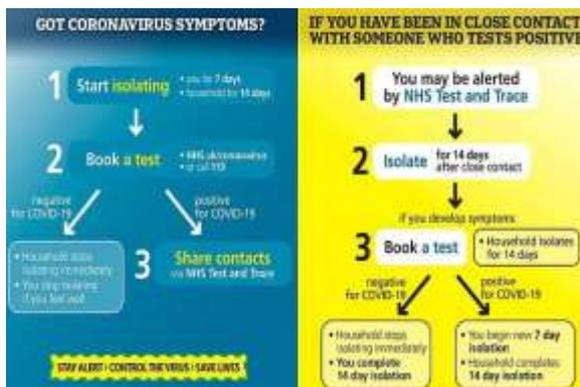
28 May

PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS PANDEMIC

England now has a test, track and trace system in place to control the virus. The guidance issued by the government is set out in the diagram. If your household isolates you will need to call on family and friends to get your shopping and other essential items. If that's not possible our registered volunteers are happy to help.

To locate your nearest volunteer call Roger Gorman, Emergency Coordinator, on 01539 566964 or 07845 662989, email rogergormanr@aol.com.



19 September

PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS PANDEMIC

A REMINDER that Preston Richard's Emergency Team are holding a "drop-in" session today (Thursday 19th Sept) at Endmoor Village Hall between 7 and 9pm. If you're a Zone Coordinator it would be great to see you, but it's open for anyone to attend. Call in for just 15 minutes anytime from 7 to 9pm. Roger



**Endmoor 26/3**

Roger Gorman  
rogorgorman@aol.com

OVER thirty volunteers from Preston Richard Parish have offered their services free to self-isolating households in the current coronavirus pandemic.

The Parish's Emergency Plan was activated on Monday March 16 and the next day 300 "Help" cards had been printed. Volunteers gathered at Endmoor Village Hall, were registered, and allocated an area to distribute the cards and give assistance should the need arise.

The whole parish has been covered.

Wearing the Preston Richard Emergency Team Hi-Viz jackets, the volunteers will be able to offer free help to those self-isolating by getting shopping and prescriptions, posting mail, making a friendly telephone call, and in some cases, dog walking.

They are observing the new social distancing rules. Most volunteers are neigh-

bourhood or those self-isolating and have a close eye on their neighborhood.

The Village Shop and Bakery have teamed up to offer free delivery of groceries, newspapers, bread and pastries in Preston Richard and Patrick parishes. The proprietors of the "chippy" van, which serves Endmoor on Thursdays, have also offered free delivery of fish and chips.

As the pandemic is likely to grow, volunteers themselves may develop coronavirus symptoms and plans have been put in place to use reserve volunteers.

In addition, there will be an increase in households who are self-isolating.

For more information, or to get the services of a volunteer, contact Roger Gorman, Emergency Coordinator, on rogorgorman@aol.com, 07845662869, 01539669964, or Martin Smith, Preston Richard Parish Council Chairman, on Martin@smith-family.co.uk, 0738869782, 01539667453.

**EMERGENCY** volunteers have been working hard helping those at risk or self-isolating with shopping and getting medication.

More information from the Preston Richard Parish web site at [www.prestonrichard.co.uk](http://www.prestonrichard.co.uk) or Ann Park, Parish clerk, on 01539667411, email [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk).

**Endmoor 1/5**

Roger Gorman  
rogorgorman@aol.com

PRESTON Parish Council held a successful meeting using the Zoom video conference platform.

John Lyons gave a report concerning the connection of hyper fast broadband.

Work is currently suspended but some domestic connections have been made, and the main cabinet has been installed in the village hall.

An update was provided by the Emergency Team who are dealing with the current coronavirus pandemic.

Forty volunteers have registered to help at risk residents and there have been no reports of deaths within the parish. Parishioners are observing the government guidelines well and local businesses have been very supportive.

**Endmoor 14/5**

Roger Gorman  
rogorgorman@aol.com

VIRTUAL singing continues every Thursday at 6pm with the Community Choir under the direction of Emily Robinson.

New members are welcome to observe or take part by joining the Choir's Facebook page.

More information from [julesmithers84@gmail.com](mailto:julesmithers84@gmail.com).

**SHIELDING** vulnerable parishioners continues with volunteers registered through Preston Richard's Emergency Plan.

More information from Ann Park at [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk), phone 01539657411.

**Endmoor 2/5**

Roger Gorman  
rogorgorman@aol.com

DOORSTEP disco on a Saturday night has been the highlight of the week in Dove Nest Lane during the current pandemic.

Residents have been getting into fancy dress to celebrate the 1899s, wedding attire and dressing in pink, observing social distancing.

Some ladies have even donned their old wedding dresses.

It has been a great chance to catch up with neighbours and bring some light relief.

**Endmoor 18/5**

Roger Gorman  
rogorgorman@aol.com

PAINTING Pebbles has become a favourite pastime for many Endmoor school children.

Great care is taken in choosing colours and messages on the stones in support of the NHS and staying safe during the current coronavirus pandemic.

Residents out on their daily walk have been delighted to discover the pebbles which have been left on walls, by gardens and other interesting locations.

**Endmoor 4/6**

Roger Gorman  
rogorgorman@aol.com

TEST track and trace has been actioned by the government in order to better control the coronavirus.

As a result, it is possible that more people will need to self-isolate for 14 days.

Registered volunteers with Preston Richard's Emergency Planning team are happy to provide free assistance with shopping, getting prescriptions etc.

Residents who need help should contact Roger Gorman, Emergency Coordinator, on 01539669964, or 07845662869, email [rogorgorman@aol.com](mailto:rogorgorman@aol.com), who will direct them to a volunteer.

29/7

PRESTON Richard Parish Council received an update from the Emergency Team concerning the current coronavirus pandemic.

Masks are now mandatory in shops, and volunteers have been provided with them. After August 1 vulnerable people will be able to leave their homes but it is not known how many the confidence will have to do so.

Volunteers can continue to be available for getting shopping, prescriptions etc, supported by the Emergency Team.

## DAWN HUMBLE – COMMUNITY HERO AWARD



Dawn Humble from Low Park has been presented with a Community Hero Award by South Lakes Housing. As part of Preston Richard’s Emergency Plan during the Covid-19 lockdown, Dawn was a lifesaver for a group of residents living on Low Park. She has taken shopping orders every week and has delivered the goods where required, and has always given priority at any time to those needing prescriptions. Dawn holds, and has held since their inception, the Treasurer’s position with Endmoor First Responders. She has regularly helped with organising money-raising events, distributing and emptying collection boxes. According to Raymond and Valerie Massey, who nominated Dawn for the award, as soon as she sees anyone needing assistance, she is there

# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 20<sup>TH</sup> MARCH

### **INTRODUCTION**

THE PURPOSE of this bulletin is to keep Volunteers up to date with news and developments. First of all, though a big “thank you” for all your efforts far. There’s no doubt that the community are very grateful – but we fear this is just the start. Let’s not panic, keep calm and remember to wash your hands.

