

**We all perform different roles in our daily lives, but at this stressful time the role of good neighbour needs to be placed high on our priority list and as such we call on everyone to follow these five actions:**

1. Think of others. Consider your actions & be kind: Everyone in our community will face the challenges of this virus in some way – from adjusting to staying at home to needing basic provisions, medication and help while they are unwell.
2. Connect and reach out to your neighbours: As self-isolation looks set to increase, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Please share phone numbers and stay in touch. Remember though that self-isolation does not necessarily mean you have to stay indoors: we live in a beautiful area and just walking around the village is good for the soul! Walking with a distance of 2 metres between people is **STRONGLY** recommended.
3. Support vulnerable or isolated people: Different groups in our NEWSRAC community are at increased risk, and physical separation and loneliness are key concerns for all ages. Give them a quick phone call, just to check that they are OK. Watch out for signs that all is not well – for example, have the bins been put out; are the curtains still closed?
4. Share accurate information and advice: Support anyone who may be anxious, by using the latest advice from the Government and the NHS, and encourage people to follow the correct hygiene practices.
5. For those who use social networks, make the most of our local online groups such as the ellastone.org website, Ellastone Facebook page and NextDoor – Keep up to date, share information, nice photos and be a positive part of the community conversations.

#### **NEWSRAC Community Response Volunteers**

List Attached

#### **NHS Guidance**



The guidance for those of who live alone is: If you have a high temperature (of above 37.8 degrees) or/and a continuous cough (however mild) you should not leave your home for 7 days from when your symptoms started. These two symptoms are the most apparent in COVID 19 positive patients and it is important to not confuse a simple cold-like symptom of a runny nose, sore throat or a headache as being COVID 19, as these symptoms are much less apparent in the evidence that is emerging.

If you live alone but have been in contact with an individual who has confirmed coronavirus, you must also self-isolate for 14 days from the date of contact. It is important to note that contact in this context means being within 2 metres of that person for more than 15 minutes.

For those of you who live with others, if you or anyone that you live with develops symptoms of a fever and/or a cough, you must all be isolated.

The first person in the house to have symptoms will need to be isolated for 7 days and can then leave isolation at this point if they feel well, and resume their normal routine. The other individuals that this person lives with (i.e. children, parents, spouse, partners, etc.) will need to stay isolated for up to 14 days from the day when the first person in the house became ill.

If any other family member becomes unwell with a continuous cough or high temperature during the 14 day household isolation period, they should follow the same advice i.e. After 7 days, if they feel better and no longer have a high temperature, they can return to their normal routine.

If a household member develops COVID-19 symptoms late in the 14 day household isolation period (e.g. on day 13 or day 14) the isolation period does not need to be extended but the person with the new symptoms has to stay at home for 7 days.

To confirm; self-isolation does not need to take place for a runny, blocked nose or sore throat etc. The symptoms need to be specific to a temperature of over 37.8 degrees and/or a continuous cough as above.

## **Parish Newsletter Special**

**April 2020**

#### **CORONAVIRUS**

##### **NEWSRAC Community Response**

The Prime Minister's Statement on Monday 16<sup>th</sup> March, particularly focussed on the need for vulnerable groups to socially isolate, and discussions about this started here the next evening.

With this edition of NEWSRAC, you will see the details of what support has been offered so far.

To try to ensure that the NEWSRAC community (Northwood, Ellastone, Wootton, Stanton, Ramshorn And Calwich) has the best support it can have going forward, a Steering Group has been set up including representatives of the three Parish Councils, the Parish Hall, the First Responders and our Borough Councillor, Ed Barker. He can bring information from East Staffs Borough and Staffs CC.

This is important, so that as this the situation takes its course, we will hopefully be able to respond quickly to any changes.

As the information about CORONAVIRUS is ever-changing, we do advise everyone to keep up to date and follow advice from the Government and the NHS.

In this issue we have a recent input from the NHS locally on self-isolating.

