



IMPACTED DUE TO THE CORONAVIRUS?

Although you may not need it now, a friend, family member, neighbour, or even you may require assistance.

Church Fenton Parish Council Covid-19 Action Group We are here to support and keep our community safe. We must stress the important of staying at home, only leaving when absolutely necessary. All vulnerable groups and families with symptoms must self-isolate to protect our community. We continue to work with

Tadcaster Community Action Group who are providing us with support.

For up to date information and to request support, please contact us in the following ways:

Church Fenton Support - Tel: 07795071741 - Parish Clerk

Wider Community Advice - Landline: 01937 326010

Would you like to volunteer? Please phone 07801965268

Email: clerk@church-fenton.net

Website: <http://www.church-fenton.net>

Facebook: Church Fenton Parish Council

If there is anything that is *not covered in this leaflet*, or any particular help and support that you feel you require, please get in touch. Stay Safe and follow government guidelines.

RED CARD TO REQUEST HELP

Firstly, and probably most important of all, we want to look after our neighbours. Your neighbours and our volunteers will be checking on everyone to make sure we are all safe. If everything is okay (you don't have to, but could put something green at your window); BUT if you need help, please put something RED against your window where people can see and someone will come to check on you. Anything red, (tea towel, t-shirt etc) will let us know, you need support (If you feel comfortable, also write your phone number in the window so that someone can call you). If we all do this, we can all help each other through these "unprecedented times". If you see a RED signal but are unable to help, please call **07795071741**. We can deliver a red card through your door if required. Please call the Clerk. Thank you and Keep Safe.

Practical Advice – For those feeling unwell

IN AN EMERGENCY – where the **Defibrillator** is required. It is positioned on the side of the Village Hall on Main Street, LS24 9RF. Should you need it in an emergency, the code is C147.

Prescription Delivery Service Support

We would suggest you contact your Pharmacy or Medical Practice directly for your prescription. If you need support to collect medications, please phone the numbers above.

If you have use APPS, the following 2 Apps are very useful

Good SAM ALERTER – for non Covid-19 emergencies.



Developed by the London Ambulance Service & London Hospital,

This is a global app to alert a Medic who may be located near you.

Covid-19 join Zoe.com – COVID-19 Symptom Tracker App



Set up by King's College, Guys and St Thomas's Hospital. Lets anyone

healthy or with symptoms share valuable information. You can report your health status daily.

Other sources of advice: NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government website <https://www.gov.uk/coronavirus>

VOLUNTEERS NEEDED

CFPC Covid-19 Action Group are looking for volunteers. If you think you can help support our local community in this hour of need, please contact **07801 965268**. We are particularly looking for a key contact on each street to check for red posters in the window of "those needing help", and deliveries in your area (either hot meals, prescriptions or food). **Do you have a medical background?** If a neighbour or someone in the Parish is unwell, would you be happy to give advice or support medically? If you are prepared to do this, let us know and we may put you in contact with someone needing advice and support.

We have compiled a list of local services that you can access:

The White Horse, Church Fenton

The White Horse, Church Fenton are providing a take away menu offer.

Phone: 01937 558777 – ALL payments by card over the phone
Open: Phone lines from 4pm Thursday – Saturday (collection from 5pm)
Sundays – phone lines open from 11.15am (collection from 12noon)
Facebook: The White Horse – Church Fenton

MEALS ON WHEELS - If you would like a hot meal, but are in self isolation, please contact the Clerk on clerk@church-fenton.net or on 07795071741 at least 24 hours before hand, someone will collect your order for you and deliver it to your door.

Flyer Taxis

Flyer Taxis is offering a click and collect service for supermarket home deliveries. If you are self-isolating, you can order your shopping in the usual way online and opt for the click and collect service. Flyer Taxis will collect your shopping and bring it to your door. Prices start from £5. Phone number: 07851144249.

The Community Shop, Church Fenton

The Shop are offering a delivery service to local residents who are self-isolating:

Mobile: 07598 836653 Email: info@churchfentoncommunityshop.com
Facebook: Church Fenton Community Shop *This group is completely supported by volunteers.*

Starkey Butchers, Sherburn in Elmet

Phone number: 01977 682696
Open: Tuesday to Saturday (as of Tuesday 31st March) offering a drive-thru service, 48 notice needs to be provided. Either book through their website or give them a call.
Website: <http://www.c-gstarkey.co.uk> Facebook: C & G Starkey Family Butchers

Sykes House Farm, LS23 7DR, Wetherby

Phone: 01937 582549 – for deliveries call between 7am and 4.30pm Tuesday-Saturday.
Email: rachael@sykeshousefarm.co.uk Website: <http://www.sykeshousefarm.co.uk/>
Facebook: Sykes House Farm Ltd Free delivery service and drive thru pick up option.

Jackson's Butchers, Sherburn in Elmet

Phone: 01977 682613 – shop still open to customers, Mon-Sat. Delivery available.
Facebook: Jackson's Butchers

Tadcaster Community Shop, 49 Chapel Street, Tadcaster, LS24 9AS

Phone: 01937 833063 Delivery service of fresh fruit and veg boxes.
Can pay on card over the phone or contactless/cash on delivery.

Friends for Dinner, Towton

Phone number: 07944842020 (payment by card over the phone)
Open: Home delivery every day 4-8pm. Sunday lunch 12-4pm, Friday/Saturday night takein
Notice: Please ensure you give 24 hours notice. Facebook: F4D Events Ltd
Email: info@f4devents.co.uk W/site: <http://www.f4devents.co.uk>

Reverend Simon Biddlestone, Tadcaster Benefice, St Mary's Church, Church Fenton

If you are self-isolating and would like to chat to someone:

Landline: Reverend Simon Biddlestone on 01937 558172
Facebook: St Mary's Church, Church Fenton

Rev Simon is doing a Compline (a daily night prayer), 8.30pm which you can join in with at home.

If you are self-isolating and have **no access to the internet**. Don't worry, call us and we can provide postal updates, ring **07801 965268**.