

Hello

We are part of the Penrhos Village Community and would like to offer our support to you at a time when we are all trying to keep safe, sane and self isolate as much as possible.

If you are self-isolating due to COVID-19 we can help with:

- Collecting and delivering food and other shopping
- Collecting prescriptions/medication
- Posting letters
- Having a chat over the phone or from a safe distance
- Dog walking, grass cutting
- Or anything else you need help with.

We will not come into your home and will leave or pick up from your door step.

Our telephone numbers are:

- Vicki Howe 0160078050 / 07779278841
- Julian Howe 01600780050 / 07976935247
- Clare & Tarquin Adams – 01600 780539 / 07979 258068
- Craig Loane & Charles Horsfield – 01600 780203 /

07778816033

- Mat & Andrea Burhouse – 01600 780480 / 07712 182528
- Alex & Pete Wilson – 01600 780015 / 07779 580677

You can contact us by phone, text or WhatsApp.

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (not less than 2m distance). Wash your hands regularly with soap and water.

Advice from the NHS



Stay at home if you have coronavirus symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do.

[Use the 111 coronavirus service](https://111.nhs.uk/covid-19/)

<https://111.nhs.uk/covid-19/>

Looking after your health and wellbeing



To help yourself stay well while you're at home:

- drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- take paracetamol to help ease your symptoms
- stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise, if you feel well enough to



Dear Neighbour

These are unprecedented times where we are all facing significant changes to our lifestyles, but the sun is now shining and although spread out, we are a happy and caring community which wants everyone to feel that they have a friend or neighbour who is looking out for them 😊

Some people may already be in isolation, whilst others may be tearing their hair out wondering how to keep the children entertained and some may have genuine feelings of fear and many unanswered questions. So, we would like to connect with you and offer some help where needed.

We have created a list of people who are very happy to give you a call for a good old chat, share ideas with you to keep everyone in your household occupied, go shopping, pick up prescriptions, do your gardening, walk a dog, post letters and possibly look at a social distancing children and/or adult activity session(s) outside, so that we can all get some fresh air and exercise. Basically, we want to share the love – at a distance!

We are also thinking of ways in which we can put a smile on everyone's face from time to time and get creative, whether that's sharing a funny joke, writing a poem, sharing a photo, playing some music.....or many other ideas not yet thought about.

We will keep the village website up to date with ideas and we would love to hear if you have something you could offer to do that will help others smile and keep ourselves busy and connected.

Best wishes

Penrhos Village Association (PVA)



Things to do



The gardens at **Woodlands Farm** are looking lovely at the moment. Craig and Charles are very happy for you to come and enjoy the spring flowers and to have a wander around. The Pavilion will be open during daylight hours if you want to make a cup of tea or coffee or have a cold drink and have a sit down and chat (2 meters or more apart). Please wash your hands before touching anything. Soap and paper towels will be available in the lavatories and in the kitchen. Park up in the lay-by opposite the Dutch barn and take yourself for a walk. Give others in the garden a cheery wave but keep your distance.

Penrhos Village website

<https://www.penrhosvillage.co.uk/>

