

## Let's all regularly check on our neighbours!

Over the coming days, weeks and months, it's likely that some of our community will be required to self-isolate. Let's help each other 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 started in Cornwall to spread kindness and offer help to those who may not like to ask for it. Please find attached contact cards that may be useful to offer help to a neighbour who you may be concerned about.

### Parish Council Contact details

**Fremington Parish Council Offices**  
01271 321063  
[admin@fremingtonparishcouncil.gov.uk](mailto:admin@fremingtonparishcouncil.gov.uk)

**Executive Officer**  
Mrs Victoria Woodhouse

**Deputy Executive Officer**  
Mrs Kate Graddock

**Administration Officer**  
Mrs Liz Steer

**Apprentice Administration Assistant**  
Miss Nieve Wuttke-Keary

**Cllr Sue Kingdom**  
**Chairman of Council**  
01271 326914

**Cllr Carol McCormack-Hole**  
**Vice Chairman of Council**  
01271 343176

**Cllr Samuel Adams**  
**Chairman of Parks and Playing Fields**  
**Committee**  
07930 280489

**Cllr Jim Bell**  
01271 860989

**Cllr Frank Biederman**  
**Chairman of Fremington Quay**  
**Management Committee**  
07595 988704

**Cllr Joy Cann**  
07307696929

**Cllr Ian Capon**  
**Chairman of Tews Lane Committee**  
01271 371157

**Cllr Cole Connell**  
07970 751606

**Cllr Ian Crawford**  
07917 123435

**Cllr Kelvin Groves**  
07811 270769

**Cllr Brian Hockin**  
01271 324913

**Cllr Alan Rennles**  
**Chairman of Finance and Personnel**  
01271 376335

**Cllr Myka Scott**  
07857 548093

**Cllr Bill Sherborne**  
01271 344816

**Cllr Elizabeth Stevenson**  
07757 676941

## 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](http://www.nhs.uk/coronavirus)

## NHS 11 online service

Available at [www.nhs.uk/coronavirus](http://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 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 scam: [ActionFraud.police.uk](http://ActionFraud.police.uk)**

**0300 123 2040**