

One-Stop Parish Relief Effort Leaflet

The One-Stop Parish Relief Effort Leaflet is a bulletin specifically for residents of Brenchley and Matfield parish. It outlines all the services and facilities in the parish that can help residents during the Covid-19 pandemic. It is provided to those who may not have access to social media where much daily information is posted, it is therefore only a snapshot as things stand currently but pulls those elements together in one document for you to refer to.

Things are changing rapidly, and further bulletins will focus on where residents can obtain support – groceries, prescription collection, telephone buddy etc. If there is any information you feel would be useful to include please contact the Clerk on 01892 723586 or clerk@brenchleyandmatfield.co.uk.

Grateful thanks are expressed to Karen Langston who has put in a huge amount of work in compiling this leaflet.

Emergency Advice and Urgent Support

- **What should you be doing if you are currently well?**

The current Government restrictions are that you must:

- **Stay at home**
- Only go outside for food, health reasons, exercise - once a day and alone or with members of your household, or work (but only if you cannot work from home)
- If you have to go out, stay 2 metres (6 ft) away from other people at all times
- Wash your hands with soap and water as soon as you get home
- Do not meet others, even friends or family. You can spread the virus, even if you don't have symptoms.

- **What are the main symptoms of coronavirus (COVID-19)?**

The most common symptoms are the recent onset of a new, continuous cough and / or a high temperature (above 37.8 °C).

- **What should you do if you develop Coronavirus symptoms?**

It is important that you **do not** go straight to your GP surgery, local pharmacy or hospital. Instead, you should self-isolate at home for 7 days.

If your symptoms get worse, contact NHS 111 Online - www.111.nhs.uk

Only call 111 if you are unable to get help online.

Call 999 if it is a life threatening emergency.

- **If you don't have symptoms, but are in need of help, who can you ask?**

There are various forms of support available, depending on how vulnerable you are. (An explanation of who qualifies as 'extremely vulnerable' and 'vulnerable' is provided at the end of this leaflet).

Category 1: Extremely Vulnerable (on specific medical grounds)

If you meet the conditions of being 'extremely vulnerable', you will receive a letter from NHS England providing advice on what you should do. If you have not received a letter, but regard yourself as 'extremely vulnerable' on medical grounds, you are advised to contact your GP or specialist. In the meantime, you are advised to shield yourself for your personal protection. This means staying at home and avoiding all face-to-face contact with people.

Category 2: Vulnerable (over 70 and / or with underlying health conditions)

If you are vulnerable due to your age and / or underlying health conditions, you are able to access support from local volunteers. Examples of support available include: shopping for essential supplies, prescription collection and friendly phone calls. To be added to a list of vulnerable residents requiring support from your local volunteer group, please contact:

The Clerk of Brenchley and Matfield Parish Council: Clerk@brenchleyandmatfield.co.uk - **01892 723586**

Or telephone one of the co-ordinators of the local volunteer groups:

Matfield Help Hub – Jay Gibbs – **01892 725458**

Brenchley Ready Call – Christine Churchill – **01892 722789** or **07901 770256**

Category 3: Self-isolating (eg: because you live with someone who is vulnerable or you have come into contact with someone who has COVID-19 symptoms). If you are self-isolating and in urgent need of support, please use the contact details for Category 2 above and asked to be added to the list of vulnerable residents in need of volunteer support.

Brenchley Ready Call and **Matfield Help Hub** are your two local volunteer support networks. They offer services to the most vulnerable members of the community who need to self-isolate and cannot leave home. Their services include:

- Prescription collection
- Delivery of urgent medical supplies
- Grocery shopping
- Collecting your ordered newspaper from Brenchley Post Office
- A friendly telephone call if you're feeling lonely and in need of a chat.

Please contact one of the group coordinators if you are vulnerable and in need of support (see contact details above).

Other sources of help and support are listed in the 'Further Information and Useful Links' section at the end of this leaflet.

