

# CREWE & NANTWICH COMMUNITY SUPPORT DURING CORONAVIRUS

## HERE TO HELP YOU

A number of organisations across Crewe & Nantwich are working together to ensure everyone in our community knows how to access help during this challenging time. Whether you are an older person living alone, a family struggling to shop, an employee or employer worried about finance or a volunteer wishing to show you support, this information sheet has a snapshot of all the advice and contact details you will need.

### **STAY AT HOME**

**As of 23 March: You must stay at home for 3 weeks, only leaving for the following very limited purposes:**

- Shopping for basic necessities, as infrequently as possible.
- One form of exercise a day – for example, a run, walk or cycle – alone or with members of your immediate household.
- Any medical need, to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

### **PROTECT THE NHS**

**You must stay at home to protect the NHS:**

- The NHS only has a limited number of doctors, nurses and specialist equipment.
- The Government is working around the clock to increase NHS capacity.
- The more people who get sick, the harder it is for the NHS to cope.
- We must slow the spread of the disease so that fewer people are sick at any one time.
- Police will disperse gatherings of more than two people in public, excluding people you live with.
- Police will issue fines to anyone who does not comply with these rules.
- Police will close all shops that are not essential, as well as playgrounds and places of worship

### **BE CAREFUL ABOUT THE INFORMATION YOU READ**

The most reliable and frequently updated national sites are:

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

### **PHONE NUMBERS**

Please see over page for how each service below can help.

#### **HOPES & BEAMS**

01270 255 355

#### **WISHING WELL PROJECT**

01270 256 919

#### **ST PAUL'S CENTRE**

01270 586 186

#### **NANTWICH FOODBANK**

07896 652 209

#### **DR KIERAN MULLAN MP**

07955 742 384

0800 211 8036 (if freephone needed)

#### **CHESHIRE EAST CARERS HUB**

0300 303 0208

#### **BUSINESS SUPPORT**

[www.candwgrowthhub.co.uk](http://www.candwgrowthhub.co.uk)

[03300 245007](tel:03300245007)

[www.sccci.co.uk](http://www.sccci.co.uk)

#### **ENTERTAINMENT**

[www.redshiftonline.org](http://www.redshiftonline.org)

[www.thisisthecat.com](http://www.thisisthecat.com)

#### **FACEBOOK**

Isolation Help Group for Wistaston,  
Shavington, Willaston, Crewe &  
Nantwich

[www.fb.com/groups/526591208261751](https://www.facebook.com/groups/526591208261751)

[www.drkieranmullan.org.uk/groups](http://www.drkieranmullan.org.uk/groups)

## CHESHIRE EAST COUNCIL

IF THE LOCAL SERVICES ON THIS LEAFLET CANNOT MEET YOUR NEEDS CHESHIRE EAST ARE PROVIDING SUPPORT FOR INDIVIDUALS AND CAN BE CONTACTED ON 0300 123 5034

### HOW TO STOP THE SPREAD OF COVID-19

Copied directly from [www.nhs.uk](http://www.nhs.uk)

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

### HEALTH ADVICE

Visit [www.111.nhs.uk](http://www.111.nhs.uk) (or call 111 if unable) if you have:

#### High Temperature

This means you feel hot to touch on your chest or back (you do not need to measure your temp)

#### A new & continuous cough

This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. (if you usually have a cough, it may be worse than usual)

#### To protect others

Do not go to places like a GP surgery, pharmacy or hospital. **Stay at home.**

### IF YOU ARE AT HIGH RISK

You will be contacted by the NHS by Sunday 29 March  
Do not contact your GP or healthcare team about this at this stage, please wait until then to be contacted

#### Who is at high risk?

You may be at high risk from Coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

### FOOD & SHOPPING

If you require **cooked meals & shopping** and can't get support from friends & neighbours call,

**Wishing Well** (01270 256 919)

**Hopes & Beams** (01270 255 355)

These services do have small charges to allow them to cover their costs.

### HELP FOR CARERS

Cheshire East Carers Hub provide advice and support to carers on 0300 303 0208.

### IF YOU ARE IN CRISIS

**St Paul's Centre, Nantwich Foodbank & YMCA Crewe** are providing support for people on low incomes, or homeless, and in crisis who would usually visit their services. These services do not have charges but eligibility criteria will apply.

**St Paul's Centre** (01270 586 186)

**Nantwich Foodbank** (07896 652209)

**YMCA Crewe** (01270 257 673)

### VOLUNTEER

If you can volunteer in your neighbourhood, please register with Cheshire East on 0300 123 5034. It is vital that you apply for a DBS Check prior to supporting anyone, this protects you as much as it protects the person you are helping and can be arranged quickly and easily.

There are a number of local online support groups on Facebook

### DR KIERAN MULLAN MP

Dr Kieran Mullan MP's office is available to provide advice to any individual or organisation in Crewe & Nantwich. The team can provide up-to-date and clear information direct from central government. Also, if you are unsure of which service above best needs your needs or what is in your local ward, they can help. 07955 742 384 or Freephone 0800 2118036 and [www.drkieranmullan.org.uk](http://www.drkieranmullan.org.uk)

### SHOPPING

Most supermarkets are offering specific times for over 70s and NHS staff to do their shopping. Check [www.drkieranmullan.org.uk/shopping](http://www.drkieranmullan.org.uk/shopping) or call 07955 742 384 for advice on times.

Some neighbourhoods arranging deliveries of fruit, veg, meat & dairy