### **HELP CARDS**

VOLUNTEERS should by now have delivered Help Cards to “at risk” or vulnerable people. Over 200 have been given out in the parish. Being a neighbour or known in your neighbourhood will be an advantage. Please always wear your PREP Team hi-viz jacket if you’re helping. If you’re dealing with money you will need to be **extra vigilant**. Use an envelope for cash and keep or photograph receipts. If you have any problems with cash or payments please report them.

Extra cards have been printed. As the virus spreads and more people self-isolate we will need to help more people. Hopefully people in your patch will keep you informed and you’ll know who needs help.

Extra cards will only be available from Roger or Martin and won’t be available in the shop – the cards have arrived, call or email if you need any.

### **WHAT IF YOU ARE ILL?**

WE ARE lucky to have about 10 volunteers on the reserve list who have not been allocated an area. So, if you are unfortunate enough to get the virus, you’ll have to self-isolate for a fortnight and we will put our reserve in temporarily in your place.

If you can, please make a note of the addresses where you have dropped a card, and send the information as soon as possible to Ann Park, Preston Richard’s Parish Clerk, on [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk). Ann will set up a spreadsheet so that we know which homes are regarded as “at risk”. Just include your name, your street(s) and the numbers or names of the houses you have targeted. Please don’t worry if you can’t remember – just do the best you can.

### **VILLAGE SHOP AND BAKERY**

IF YOUR neighbours are not on Facebook you may need to tell them that Jane and Clive, and the bakery staff, have offered free delivery of groceries, pies and bread etc. if the combined bill is over £10. Twenty four hours’ notice is required and the service

is for self-isolating households in our parish and parts of Preston Patrick. Your neighbours need to know that payment can be made in cash, by contactless card or, in special circumstances, on account.

This is obviously in addition to our help but most welcome.

### **CHIPPY VAN**

CRAIG Chaplow has agreed to deliver chippy teas on Thursdays to self-isolating households in our parish. Orders can be made on **07972233454**, and the delivery will be after 7:15pm. People will have to pay for their order with cash or contactless card, but the **delivery is free**.

More details later – we think he will set up some sort of scheme to make it easier – again most welcome and something we needn't get involved with.

### **GDPR/POSTERS/PUBLICITY**

WE'VE taken lots of personal details from you and promise not to share them with anyone else. We're going to place information in the form of posters around the parish and an article in the Community News section of the Gazette. We're only going to include Roger's and Martin's contact details. Should people require help they will inform us first. Then we'll give you their name and address and ask you to drop a card off. This will protect your personal details.

### **POSTERS IN WINDOWS**

POSTERS in windows indicating that the occupants are vulnerable, "at risk" or self-isolating are being discouraged by the Police. Assistant Chief Constable, Andrew Slattery said,

**“Whilst we all need to think of innovative ways of to identify and support our vulnerable neighbours, displaying any sign that identifies a householder as vulnerable could lead to unintended consequences and that house being targeted by criminals.”**

## **PRESTON RICHARD EMERGENCY PLANNING TEAM**

### **CORONAVIRUS BULLETIN 27<sup>TH</sup> MARCH**

#### **HELLO**

**THE BAD NEWS** is that Boris and Matt have contracted coronavirus and someone called Dominic or Michael is in charge; the good news is that, so far as we know, there are people with some symptoms, but there are no confirmed cases in the parish.

#### **UPDATES**

##### **YOU'RE doing a great job.**

We're pleased to report that most "at risk" people have been identified and you are responding by shopping, getting prescriptions and being generally neighbourly. Kendal Primary Care Network have been in touch and they have identified 111 addresses in our parish with people over 70. Ann Park, Preston Richard Parish Council clerk, has been drawing up a spreadsheet from the information you have provided, and we are cross referencing to see if we are missing anyone. We'll get back to you if there are any we have missed in your area. It would be really helpful if you could get back to Ann with your "at risk" addresses when you have a moment: [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk)

#### **VILLAGE SHOP AND BAKERY**

**JANE AND CLIVE**, together with those nice people at the bakery, are increasingly busy with orders and deliveries. If you visit the shop you'll notice a couple of changes due to social distancing. Also, it might be a good idea to remind your "clients" that newspapers can be delivered – a number of newspapers are offering free delivery over the pandemic period.

A big thank you to Gemma and Vivek at The Crooklands Hotel who gave away their surplus food following their enforced closure. We look forward to them re-opening when all this is over. The "chippy" van was a welcome sight in its usual spot on Thursday, customers regarding distancing rules.

#### **DEVELOPMENTS**

**CASES** of the virus are rapidly increasing with more and more contracting the disease, and sadly, more deaths. Despite all your efforts, and observing government guidelines, some of us will get the virus over the next couple of weeks. If you do, and hopefully it's only a mild dose, please let us know immediately and go into self-isolation. We'll then allocate your area to an appropriate reserve. We'll have to re-issue "help" cards so it is important we know where your "clients" are.

## HI-VIZ JACKETS

**THANKS** to Alan at L and W Wilson we're getting some more hi-viz jackets next week. If you haven't got one we'll ensure you're equipped with one from Tuesday onwards. Please wear it when you're out and about volunteering.

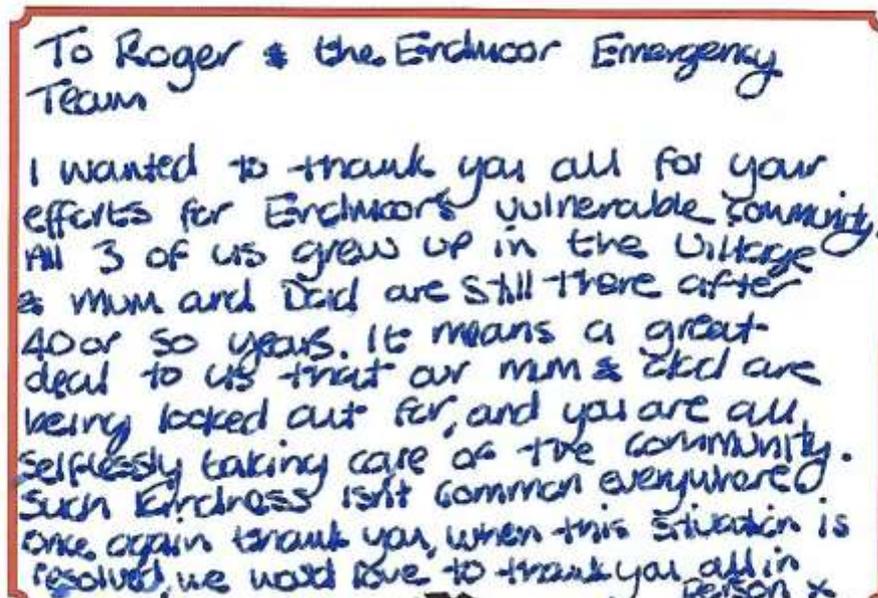
## SHOPPING

Below is a very useful link which gives valuable advice when you're shopping for someone. It has been drawn up by the Cumbria Community Resilience Group.