Local Medical Services

- **Howell Surgery, Brenchley** – **01892 722007** - www.brenchleyandhorsmondengps.nhs.uk/

Reception opening hours:

Closed	Daily 12pm – 2pm
Mon / Tues	8.15am-4pm
Wed / Thurs	8.15am-6pm
Friday	8.15am-6.30pm
Sat / Sun	Closed

Please Note - the following changes to procedures now apply:

- Surgery doors will be locked. You will only be admitted if you have an appointment.
- Telephone triage appointments can be booked with reception.
- GP appointments will be by telephone or, if you have a smartphone, by video. If the doctor needs to see you, they will give you a time to come into the surgery.
- Nurses will only see patients for urgent matters.
- Prescriptions – a minimum of 5 working days are required to fulfil requests due to overwhelming demand.
- Surgeries can only issue a 28 day (or your normal supply) of medications, as directed by NHS England.

- To order repeat medications, order online via Patient Access, or place your request slip in the boxes outside the surgeries, or telephone the surgery to make your request.

- **Woodlands Health Centre, Paddock Wood – 01892 833331**

www.woodlandshealthcentre.org.uk/

Opening hours:

Closed	Daily 12pm-2pm
Monday to Friday	8.00am-6.30pm
Saturday / Sunday	Closed

Please note: All patients will need to go through a phone triage with their GP before attending an appointment in the Health Centre. If in doubt, please phone Reception.

- **Prescriptions**

Speak to your GP about having prescriptions sent to your nominated pharmacy, then contact your nominated pharmacy about having your prescriptions delivered to your door. Information on local pharmacies is included below.

- **Pharmacies**

Local pharmacy opening times are as follows:

Paddock Wood Pharmacy – 01892 833203

Closed	12.30pm-2.30pm
Monday to Friday	9am-6.30pm
Saturday	9am-5pm
Sunday	Closed

Pembury Pharmacy – 01892 822896

Monday to Friday	9am-6.30pm
Saturday	9am-5pm
Sunday	Closed

Horsmonden – 01892 722217

Monday	10am-6.30pm
Tue/Thurs/Fri	10am-5.30pm
Weds/Sat	10am-1.30pm
Sunday	Closed

Goudhurst – 01580 211245

Monday to Friday	9am-1pm; 2pm-5pm
Saturday	9am-1pm
Sunday	Closed

- **Brenchley Dental**

Due to Government guidance, the practice is now operating an advisory service only. Please call **01892 723529** and leave a message if:

- You have pain that is uncontrollable with pain killers
- You have a visible swelling
- You have uncontrollable bleeding
- You have had trauma

Your call will be returned as soon as possible.

- **First Contact Physiotherapy Service**

This is a free NHS physiotherapy consultation service. You **do not** need to speak to your doctor first. The service provides appointments for back ache, joint pains and muscle injuries. Assessments,

advice and exercises are given over the telephone. This 'remote' service runs on Thursday afternoons and is available to patients registered in Horsmonden, Brenchley, Matfield, Goudhurst, Yalding and Marden. Call your GP surgery to book and appointment. If you have difficulty getting through to your own surgery, please call or text **07768 240322**.

Shopping for Essential Supplies

- **Hammonds Butchers, Matfield**

Hammonds are operating a **Drive-Thru service** for their range of produce, including meat, cheese, bread, milk, fruit and vegetables. As a small, family-run business, they have limited space for orders. They are prioritising orders from their regular, local and more vulnerable customers. Please place your order via email or telephone at least 5 days in advance. When you place your order, you are asked to include a telephone number and the colour, make and registration of your car for ease of identification. You will be contacted when your order is ready for collection, with payment to be made by bank transfer. Your order can then be collected from outside the shop. You are asked not to get out of your car, for your protection and for the protection of Hammonds staff. Your order will be placed in the boot of your car, or on the pavement beside your car if they can't access the boot.

