



DARNHALL PARISH COUNCIL



Let's all regularly check on our neighbours

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

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

We thought it would be nice to follow the initiative that started in Cornwall to spread kindness and offer help to those who may not like to ask for it. At the back of this leaflet, you will find two cut out cards that may be useful to offer help to a neighbour who you may be concerned about.

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

Parish Council Contact details

Helen Moss - Parish Clerk/Responsible Financial Officer

Email: clerk@darnhallparish.co.uk / Tel: 07484 716 613

www.darnhallparish.co.uk

Your Councillors

Cllr Laurence Jinks (Chairman) – 01606 592 309

Cllr Rosie Lee – 07966 761 910

Cllr Richard Langley – 07974 082 781

Cllr Richard Strachan – 07584 240 004

Cllr Marjorie Sherry – 07773 260 516

Cllr Maggie Davenport – 07967 816 290



DARNHALL PARISH COUNCIL



Keeping up to date about Coronavirus

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

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

www.nhs.uk/coronavirus

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

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

***you feel you cannot cope with your symptoms at home
your condition gets worse
your symptoms do not get better after 7 days***

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

Watch out for Coronavirus scams

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

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

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

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

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

Useful Helplines

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Need help? Call us anytime on: 0800 4 70 80 90

Age UK Cheshire offers a wide range of services offering information and advice, advocacy, dementia support, day care, social activities and advice on money and benefit entitlement 01606 881660



DARNHALL PARISH COUNCIL



The Samaritans - Whatever you're going through, you can call us any time, from any phone for FREE 116 123. This number is free to call from both landlines and mobiles or email us on jo@samaritans.org

Cheshire Agricultural Chaplaincy Team covers the whole of Cheshire & Wirral offering 24:7 support to the farming community with a listening ear for as long as required, pastoral support and ability to bring in supporting agencies when required.

Our service is free, confidential and we will provide the guidance and support needed. Call our helpline - 07967 559 594 Email - talk@agchap.com



DARNHALL PARISH COUNCIL



Hello

If you are self-isolating, I can help!

My name is

I live locally at

My phone number is

If you are self-isolating due to Coronavirus, I can help with:

Posting mail

Picking up shopping

Urgent supplies

A friendly phone call

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

Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring that nobody enters your house while you are self-isolating. Thank you!

Hello

If you are self-isolating, I can help!

My name is

I live locally at

My phone number is

If you are self-isolating due to Coronavirus, I can help with:

Posting mail

Picking up shopping

Urgent supplies

A friendly phone call

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

Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring that nobody enters your house while you are self-isolating. Thank you!