[https://drive.google.com/file/d/11DWO5Pd\\_aoaJkDe-XOzvZCfxcZHgwtBE/view](https://drive.google.com/file/d/11DWO5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view)

## A POSITIVE ENDING

**ONE** of our valued volunteers brought us this note from one of the families she's helping. It says everything about our community spirit...the names have been erased...



To Roger & the Erchmoor Emergency Team

I wanted to thank you all for your efforts for Erchmoor's vulnerable community. All 3 of us grew up in the Village & Mum and Dad are still there after 40 or so years. It means a great deal to us that our Mum & Dad are being looked out for, and you are all selflessly taking care of the community. Such kindness isn't common everywhere. Once again thank you, when this situation is resolved, we would love to thank you all in person x

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 3<sup>rd</sup> APRIL

#### HELLO

**WELCOME** to the third weekly bulletin, we hope there aren't too many.

#### UPDATES

**VULNERABLE** people over 70 have now been identified and all our volunteers know where they live. Thank you. Some are being supported by family and friends, which is fine, others will need your help, and some require no help at all. (However, they should still "stay home".) Ann Park, Parish Clerk, still needs your updated list of numbers or house names, and can be contacted at [clerk@prestonrichard.co.uk](mailto:clerk@prestonrichard.co.uk). In order to comply with GDPR, best practice would be to leave out names.

#### DEVELOPMENTS

**CASES** of coronavirus are increasing universally, nationally and in Cumbria at a rapid rate. It's predicted that the peak of infection within the UK (684 deaths today) will be in the next couple of weeks. There's no doubt that our little parish will not be immune from the infection, and that, as a result, there will be an increase in households self-isolating. It's likely that you may be the first to find out who is self-isolating in your area so you need to *keep calm and not panic*. Households may have symptoms, but without the coronavirus test, they cannot be sure they have it. **They need to call 111 and follow their advice. They must not leave their house.**

Here's what we recommend **you** should do:

- Observe patient confidentiality – keep the information private (but inform Roger of the address)
- Maintain strict social distance protocols, wash your hands
- Use the telephone for contact where possible
- Leave shopping on the doorstep
- Make suitable arrangements for payments (see Bulletin 2)
- Make a regular and friendly telephone call **HI-VIZ JACKETS**

**THANKS** to L and W Wilson the new hi-viz jackets have arrived. If you need one Martin is storing them at his home, Marwood, opposite the village hall. Please use it when volunteering.

**POSTERS**

**WE** have designed, printed, laminated, and displayed “HELP” posters throughout the parish. These are directed at parishioners who may know if someone needs help and are directed to call Roger or Martin. When we are called we’ll contact the appropriate volunteer to make arrangements – if you’d like a copy please contact Roger. See below:

**Preston Richard Emergency Planning Team**

# **CORONAVIRUS PANDEMIC**

Hello! If you know of someone who is self-isolating we can offer  
*free*

# **HELP**

**Local volunteers are in the area and can:**

- **GET SHOPPING**
- **GET PRESCRIPTIONS**
- **POST MAIL**
- **HAVE A CHAT ON THE 'PHONE**

**TO FIND OUT MORE, CONTACT**

<b>Roger Gorman</b>	<b>(Emergency Coordinator)</b>		
	<a href="mailto:rogergormanr@aol.com">rogergormanr@aol.com</a>	07845662989	01539566964
<b>Martin Smith</b>	<b>(Parish Council Chairman)</b>		
	<a href="mailto:martin@smith-family.co.uk">martin@smith-family.co.uk</a>	07388939762	01539567453

## **ASDA VOLUNTEER SHOPPING CARDS**

**SHOPPING** cards are available from Asda and must be completed by those self-isolating. We recommend shopping local but you could follow this link to check it out: [https://cards.asda.com/volunteer?utm\\_source=vanityurl&utm\\_medium=dmc&utm\\_term=volunteercard&utm\\_content=generic&utm\\_campaign=cards](https://cards.asda.com/volunteer?utm_source=vanityurl&utm_medium=dmc&utm_term=volunteercard&utm_content=generic&utm_campaign=cards)

## **NEIGHBOURHOOD WATCH**

**OUR Emergency Plan** was drawn up with the help of many organisations including Neighbourhood Watch. We have been keeping them informed of how we are operating during the current pandemic. Joe Murray QPM, who is the Administrator for Cumbria, has written the following email to us at Preston Richard:

*“Many grateful thanks for this information Roger.*

*The work that you and your volunteers are doing within your community is absolutely nothing short of brilliant. You are all a true credit to your community and we are all very proud of you.*

*Please keep me informed as time moves on as this kind of information will be an inspiration to others.*

*Kind regards and keep safe.*

*Joe Murray QPM*

**Message Sent By**

*Joseph Murray (NHWN, Administrator, Cumbria)”*

**PAT yourself on the back....**

## **ANYTHING ELSE**

**THAT’S** it for now but if you need more help or information, however trivial it may seem, please get in touch with Roger or Martin. Thanks and best wishes. Have a great weekend.

**Roger Gorman**      [rogergormanr@aol.com](mailto:rogergormanr@aol.com)      **07845662989**      **01539566964**

**Martin Smith**      [Martin@smith-family.co.uk](mailto:Martin@smith-family.co.uk)      **07388939762**  
**01539567453**

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 10<sup>th</sup> APRIL

#### HELLO

**WELCOME** to the fourth weekly bulletin, Happy and Healthy Easter.

#### **UPDATES**

**AS** we move into our fourth week of lockdown it's time to review how we are all doing. We're aware people are self-isolating either because they are "vulnerable" or because they have developed coronavirus symptoms. Fortunately, and as far as we are aware, there have been no reported deaths as a result of the virus within the parish. Social distancing and other government rules about leaving home and saving lives seem to be working here. We need to maintain this over the Easter weekend. Although we may miss our visitors, and visiting our friends and family, we'll be able to "meet again" when all this is over. Today 953 more deaths were declared in Britain, giving a total of 8931.

#### **VOLUNTEERS**

**EMMA** Galbraith has volunteered to take over some of the area that Jane Dann was responsible for, and others have stepped forward to register to help. Thank you Emma. Jane can now spend more time in the Village Shop. All our volunteers are doing a fantastic job, but we are concerned that some may have too much to do. We have at least 10 people on the reserve list who are keen to help, so please let Roger know if you need some respite or extra help with your errands.

**IN** order to get an impression of how much you're doing, it would be great if you could drop Roger a short email giving brief details of how many and how frequently you're helping out. We know that some of our "vulnerables" are being assisted by friends and immediate neighbours not necessarily registered with us. This is most welcome.