Collection times: Tuesday – Thursday 12pm - 5pm
Friday 10am – 5pm
Saturday 10am – 3pm

To place your order: Email - shop@hammondsbutchers.co.uk
Telephone - **01892 722115**
Address – The Green, Matfield, TN12 7JT

- **Terry's Butcher, Brenchley**

Terry and Neil are continuing to keep the shop open and well stocked with fresh supplies of meat, home cooked fair and local produce. They are willing to bring your shopping out to your car to minimise contact. You are invited to telephone with your order in advance. They regret that they are no longer able to supply fresh fish until further notice due to their supplier closing down.

Contact details: Telephone - **01892 723613**
Email - terrysbutchers@tiscali.co.uk
Address – High Street, Brenchley, TN12 7NH

- **Heath Stores, Horsmonden**

Heath Stores remains open, but asks that you only visit the shop for essential shopping. They are working hard to keep their shelves stocked, selling the full range of convenience store items including fruit, vegetables, fresh meat and fish, dairy, deli items, tinned and dried food, household and toiletries, frozen food, alcohol and many other items. They have revised opening hours to allow them to keep customers in the shop to a minimum for your safety and the safety of their staff. Instead of visiting the shop, they encourage customers to use their new **home delivery service**. They are now delivering to 50-60 households a day and have created an online booking form on their website to help streamline the process. Larger, less frequent orders are welcomed as it means they can deliver to more people. Order by 1pm for next day delivery.

Revised opening hours: Monday to Friday 8am – 1pm
Saturday 9am – 1pm
Sunday 9am to 12pm

Please Note: Critical workers (NHS etc) may knock on the shop front door from 6pm-7pm, Monday to Friday, for shopping if they have been unable to get supplies due to being at work.

Contact details: Telephone - **01892 722221** or **01892 724445**
Email – heathstores@gmail.co.uk

Online booking form – www.heathstores.co.uk/order-form.php

Address – The Heath, Horsmonden, TN12 8HT

- **Brenchley Free Range Farm Shop, Knowle Road**

Open for the sale of fresh eggs and homegrown beef on Wednesdays 12pm – 4pm and Saturdays 10am – 2pm. The farm is operating a **drive-thru service** with contactless payment. Gloves are changed for every order and meat is vacuum packed.

- **Taywell Farm Shop, Goudhurst**

Traditional farm shop selling a range of local produce including meat, vegetables, bread, eggs, milk, homemade soups and quiches, plus sweet and savoury treats. They are offering a **home delivery and shop collection service**. Fill in your order using their online form, then they will contact you to take payment and arrange delivery or collection. If you can't find what you're looking for, or you don't have access to the internet, you can also telephone them for help with your order.

Opening hours: Monday – Saturday 9am – 5pm
Sunday 10am – 3pm

Contact Details: Telephone – 01580 211853
Online booking form – [Click here](#)
Website – www.taywellfarm.co.uk
Address – Cranbrook Road, Goudhurst, TN17 1DY

- **Taywell Ice Creams**

Taywell Ice Creams are offering free next day **home delivery** to all surrounding villages for a minimum order value of £15. They have over 100 flavours in stock in various sizes. For all enquires and orders, please call on **01892 835555** or email sales@taywell.com.

- **SJ Fruits, Fruit and Vegetable Stall, Paddock Wood**

Fresh fruit and vegetable stall held in Paddock Wood every Thursday from 7am until 2pm, with over 100 different lines of fruit, salad and vegetables. The stall is located in Bells Fish Bar car park on Maidstone Road, TN12 6AF. To protect the welfare of their staff and customers, they have implemented safe distancing measures, including a separate queuing system, a separate table per server / customer and hand sanitiser when you visit the stall. They accept card payments via contactless.