Whilst the Parish Hall (and other halls/meeting rooms) and the Churches have ceased normal activities since they involve bringing people together, they are open to ideas on offering support going forward. The Parish Hall Committee would be keen for it to be used in any way that would be helpful to the community.

The Churches will obviously continue to publish NEWSRAC, and are aware that there may be issues of great concern that some may need to discuss. As well as the Churchwardens, they can always call the Vicar – Rev. Brian Leathers on 01538 702469.

In a tough period involving much self-isolation, our aim is that everyone in the community should feel supported.

## Careline



A FREE telephone befriending service based in St Oswald's Hospital. We cover Derbyshire Dales & East Staffordshire. There have been discussions locally about setting up a telephone service. There is no need to, as one is already available to the Community. We have 64 volunteers, all of whom are ready and waiting, 7 days a week, 365 days a year. All we need is a name & contact number. We will do the rest.

Please contact us & refer others to the service 01335 210353.

Jane Fulham CARELINE Manager 01335 210353.  
[www.carelinecalling.org.uk](http://www.carelinecalling.org.uk)

## On A Holiday Post Card

"I think that I may take a stroll,  
And buy myself a Toilet Roll.  
Once home, it will be safely stowed.  
With the other pallet - load."  
*Pam Ayres*



Just a gentle hint !

## On the Attachment

The list of NEWSRAC Community Response Volunteers which comes with this special NEWSRAC reflects the information to hand at the time of going to press. It may not list everyone, but we did not wish to delay publication. It can be amended, as also can the listing on the reverse of retailers who will deliver to us.  
*Eds.*

## Winter Bowls

I am sad to announce that the little heard of Winter Bowls Club in Ellastone Village Hall is to close two weeks early, falling victim to the dreaded Coronavirus. The bowls has been a great success and well attended throughout autumn and winter, by both young and not so young. So much so that we are to start again this autumn and, virus permitting, the Village Hall shall again ring to cries of "That mats not straight" and "That didn't turn at all!!" Friday evening, 7pm to 10pm starting next autumn. Thanks to all who attended, made tea, supplied biscuits and reminded me which team I was on.

For further information and dates watch the Ellastone website, NEWSRAC, or contact Jackie on 01889 569740 or John on email [aziko.ndaba@gmail.com](mailto:aziko.ndaba@gmail.com)

## Ellastone & District Bowls Club

The Bowling Federation has suspended all matches and meetings for the foreseeable future so, with regret, we announce the closure of the green until further notice. The club has had a few issues over the last seasons and though some professional work has taken place, at high cost, the green still needs much work. We would therefore appeal to anyone who would be willing to lend a hand during this closed season, experienced or not, to use one of the contacts below to, yes, that word, volunteer to help.



It is a good facility in a beautiful setting and it would be a sad thing to lose it due to lack of support. Obviously, this would mean working within the government guidelines concerning the Coronavirus.

Please see [www.ellastone.org](http://www.ellastone.org), NEWSRAC or contact Jackie on 01889 569740, Jean on 01889 591753 or John on email [aziko.ndaba@gmail.com](mailto:aziko.ndaba@gmail.com)

## Chuffers in Church

The meeting on 28<sup>th</sup> April has been cancelled. A decision on the meeting to be held on 16<sup>th</sup> June will be made soon.

# NEWSRAC SPECIAL April 2020

## Coronavirus



Details inside and attached!

Regular editions of NEWSRAC may be suspended for a while due to Coronavirus. However, we will endeavour to keep you up to date regularly with more of these NEWSRAC specials.

Any questions? E-mail us at:



[editors.newsrac@gmail.com](mailto:editors.newsrac@gmail.com)

If you have an urgent issue or would like to add your name to the list of volunteers, please contact Hilary Dowson on 324350 or Jill Bland on 324330

Check for latest updates on the website  
[www.ellastone.org](http://www.ellastone.org)