***IF** you, or a family member, develop symptoms please stop volunteering, stay home and let us know! We'll then allocate one of our reserves to your area. New cards and an explanatory letter will be delivered to your "clients".*

#### **VILLAGE SHOP/BAKERY**

**MANY** people have been taking advantage of the free delivery service offered by the shop and bakery. They have been very busy (apparently chocolate and biscuits are very popular!), and welcome the custom. Please be patient though, as some items are in short supply.

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 17<sup>th</sup> APRIL

**WELCOME** to the fifth weekly bulletin.

#### UPDATES

**LOCKDOWN** continues for at least three weeks. As far as we are concerned, we have been tasked with looking after our self-isolating residents for the government recommended twelve weeks. A long way to go then! But **we** remain healthy, despite national statistics – a tragic 847 deaths reported today.

**THIS** week we have seen a slight increase in the number of people we are helping and we are grateful to our volunteers who have taken on the extra load. The feedback we have received is most humbling. Please do remember that we have lots of volunteers in reserve, so if things get too hectic for you, or you fall ill, let us know. Keep safe and follow the advice.

**ATTACHED** with this Bulletin is an up to date document from the Consultant on Public Health for Cumbria entitled “**Infection Protection Guidance for Volunteers**”. It contains some useful information which you need to think about while volunteering.

#### VILLAGE SHOP/BAKERY

**POSTS** in the Endmoor, Preston Patrick and Richard Facebook page have been thanking the services provided by the shop and bakery. Clive and Jane, and Hannah and her Bakery staff, have received 138 “likes”, “loves”, for their fantastic efforts in keeping the village supplied. “Community at its best”, “selfless and amazing” are just a couple of comments.

#### #WHERE IN ENDMOOR

**A NUMBER** of interesting and imaginative activities have been organised to help us get through this enforced “leisure” time. The “#Where in Endmoor” initiative asks you to identify places/features within the parishes using photographs. The Youth Club are holding games nights over the internet. Endmoor Community Choir are still singing on Thursdays at 5pm using Facebook video. We’re thanking the NHS with rapturous clapping. Rainbows and Teddies can be seen in windows. Pebbles and shells are being painted and left for people to find. Books and jigsaws are being made available at various points. The First Responders and Preston Richard Parish Council are holding their meetings virtually with *Zoom*!

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 24<sup>th</sup> APRIL

**WELCOME** to the sixth weekly bulletin.

#### **LOCKDOWN**

We've been in lockdown for four weeks but our volunteers have been operating for a couple of weeks before that. Many of you have just been quietly getting on with getting shopping and prescriptions for your neighbours. Don't forget that a friendly 'phone call might also give a vulnerable person a boost in mood. The excellent good weather has helped maintain our spirits. The "Big Night In" raised over £27 million and we all enjoy a good clap on Thursdays at 8pm.

There seems to be no definitive downward movement with coronavirus infection as 761 deaths were reported today making the total nearly 20,000. We must continue with social distancing and follow government guidelines.

#### **TESTING**

**The government** have widened coronavirus testing to "essential workers" and their families as of today 24<sup>th</sup> April. The list includes those working in health, food and energy supply, education, utilities, and local government. The full list can be found at: <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#essential-workers>.

If you, or a member of your family, fall ill, and your paid work falls into any one of these categories, you're entitled to get a test. The nearest testing facility at the moment is at Preston College and takes 24 hours to get a result, but the government are rolling out mobile testing stations in the coming days. You can find more information at: <https://www.gov.uk/coronavirus>

#### **COVID SYMPTOM TRACKER**

**This APP** has been developed by Kings College, London and health science company "Zoe". Details and downloading instructions can be found at <https://covid.joinzoe.com/us>. It is a **research tool** aiming to build an accurate picture of the virus where people input their symptoms if unwell, gives a daily estimate of the virus in the area, and "helps slow the outbreak". To activate it you have to input a lot of personal information – something you may not wish to do.

**AND FINALLY...**

**CUMBRIA** County Council have produced a booklet called “Coronavirus in Cumbria, Helping in Your Community”. It contains many helpful hints and advice for volunteers including ways to help, how to help safely, and using social media.

The link is in your email for this bulletin.

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 1<sup>st</sup> MAY

**WELCOME** to the seventh weekly bulletin.

#### **PAST THE PEAK**

**BORIS** (congratulations on baby Boris!) tells us that we're "past the peak", but unfortunately it does not mean that the pandemic is over. Far from it. We must continue to "stay home, protect the NHS, save lives". There were 739 coronavirus deaths in the UK today making the total 27510, each one an individual tragedy; but as far as we are aware, none in our parish.

#### **BOOKLET**

**MANY THANKS** to all our volunteers for collecting and delivering the Well Being and Mental Health Booklet to our vulnerable residents. It was great to see you at the village hall and we managed to deliver 160. We are expecting another box of 80, so if you'd like more you'll be able to get them from Martin's garage at Marwood, Gatebeck Road, opposite the village hall. Please email or call Martin to make arrangements. Follow the link to see it online:

<https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf>

#### **SOCIAL DISTANCING**

**SOCIAL DISTANCING** is likely to continue for quite a long time as it has proved to be effective in reducing infection. Our responsibility is *only* to help vulnerable residents with their shopping, prescriptions and being generally helpful. If someone reports to you that they have seen people breaching social distancing rules please point out that the Police should be informed and that they need to call 101.

#### **TESTING**

**THE GOVERNMENT** have expanded its list of people who can get tested for coronavirus, which now includes all essential workers, anyone over 65 with symptoms, and anyone with symptoms whose work cannot be done from home. A satellite testing centre has been set up at Westmorland General Hospital, Kendal. The availability of home test kits is limited, but more will become available.

You can find more information at: <https://www.gov.uk/coronavirus>

## **PRESTON RICHARD EMERGENCY PLANNING TEAM**

### **CORONAVIRUS BULLETIN 8<sup>th</sup> MAY VE Day**

**WELCOME** to the eighth weekly bulletin, and Happy VE Day.

#### **NEW GUIDELINES**

**BORIS** is doing a televised announcement at 7pm on Sunday May 10<sup>th</sup> to give us a progress report on the pandemic, and he may be outlining some new guidelines. Despite press reports it appears there will be little change, and the mantra of “stay home, protect the NHS and save lives” may continue. Alas it won’t make much difference to our task. Shielding our vulnerable residents is scheduled to last up to the end of June. We wait with baited breath until Sunday! Today’s grim UK statistics are 626 additional deaths, total 31241.

#### **CASES**

**OVER 500** cases of coronavirus have been confirmed in South Lakeland (Eden 90, Barrow 540). Statistics with regard to deaths are hard to come by but there have been no deaths in Preston Richard (as far as we are aware) and only two in the wider area south of Kendal. Although there have been some reports of people breaching the guidelines, most of us are keeping to the rules and therefore stopping the spread of the virus. We need to maintain our resolve. Remember you can call 101 if you see a deliberate flouting of the guidelines.