- **Lower Ladysden Farm, Goudhurst**

The farm is now closed to the public, but offering **delivery and collection** of fresh fruit and vegetables grown on the farm, as well as a range of other products including, bread, cakes, jams, chutneys, ice cream and fruit juice. They have now set up an online ordering system. Delivery is on Tuesdays and Thursdays to Goudhurst, Marden, Horsmonden and Brenchley. If you are able to collect, please do so as this will enable the team to deliver to those who need it most.

Contact details: Telephone – 01580 213529
Online booking form – [Click here](#)
Website – www.lowerladysden.co.uk
Address – Lower Ladysden Farm, Winchet Hill, Goudhurst, TN17 1JX

- **P&I Fruit and Vegetable Boxes**

Based in Horsmonden, P&I Fruit and Vegetable Boxes are taking orders for **home delivery** of their veg boxes (£20), fruit boxes (£20), salad boxes (£15) and berry boxes (£8), as well as sacks of potatoes for £20. They have reduced their delivery fee to £2.50, with an NHS discount available on all box prices. They ask you to send your order and address using Messenger via their Facebook page - <https://www.facebook.com/pifruitandvegkent/>

- **Fresh Fish**

Delivering in Matfield every Friday. Payment is by cash or bank transfer. Telephone Allan on 07941 214098 or Mel on 07976 435217 for further information.

- **Penshurst Fine Foods**

Penshurst Fine Foods has now expanded its wholesale service to supply the public direct with safe, secure, contact free **home deliveries**. They remain fully stocked, offering a large range of products from fresh local produce to your everyday essentials. The business runs 24hours a day, offering next day deliveries from Monday to Friday, covering postcodes TN, ME and RH19. To keep the vans rolling, please keep the bill above £20. Place your order online or via email.

Contact details: Telephone – 01892 664044
Email – dion@penshurstfinefoods.co.uk
Website – www.penshurstfinefoods.co.uk

- **Albion Home Delivery (Albion Fine Foods)**

Albion Fine Foods has adapted its business model from wholesale trade delivery to **home deliveries**. There is a delivery charge of £5 per order, £2.50 of which is being donated to local food banks and COVID-19 support groups. There is a £40 minimum order value, with a limit on order quantities. They will deliver within 48 hours of placing an order. They are currently delivering to homes in the postcode areas of TN, ME and CT. They will be adding to and updating their product list regularly. Visit their website at www.albionhome.co.uk/shop, or their Facebook page <https://www.facebook.com/albionhomefood>, or email orders@albionff.co.uk

- **Sankey's Fish Shop**

Sankey's offer a free **home delivery service** of their large range of products including fresh and frozen fish, mixed veg boxes, sourdough bread, free-range eggs, cheese, butter, bacon, flour, pasta and more. Simply place your order via the website. No-contact delivery options are available within 1-2 days. Every precaution is being taken to respect social distancing and keep customers safe. Visit www.sankeys.co.uk to place your order.

- **Oast to Host**

Oast to Host is a gluten and wheat free bakery based in Capel. It is offering a **postal service** for the delivery of their products, including brownies and millionaire shortbreads. Visit their website at www.oasttohost.com and place your order by phone on **01892 266331** or email info@oasttohost.com. **Please note: The kitchen is currently closed, but will reopen from 14th April.**

- **Watts Farms**

Watts Farms are offering a **home delivery and collection service**, selling a broad range of products including fruit, vegetables, dairy, bakery, meat and fish, kitchen pantry and household essentials. They have a minimum order value of £50 and will deliver to up to 30 miles of ME20. Their offices are currently running a skeleton staff due to Government advice. Therefore, they ask customers to email with orders and enquires, rather than telephone. The email address is shop@wattsfarms.co.uk. To select your items and place your order, go to www.shop.wattsfarms.co.uk

- **Milk and More**

Milkman service, Milk and More, regret that, due to unprecedented demand, they have had to temporarily stop accepting new customers.