#### **BOOKLET**

**THE MENTAL HEALTH** booklets have all been delivered and we were even able to let the residents of Preston Patrick have copies. Thanks to Paula for taking them around. Martin still has a few copies and the Village Shop have some too. The online link is below:

<https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf>

#### **TESTING**

**HEALTH** workers, including Community First Responders, were invited to have the coronavirus test at Westmorland General Hospital so Martin and I went along to get tested. The swab test isn’t pleasant but we should get our results in 3 days. Hopefully, it’ll not be too long before members of the general public can pop along for a test.

# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 15<sup>th</sup> MAY

**WELCOME** to the ninth weekly bulletin.

### **STAY ALERT**

“**STAY ALERT**, control the virus, save lives” is the new mantra from the government replacing the very clear “stay home”. With greater freedom for exercise we, in South Lakeland, are expecting a rise in visitors, despite the fact that nothing is open. With the third highest infection rate we cannot afford to relax our determination to get rid of this dreadful virus. We must continue to shield our vulnerable adults until June at least, and ensure that our “clients” remain safe and secure inside their own homes. We hope that you’re able to do that even though there will be a huge desire to disregard the guidelines and go out.

### **STATISTICS**

**UP TO DATE** official local information is rather difficult to obtain, but we know that there have only been two deaths in the local area (ONS data up to 17 April) – which includes Endmoor, Burton-in-Kendal and Natland. As a community, Preston Richard seems to have escaped the worst, and the anticipated increase in infection hasn’t happened. We’ve received no reports from our volunteers that you have developed symptoms associated with Covid-19, and there have been no reported deaths. Let’s hope that continues. Today reported deaths in the UK was 384, making a total of 33,998.

### **COVID-19 APP**

**IF YOU’VE DOWNLOADED** the Covid-19 tracker app you’ll know that over 3.5 million people are using it. You simply report your state of health every day and it works out an estimated % of people infected with covid-19 symptoms. In South Lakeland there are 2514 contributors and the estimated % of people with symptomatic covid-19 is 0.8% (Eden 0.3%, Copeland 0.6%, Barrow 1%).

## **ENDMOOR VILLAGE STORE**

From The Westmorland Gazette, 14<sup>th</sup> May

# Clive and Jane, thank you!

OUR CURRENT times are showing us the value we hold in one another and gratitude is in order for so many.

A local resident wishes to thank the generous shop owners of the Endmoor Village Store.

June Bouskill, 71,

wishes to thank owners Clive and Jane Dann for their kindness to her and others through the lockdown.

June said: "It's absolutely amazing what they do. They are always there for us, 24 hours a day. They are so nice, so

pleasant and nothing is ever too much trouble.

"My paper is always there in the morning. They always deliver.

"I am so grateful to them for looking after us and I want to say a big thank you! I want people to see how good they are to us."

Well done Clive and Jane – we add our thanks too!

**WE'RE** pleased to report that Martin's and Roger's coronavirus tests were negative.

# **PRESTON RICHARD EMERGENCY PLANNING TEAM**

## **CORONAVIRUS BULLETIN 22<sup>nd</sup> MAY**

**WELCOME** to the tenth weekly bulletin. Bank Holiday.

### **PARISH COUNCIL ANNUAL GENERAL MEETING**

**THE PARISH** Council held their AGM on Monday this week and we supplied an update of how the PREP team had responded to the coronavirus pandemic. The most encouraging thing we were able to report was that there had been no escalation of the virus within the parish and, best of all, no deaths. We had anticipated that the virus would spread throughout our community resulting in difficulties in replacing sick volunteers, or even worse. It didn't happen. Strict adherence to the government guidelines – social distancing, washing hands etc – has clearly worked. Let's hope there is no second spike. Needless to say, the Parish Council were delighted that so many people had agreed to volunteer their help, showing great community cohesion. Today, 351 deaths were announced in the UK, making a grim total of 36,393.

### **SCHOOLS**

**NATIONALLY**, schools are set to partially re-open with Reception, Years One and Six attending from 1<sup>st</sup> June. Cumbria CC have left it to individual Headteachers to decide on opening their schools, but it is interesting to note that most parents are not keen for their children to return. However, Mrs Edmondson, Headteacher at St. Patrick's CE School, has written to all parents stating that a partial re-opening for some children looks possible. This will depend on a thorough risk assessment and a government announcement on 28<sup>th</sup> May. The letter to parents can be accessed on the school's web site. Whatever happens, it is a sign that we are slowly moving to a "new normal".

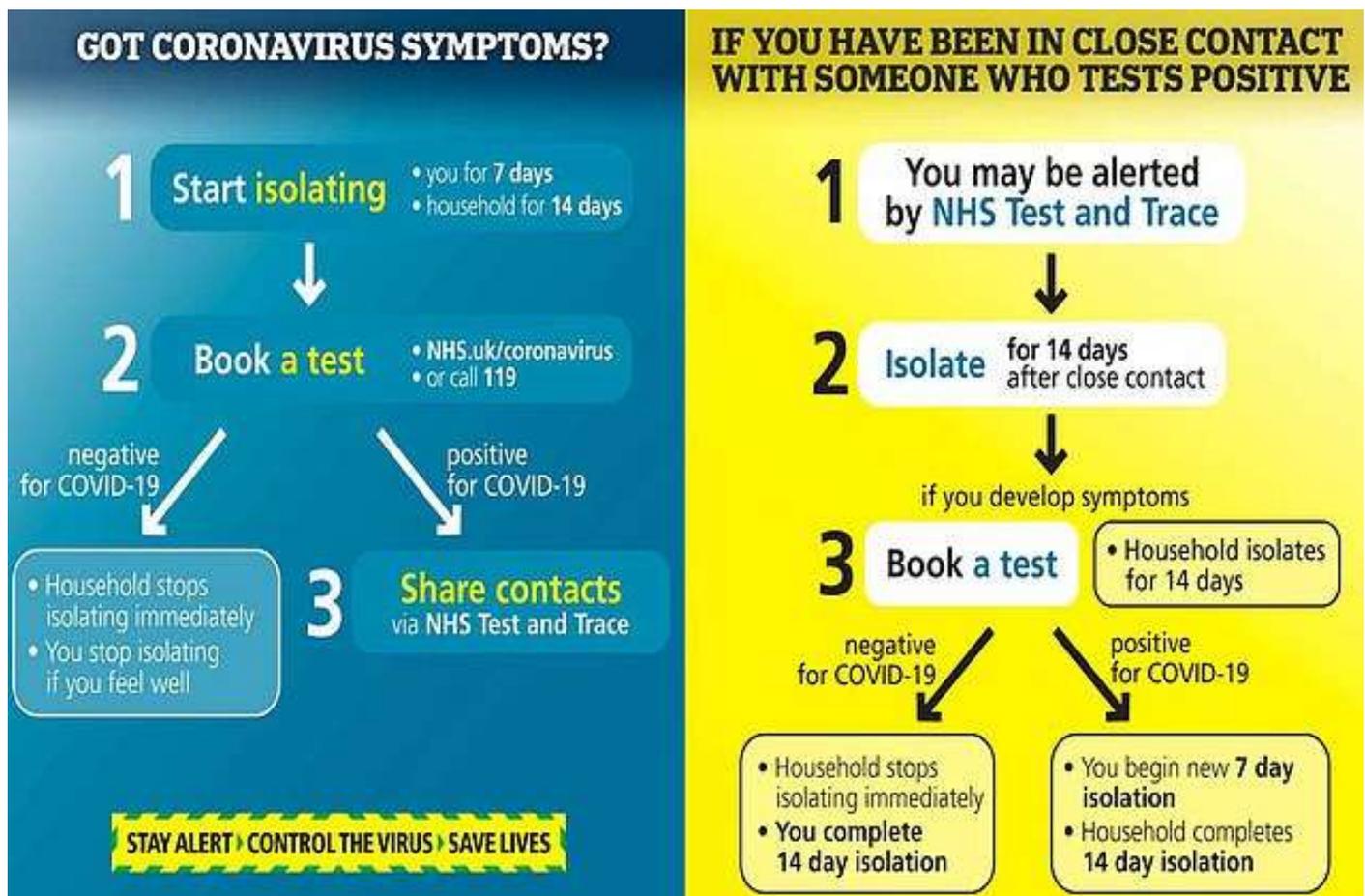
# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 29<sup>th</sup> MAY

**WELCOME** to the eleventh weekly bulletin.

### **TEST, TRACK AND TRACE**

**THIS** was brought into use in England on Thursday and the diagram below illustrates the government advice. It means that we may need to look after those who are isolating as a result of being traced for 14 days. The information has been posted on the PR&PP Facebook page and will be in the Gazette on Thursday in the local news section. Should people require help they may contact us and we will, in turn, contact the local volunteer. However, if you're approached to help independently by an isolating neighbour please let Roger know. We're not anticipating a huge number but it's very difficult to predict. Thank you for agreeing to continue with helping those who are vulnerable.



## **SCHOOLS**

**SAINT** Patrick's CE School will open on Monday 1<sup>st</sup> June but only for children of key workers. The school hopes to open the following Monday for those in Reception, Years 1 and 6. More information is available on the school's web site. An indication that we are moving out of lockdown.

## **NEW GUIDELINES and STATISTICS**

**TODAY** over 2000 people tested positive for the virus suggesting it is still with us, refusing to disappear. There were 324 deaths announced making a grim total for the UK of 38,161. The new guidelines advise that, in England, 6 people from different households can gather outside in private gardens or grounds from Monday 1<sup>st</sup> June, observing the 2m social distance rule. Hand washing remains a priority, and going to a host's toilet is OK provided surfaces are cleaned afterwards. Let's hope the R value stays below 1!

# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 5<sup>th</sup> JUNE

### “R”

**THE “R” rate** in the North West has been reported by the BBC as 1.01. This is worrying because it means that coronavirus infection is rising. In the UK, one in a thousand is infected. We mustn't be complacent. *The evidence in our parish is that we have been keeping to the guidelines and, as far as we know, there are very few people with symptoms and no deaths.* If we continue strictly with social distancing we will defeat this virus. We must be mindful that some people have the virus but are unaware of it and can easily pass it on. Nationally, and very sadly, today the total of deaths due to coronavirus has passed the 40,000 mark.



### ONS AREA

**BELOW** is a map of the area which the Office for National Statistics (ONS) use. We are called South Lakeland 010, Burton-in-Kendal, Levens & Natland. There are still only two deaths due to coronavirus recorded in our ONS area.



## SAINT PATRICK'S SCHOOL

**THE SCHOOL** has been open this week for children of Key Workers. From Monday to Thursday next week children in Year 6 can attend in the mornings 8:45am to 12:30pm, and Reception/Year 1 can attend in the afternoons from 12:15 to 3:15pm. Despite the staff working very hard to follow the recommendations, attendance is not likely to be great.



**CORONAVIRUS**  
Scam Alert

If you receive an unsolicited **coronavirus** related call or text...

**Hang up or don't reply,  
and check with Action Fraud**

Call: 0300 123 2040  
or  
Visit: [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

 #COVID19

## TEST, TRACK & TRACE

**WE** have received no reports that someone in our parish has been tracked and traced after coming in to contact with an infected person. If you know that someone has, please let Roger know – we don't need to know the name, but it would be good to monitor the numbers.



**COVID-19 EMERGENCY SUPPORT HELPLINE**

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

**0800 783 1966** or [COVID19support@cumbria.gov.uk](mailto:COVID19support@cumbria.gov.uk)

Full details can be found online at [cumbria.gov.uk](http://cumbria.gov.uk)  
Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

 **SUPPORT EACH OTHER**  
#TogetherWeCan

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 12<sup>th</sup> JUNE

Welcome to the thirteenth weekly Bulletin.

#### VOLUNTEERS

A **REMINDER** that volunteers are under no **obligation** whatsoever and can withdraw at any time. There are, however, **expectations**, and that is the subtle difference. We are most grateful for anything that our volunteers do. The amount of dedication and commitment that has been shown during this very difficult coronavirus pandemic is beyond outstanding, and has revealed a strong community spirit within the parish. Thank you.

#### PLATES OF KINDNESS

**OUR EMERGENCY** plan was developed in conjunction with Cumbria Neighbourhood Watch and ACTION with Communities in Cumbria. We've forwarded a letter which we received from Joe Murray QPM, Neighbourhood Watch Administrator, called "Something Different and Worthwhile". It invites people of all ages to enter a competition to highlight and celebrate the astounding contribution of selfless Cumbrians over recent months. Entrants can write short stories or a poem, create a "plate of kindness" from clay or fabric, or knit or crochet. A variety of prizes can be won. Please read the letter and, if you or members of your family are feeling creative, enter the competition. We're sure there's lots of artistic talent in Preston Richard! The closing date is 3<sup>rd</sup> July.

#### OFFICE FOR NATIONAL STATISTICS (ONS)

**THE ONS** tell us, in their most recent survey, that now only 1 in 1700 are infected with the coronavirus. At its height in April it was 1 in 1000. The 'R' rate in the North West has fallen from 1.01 to 0.8. This is encouraging news and is confirmation that we are over the worst. However, we still need to observe social distancing and "stay alert". Today we are told that there are now 41,481 covid-19 related deaths in the UK.

#RespectSocialDistancing

The virus does not spread itself - it is only spread by people

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 26<sup>th</sup> JUNE

Welcome to the fourteenth weekly Bulletin.

#### GUIDELINES

**THE LATEST** guidelines from the government for the over 70s are long and complex but a summary for the over 70s is below and is taken from the gov.uk coronavirus website...