Other local Services currently open for essentials and food:

Waitrose, Church Road, Paddock Wood

Tesco Express, Commercial Road, Paddock Wood

Pomfret Bros Butchers, Commercial Road, Paddock Wood

M&S Simply Food convenience store on Blue Boys roundabout, A21. Open 24 hours.

Paddock Wood Pet Supplies - Open Monday, Wednesday, Friday and Saturday from 9am to 3 pm.

Paddock Wood Post Office, Commercial Road.
Nationwide Building Society – Open 10am – 2pm for essential transactions.
Natwest Bank- Serving customers at the door.
Paddock Wood Auto Repairs, Maidstone Road, Paddock Wood
Wine Mill Liquor Store, Commercial Road, Paddock Wood

Cooked Food Home Delivery and Take-away

- **The Halfway House, Brenchley**

Offering a **collection and home delivery menu** of hot food, ice cream, real ales, lagers, ciders, wine and soft drinks. You can phone during the day for pre-orders on **01892 722526** or use their online ordering system during serving times. Go to www.halfwayhousebrenchley.co.uk for online ordering and to view their menu. Minimum delivery order of £14, with free delivery.

Opening hours for collections and deliveries are:

Monday - Friday 4.30pm-8pm

Saturday 12pm-2.30pm & 4.30pm-8pm

Sunday 12pm-5pm

- **The Hopbine, Petteridge**

Offering a **home delivery menu** of hot food, ice cream, real ales, lagers, ciders, wine and soft drinks. They will deliver to Matfield, Brenchley, Petteridge, Horsmonden and Paddock Wood. Payment should be made over the phone via card. Go to www.thehopbine.pub/delivery to view their menu. Delivery hours are: Tuesday – Saturday 4pm-9pm, plus Sunday roasts from 12pm-2pm.

To place an order, call **01892 722561** from 3pm on the day you would like your delivery. For Sunday roasts, all orders must be placed by Friday afternoon.

- **Ready Call Meals**

Brenchley Ready Call and the Castle Inn are extending their programme of monthly lunches to offer **weekly meals on Mondays**, which will be delivered by volunteers. If any elderly or vulnerable people would like to join the programme during this period of coronavirus self-isolation, please get in touch with Ready Call. Their points of contact are:

Christine Churchill - **01892 722789** or **07901 770256**

Helen Brown – **01892 722885**

Jill Sturgeon-Lewis – **01892 722434**

- **Moby Dicks Fish and Chips**

Moby Dicks regrets that they have had to suspend their service in Matfield for the time being. They are still operating in Leigh, Penshurst, Lamberhurst, Yalding and Five Oak Green. Customers are asked to pre-order between 10am and midday on the day of collection in each village. Please phone Mike on **07528 630377** to place your order from the reduced menu. Please do not leave a voicemail message, but speak to Mike directly. Alternatively, you can email your pre-order using the correct email address in the village schedule below:

Tuesday – Leigh – collection 4-8pm - leighfishandchiporders@gmail.com

Wednesday – Penshurst – collection 4-8pm - penshurstfishandchiporders@gmail.com

Thursday – Lamberhurst – collection 4-8pm - lamberhurstfishandshiporders@gmail.com

Friday – Yalding – collection 4-8pm - fishydeliveries@gmail.com

Saturday – Five Oak Green – collection 5-8pm - 5oakgreenshishandshoporder@gmail.com

- **Oliver's Fish and Chips, Paddock Wood**

Open Tuesday to Thursday 4pm until 8pm, and on Fridays and Saturdays, 12pm to 3pm and 5pm to 8pm. They are also offering a **delivery service** within a 3 mile radius for those who cannot leave their

homes or who are elderly. Call **01892 832966** or visit 89 Commercial Road, Paddock Wood, TN12 6DS.

- **Saffron Indian Takeaway**

38 Commercial Road, Paddock Wood, TN12 6EL. **Home delivery and takeaway service.** Open every day 5.30pm until 10.30pm. Call on **01892 833733**

- **Simla Cuisine Indian Restaurant, Paddock Wood**

Now offering a **collection-only take-away service**. Please call on **01892 834515** or **01892 836680** to place your order. Collection from Simla, 2 Church Road, Paddock Wood, TN12 6EZ.

- **Paddock Wood Kebab and Pizza**

Now offering **home delivery** if you live within 3 miles. Please call 01892 837717

- **Domino's Pizza, Paddock Wood**

In order to prioritise staff and customer safety, Domino's is now cashless, contact free and offering **home delivery service** only. All orders must be placed and pre-paid online via their app or over the phone. Delivery is free. Contact via their website www.dominos.co.uk or call **01892 837777**

Other Local and Support Services

Matfield Ready Call

Matfield Ready Call is operating as usual. Please call Jo Burn on **01892 822272**.

Post Offices

Matfield and Brenchley Post Offices remain open but Matfield Village Hall outreach is only open on Wednesday and Friday 9am-11am. Please observe social distancing when you visit.

Libraries

Until further notice, Paddock Wood library is closed and mobile library services have been suspended.

Paddock Wood Community Advice Centre

The Centre is no longer able to offer a face-to-face service for the time being. The Centre will continue to operate their essential advice service from Monday to Friday. If you need advice, please:

- Call the Adviceline: **01892 838619**
- Email: info@pwadvice.org
- Go to the website: www.pwadvice.org

Council Waste Disposal Services

The garden waste collection service has been suspended until further notice. The civic amenity vehicle service has been suspended. The Household Waste and Recycling Centre at North Farm is closed. There may be further changes in waste collection depending upon staffing levels. Priority will be given to food, clinical waste and recycling.

'Your Local Delivered'

'Your Local Delivered' is a free-to-use online community, set up to connect local, independent businesses with those at home during the COVID-19 pandemic. You can search by area to find local business offering delivery to your home, including pubs, restaurants, groceries, butchers, fish mongers, pharmacies, florists, bakeries and others. Go to their website:

<https://www.yourlocaldelivered.co.uk/> and search for local businesses offering home delivery.

Tunbridge Wells Borough Council

If you are vulnerable and in need of support, as well as contacting the local volunteer networks (see 'Emergency Advice' above), you can also contact Tunbridge Wells Borough Council by calling the switchboard on **01892 526121** or completing their designated contact form to ask for the help you need, via: <http://www.tunbridgewells.gov.uk/find-and-contact-us/coronavirus/volunteering>
Further advice and support from TWBC can be found on their website:
<http://www.tunbridgewells.gov.uk/coronavirus-updates/advice-and-support-for-residents>

'Kent Together'

'Kent Together' is a 24 hour helpline launched by Kent County Council - KCC Media Hub. It has been set up to support vulnerable people in Kent who need urgent help, supplies or medication. If you are vulnerable and have an urgent need that cannot be met through existing support networks, or you are concerned about the welfare of someone else, please contact the Kent Together helpline at www.kent.gov.uk/KentTogether, or call **03000 419292**, or go to: KCCMEDIAHUB.NET

'Close to Hand'

'Close to Hand' is an online service that helps you source local help by connecting you to people in your community who can lend a helping hand. They have recently opened up the service for free until the end of May 2020 to anyone looking for help and support, such as shopping, doorstep delivery, running errands, prescription collection or a friendly phone call. If you are in need of help, or know someone who is, then visit their website: www.close-to-hand.co.uk

'Kent Community Foundation'

'Kent Community Foundation' is committed to improving the lives of local people and communities, particularly the most vulnerable, isolated and disadvantaged. The Foundation has launched a Coronavirus Emergency Fund, with priority for constituted community groups / charities who are supporting isolated older people through the pandemic. It will also consider applications from organisations working with other affected communities, such as families on low incomes, those affected by food poverty, and children and young people adversely impacted by the coronavirus. For further information, go to their Coronavirus Emergency Fund page:
<https://kentcf.org.uk/funding/Coronavirusemergencyfund>

Further Information and Useful Links

GOV.UK

For all the latest information, advice and guidance in relation to coronavirus (COVID-19), go to the Government's website at www.gov.uk/coronavirus. This is updated regularly with important information about the pandemic and its impact, including: how to protect yourself and others; employment and financial support; school closures; childcare information for business, healthcare workers and carers, and the impact on travel and public services.