*“The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.*

*“If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.*

*“We know that those aged 70 and over can be absolutely fit and healthy and it’s not the case that everybody over 70 has a chronic health condition or an underlying disease.*

*“But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.”*



## FROM 6<sup>TH</sup> JULY

- “you (over 70s) 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
- in line with the wider guidance for single adult households (either an adult living alone or with dependent children under 18) in the general population, 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”

We hope that’s clearer now!!!

## 1<sup>ST</sup> AUGUST

**IF ALL GOES WELL** 1<sup>st</sup> August is our target date for shielding to cease. The PREP team are hoping that this will mark the “end” of our Emergency, and that our volunteers will no longer officially be necessary and the “new normal” begins. Naturally, this will depend on a significant reduction in coronavirus related infection rates and deaths. The indications are generally promising but we will need to exercise great caution with the relaxation of the rules on 4<sup>th</sup> July. Indeed, the nation needs a haircut, but if it leads to a worsening of the situation and a second wave results we’ll be back in lockdown. 🙅‍♀️

Today the official coronavirus death toll has gone up by 184 to 43,414. None in our parish!



# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 3<sup>RD</sup> JULY

Welcome to the fifteenth weekly Bulletin.

### INFECTION RATES AND CASES

**THE LATEST** statistics from the Office for National Statistics show that Cumbria has a total number of coronavirus cases of 2651, which is a rate of infection of 531.4 per 100,000 of population. This compares with Leicester's 3637 cases with a rate of 1034, North Yorkshire's 2504 cases with a rate of 407.5 and West Sussex's 2679 cases with a rate of 311.9. It is easy to see why Leicester has gone back into lockdown as the rate is very high.

Today the coronavirus death rate rose by 137 to make a grim total of 44,131.

## NUMBER OF DEATHS PER DAY IN THE UK



## **ANTIBODY TESTS**

*ANTIBODY testing availability has been mentioned to us recently. If you have been infected with coronavirus you probably carry the antibodies. These antibodies can be detected in blood by laboratories. This will indicate if you have already been infected with COVID-19 and are therefore likely to be immune to a further infection. The Antibody Test is helpful for people who want to check if they have already been infected with COVID-19. In some cases, the novel coronavirus causes mild flu-like symptoms or even no symptoms at all. This is why many people are unsure whether they may have already had the virus. It's initially being rolled out to NHS and other essential workers, but this will likely be extended in the coming weeks and months. Those who aren't eligible for a free test will, in the near future, be able to be tested privately at pharmacies. *You can buy a test but at £79 it's a bit expensive!**

## **SUPER SATURDAY**

**RELAXATION** of the guidelines takes place tomorrow with pubs and restaurants opening subject to strict social distancing. The government hope people will use their “common sense” and not overdo it! As the Club Inn is delaying their opening while the committee navigate the new rules, perhaps we, in Preston Richard, will be spared any excesses and our infection record will remain low. Maybe the wet weather will discourage people from venturing out!

Attached is some advice from Joe Murray of Neighbourhood Watch.

## **HAVE YOUR SAY**

**HAVE** your say about Cumbria County Council’s Outbreak Control Plan. Information about the consultation is attached.

# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 10<sup>TH</sup> JULY

Welcome to the sixteenth weekly Bulletin.

### GUIDELINES

THE LATEST government guidelines on shielding vulnerable persons can be found using the link below.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

There is a tendency for us to become complacent as the government relaxes the rules. However, we must remember that the virus is still out there, and that we will only be truly safe when an effective vaccine is available universally. It's still important to observe hand sanitation and social distancing, and will be for the foreseeable future. It's reported that there were 48 deaths in the last 24 hours, lifting the total to 44,650. Still none in our parish.



### CASE STUDY

IN THE GAZETTE last week (4<sup>th</sup> July) there was a piece concerning Wayne Singleton, who lives at Low Cottages, and his experience in contracting coronavirus....

*“AN athletics coach has revealed his ‘debilitating’ three-month long battle with coronavirus which left him fatigued and unable to breathe. Wayne Singleton, who founded Ulverston Triathlon Club and lives in Endmoor, began experiencing symptoms of Covid-19 at the end of March before the nationwide lockdown was put in place. The 45-year-old, who is a keen runner and athletics coach, said his physical and mental health both suffered due to the virus. He said: “I really didn’t feel great. I had a bunch*

*of symptoms and said to my wife, let's all self-isolate at home for two weeks. I had relatively mild symptoms in the grand scheme of things. "I struggled with breathing, it felt like someone was sat on my chest and the fatigue was really bad as well. I would be out gardening and just feel absolutely knackered and have to go lie down for a two-hour nap."*

*"Mr Singleton, who regularly ran eight to ten mile runs five times a week, struggled to run one mile whilst recovering from the virus. He said: "After two weeks I started feeling better and went out for a one-mile run and it just wrecked me. It would take me two weeks to recover from it. I felt like I couldn't get any breath into my lungs. It slowly stopped me doing anything at all." Mr Singleton said he was 'shocked' with the long-term impact of Covid-19 which left him 'debilitated'. He said: "I have friends that work in hospitals who say the long-term impact on recovery is substantial and can cause scarring on the lungs. "Post-viral fatigue is huge - I had really mild symptoms comparatively but really suffered afterwards."*

*"Mr Singleton, who still feels the impact of the virus now, said he is slowly building his fitness back up. He said: "I've been building up the exercise slowly and seeing how much I can push myself. In normal circumstances I would've fought it, but I was knackered. One day I can go for out for an hour-long walk and feel fine then the next day I can do the same and it'll knock me sideways. There's no defined pattern to it at all but I'm slowly making progress."*

We wish Wayne a speedy recovery back to full strength and fitness.

## **SOUTH LAKES NEWSLETTER**

THE LINK below should get you to the latest South Lakes Covid-19 Newsletter issued today. It has lots of information – some of which you may find useful.

<https://drive.google.com/file/d/1SiSr4WikuLrrKP7WazEKRcLOucFhG4es/view>

# PRESTON RICHARD EMERGENCY PLANNING TEAM

## CORONAVIRUS BULLETIN 17<sup>TH</sup> JULY

**Welcome** to the seventeenth weekly Bulletin.

### **MASKS**

MASKS in shops become compulsory next Friday 24<sup>th</sup> July. We've ordered some washable masks for our volunteers and these should be available for collection/delivery early next week. It's not too late to let us know if you'd like a couple, just get in touch.



### **SECOND WAVE**

WE NEED to prepare for a second wave of the virus which may hit late autumn and winter. We sincerely hope that this doesn't happen but the government is being advised that it may. So much so that they have earmarked £3 billion to the NHS in England. Our plan will be to suspend our "Emergency" until one of two things occur. Should there be a second outbreak, and we have to "lockdown", we'll re-activate our plan and ask you to contact your vulnerables. However, if an effective and safe vaccine becomes available, we will be able to declare this particular "Emergency" over!

In the meantime, we all need to follow the government's guidelines of social distancing and staying safe.