Guidance on Shielding and Protecting People

The Government has provided guidance on shielding and protecting people who are extremely vulnerable. It explains the conditions that would constitute a person being 'extremely vulnerable' as well as the conditions for being 'vulnerable'. It provides advice on how to shield yourself and how to effectively self-isolate. The full guidance can be found here:
<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

In brief, people who are considered '**extremely vulnerable**' include:

- Solid transplant recipients

- People with specific cancers
- People with severe respiratory conditions
- People with rare diseases and inborn errors of metabolism that increase risk of infection
- People on immunosuppressant therapies sufficient to significantly increase risk of infection
- Pregnant women with significant heart disease.

People who are considered '**vulnerable**' include:

- People who are 70 or older
- Pregnant women
- People who have a condition that may increase their risk from coronavirus, such as: lung conditions; heart disease; chronic kidney disease; liver disease; conditions affecting the brain and nerves; diabetes; problems with your spleen or if you've had your spleen removed; a weakened immune system as a result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy; being very overweight (a BMI of 40 or above).

People who are '**shielding**' because they are extremely vulnerable are advised to:

- stay at home at all times – do not leave your home to buy food, collect medicine or exercise
- stay at least 2 metres (3 steps) away from other people in your home as much as possible
- get food and medicine delivered and left outside your door – ask friends and family to help or [register to get coronavirus support on GOV.UK](https://www.gov.uk/register-to-get-coronavirus-support) if you need it
- prepare a hospital bag, including a list of the medicines you're taking – in case you need to go into hospital
- wash your hands with soap and water often – do this for at least 20 seconds
- make sure anyone who comes into your home washes their hands with soap and water for 20 seconds
- use hand sanitiser gel if soap and water are not available
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products
- clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- **do not** have visitors in your home, including friends and family, unless they're providing essential care
- **do not** stop taking any prescription medicines without speaking to your doctor

Want to help the vulnerable in our community during the pandemic?

Brenchley Ready Call and Matfield Help Hub are inviting donations of suitable food and toiletry items, which will be distributed to members of the community in genuine need of food or other essentials. If you are in need of emergency supplies yourself, please reach out to either group and they will do their best to meet your needs.

If you have food or other essential items you would like to donate, you can drop them off at The Star, Matfield, or contact Brenchley Ready Call and a volunteer will come to collect.

Brenchley Ready Call and Matfield Help Hub are support groups made up of volunteers. If you'd like to volunteer your time in support of the most needy in our community, please contact the coordinators or the Parish Clerk. Their details again:

The Clerk of Brenchley and Matfield Parish Council, Chantal Brooks:
Clerk@brenchleyandmatfield.co.uk - **01892 723586**

Matfield Help Hub: Jay Gibbs – **01892 725458**

Brenchley Ready Call: Christine Churchill – **01892 722789** or **07901 770256**

Other Useful Links:

If you have access to the internet, the following links provide useful advice that can help keep you and others safe:

- **A Guide to Safe Shopping**

A guide to safe shopping during the coronavirus (COVID-19) pandemic, produced by the Chartered Institute of Environmental Health - www.cieh.org/policy/coronavirus-covid-19/

- **Simple Home Exercises Guide from the Chartered Society of Physiotherapists**

Stay strong and active at home with 6 simple exercises from physiotherapists aimed at people aged over 70 who may be self-isolating. You can also find the exercises and a print-at-home poster here: www.csp.org.uk/easyexercises