Today there were 114 coronavirus deaths recorded making a total of 45233. Still, thankfully, none in our parish

## PRESTON RICHARD EMERGENCY PLANNING TEAM

### CORONAVIRUS BULLETIN 24<sup>TH</sup> JULY

Welcome to the eighteenth weekly Bulletin.

#### MASKS

MASKS in shops became compulsory today 24<sup>th</sup> July. We've ordered some washable masks for our volunteers but unfortunately due to demand, they're not arriving until Monday 27<sup>th</sup> July. We'll contact those who've requested them when they're available.

#### CASES OF INFECTION

RECENT statistics on new cases of infection are not particularly encouraging for Cumbria. The table below shows the areas of Cumbria with new infection cases for the weeks commencing 5<sup>th</sup> and 12<sup>th</sup> July, and Blackburn with Darwen as a comparison. The figure represents new cases per 100,000 of population for each week. In the final column red shows the number of cases UP, green shows DOWN.

Area	W/C 5 <sup>th</sup> July	W/C 12 <sup>th</sup> July	UP/DOWN
<b>South Lakeland (105,000 pop approx)</b>	<b>1.0</b>	<b>2.9</b>	<b>1.9</b>
Eden (53,000)	9.6	30.3*	20.7
Copeland (69,000)	2.9	1.5	1.4
Carlisle (108,000)	18.5	24.9*	6.4
Allerdale (98,000)	2.1	7.2	5.1
<i>Blackburn with Darwen (150,000)</i>	48.3	79.9	31.6

\*17 individual cases in Eden (a pub in Penrith!), 25 in Carlisle

All areas, except Copeland, show a rise in the number of cases. We in South Lakeland have the smallest rise and Eden, surprisingly, a significant rise (low population). People in Blackburn with Darwen need to worry! And we need to be mindful of social distancing, washing hands and face covering!

#### EMERGENCY PLAN

THERE WILL be one more bulletin before we relax our efforts with the Emergency Plan. Shielding ends next week and people can leave their homes. Over the next few days please ask your vulnerables if they are confident about doing their own shopping, getting their prescriptions and so on. If they're not confident you may decide to continue helping them. We will continue to support volunteers until a vaccine is found.

## **PRESTON RICHARD EMERGENCY PLANNING TEAM**

### **CORONAVIRUS BULLETIN 31<sup>ST</sup> JULY**

**Welcome** to the nineteenth weekly Bulletin.

#### **MASKS**

Masks have arrived and are being collected from Martin's garage at Marwood.

#### **ACTION WITH COMMUNITIES IN CUMBRIA**

FORWARDED at the same time as this Bulletin is a letter we received from Lorraine Smyth, Chief Executive of ACTion with Communities in Cumbria. It contains a letter of thanks to communities from Stewart Young, CCC Leader, and Katherine Fairclough, Chief Executive. There are also links to various web sites for further information about Covid-19 in Cumbria, and an hour long recording on You Tube of a Zoom meeting with Colin Cox, Director of Public Health. If you have the time it's well worth dipping into them.

In our Parish we have been very fortunate that infections have been low and there have been no deaths. As a result, we have required no particular help from CCC, SLDC or ACTion with Communities in Cumbria. However, ACTion did help us with drawing up our Emergency Plan, and we have received encouragement, advice and support from Neighbourhood Watch. We thank them.

#### **LOCAL RESTRICTIONS**

PARTS of Greater Manchester, East Lancashire and West Yorkshire have been waking up to new lockdown rules as a result of spikes in infection. In Cumbria there have been some rises but not enough to trigger further restrictions. It appears that these infections are the result of people visiting households and pubs. It's a reminder that we still need to stick to social distancing, washing hands and wearing masks appropriately.

#### **THE FUTURE**

THIS BULLETIN will be the last *weekly* bulletin but it does not mean the end of our emergency. We hope that it's the beginning of the end and that there will be fewer and fewer infections until a vaccine is found. We will continue to support our volunteers and will be available by 'phone or email. Significant developments and information will be sent out and future bulletins may be necessary.

Although our "vulnerables" are now free to leave home we know that some are reluctant and some volunteers are continuing to get shopping and prescriptions. Clive and Jane

Dann from the Village Shop have confirmed that they will be continuing their delivery service, and we thank them for their sterling service over the past few months.

It has been most impressive to see the community of Preston Richard pull together in the emergency, and we would like to thank our volunteers for any contribution they have made. It is quite clear that they have made a real difference to the lives of our vulnerable parishioners.

***NB***

***The Press Conference held at lunchtime with the Prime Minister and England's Chief Medical Officer makes no difference to shielding.***

**LATEST....**

31 July 2020

## **COVID-19 - Statement from Colin Cox**

Colin Cox, Cumbria County Council's Director of Public Health, said:

“Following the announcements relating to Manchester and its surrounding areas it is sadly very clear that coronavirus is still circulating and being passed on. It is essential that we all recognise that the risk has not gone away and that we must all remain vigilant and follow all the latest guidance regarding hygiene and social distancing

For Cumbria I want to reassure residents that based on our most recent data I would describe our situation as stable. The latest figures in relation to Carlisle and Eden are encouraging but we must remain cautious and aware of the impact that our behaviour has on this situation.

Our multi-agency Health Protection Board is closely monitoring the situation across the county and will act accordingly to any rises or concerns. However I cannot stress strongly enough that we can only maintain this position if people help us control any further infection outbreak by following the rules”

## **CONCLUDING REMARKS – A SECOND/THIRD SPIKE**

THE Covid-19 Pandemic raised its head again during the autumn of 2020. Infections began to increase both nationally and in South Lakeland. Partial lockdown was enforced during November, then a tier system was introduced in England. The whole of Cumbria was placed in Tier 2. A new strain of the virus was discovered which was much more infectious than the previous strain. Infections accelerated, particularly in London and the South East. There was some relaxation of rules for Christmas Day, but much of the country, including Cumbria went into Tier 4 on Boxing Day. Households could not mix, pubs, bars and non-essential retail outlets had to close. People were discouraged from travelling out of their tier. Foreign travel was essentially banned. A phased return for schools was planned for January 2021, but this was reversed and the country went into lockdown on 5<sup>th</sup> January.

In Preston Richard rates of infection increased and most people knew of someone who had caught the virus. Thankfully, to date, there has only been one Covid-19 related death in the parish.

The PREP team continued to meet virtually and volunteers provided assistance where required. Volunteers were kept informed of developments through Cumbria County Council's weekly Covid-19 Newsletter, and also through information from Cumbria Police.

There is, however, light at the end of the tunnel. Two vaccines have been approved for use in the UK and a roll out of vaccinations is being made to older people, vulnerable patients, care and NHS staff.

The UK went into the third lockdown on 5<sup>th</sup> January as we entered level 5 of the government's alert level. Shielding vulnerable adults in the parish was re-established and our volunteers were asked to contact their "clients" again.

Roger Gorman  
(PREP Coordinator)  
28<sup>th</sup> January 2021

