



## ***Mincinglake & Whipton Covid-19 Community Builder Update***

*Hi everyone, I hope you are all staying well and following the government guidance to stay at home to help the NHS. <https://www.gov.uk/coronavirus>. I've put together this update to provide you with some information about services and support available in the Beacon Heath and Whipton area during the current crisis.*

*The first thing I would like to share with you is the new Exeter Community Wellbeing hotline service. It was launched yesterday and is a collaboration between Exeter city Council and Wellbeing Exeter as part of the community action response to Covid-19*

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# 5 WAYS TO HELP FIGHT BACK

## COMMUNITY ACTION RESPONSE: COVID-19



Think of others,  
consider your  
actions & be kind



Connect and  
reach out to your  
neighbours



Make the most  
of local online  
groups



Support  
vulnerable or  
isolated people



Share accurate  
information and  
advice

For more information please visit: [www.exeter.gov.uk/wellbeing](http://www.exeter.gov.uk/wellbeing)

Call: 01392 265000

(Mon-Fri 09.00-17.00 • Sat-Sun 09.00-12.00)

Facebook: [facebook.com/groups/exeterupdates](https://facebook.com/groups/exeterupdates)

*Ring the hotline if you need support but don't know where to find it. We are asking individuals, organisations and business to fill in and submit the forms on the website to share what support you can offer the community or what support you need in the community. The more information submitted the better the service will be. If you are Facebook user please follow the Exeter Coronavirus updates page*

## *How Are We Looking Out For Each Other Locally? Can You Help?*

*Many people will need help during the crisis. It's been great to find out that some streets in the area have created WhatsApp and Facebook groups. Others have offered to collect shopping and medication for neighbours and some people have been helping with food deliveries for the food bank.*

*In the next week there will be a Beacon Heath and Whipton support group set up. This will be a collaboration between residents (local volunteers), the Beacon centre and me your local community builder. Please contact me if you would like to*

*volunteer your time in anyway and be part of the community effort. We will be trying to help match volunteers to residents who need support and will be linked to the Exeter Community Wellbeing hotline.*

*I would also like to hear from you if you have set up any support systems on your street.*

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## **Exeter Food Bank Update**

# **BEACON HEATH SESSIONS SUSPENDED**

24th March 2020

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We are really sorry to say we have to suspend our sessions at the Beacon Heath Centre for the foreseeable future. We ARE STILL OPEN at The Mint. If you are unable to access the foodbank for any reason please contact your referral agency. We will be back at The Beacon Centre as soon as possible.



### **The Mint Methodist Church**

Contact Number: 07818 226 524

#### **OPENING TIMES**

Mon	11:30 - 14:00
Tue	11:30 - 14:00
Wed	Closed
Thu	11:30 - 14:00
Fri	11:30 - 14:00
Sat	Closed
Sun	Closed

#### **ADDRESS**

The Mint Methodist Church  
Fore Street  
EXETER  
EX4 3AT

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## **Shops and services**

### **Morrisons**

- *NHS hour 7am - 8am Mon- Sat people with an NHS badge will be able to get into the store to stock up on the products they need.*
- *The cafes have changed to a takeaway service*

- Contact number [01392 27096](tel:0139227096)

### The Spar Beacon Lane

- Open until 8pm
- Contact number [01392 421735](tel:01392421735)

### The Spar Whipton Village

- Home delivery service. Whipton, Beacon Heath & Pinhoe.
- Call before 9am with your minimum £10 order and we will deliver later that day. Call [01392467393](tel:01392467393).

### Mccolls Whipton village

- Open 7am-10pm contact details [01392 466743](tel:01392466743)

### Mccolls Whipton Barton Road

- Open 7am-8pm [01392 460153](tel:01392460153)

### Day Lewis Pharmacy Summer Lane

- Opening times 9-5.30 pm Mon-Fri, 9am-12.30pm Saturday
- Contact [01392 467027](tel:01392467027)

### Day Lewis Pharmacy Beacon Lane

- Opening times 9am-6pm Mon- Friday
- Contact number [0139 2494016](tel:01392494016)

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## Whipton Surgery Update

The **online appointment booking service** has been temporarily **disabled** to reduce infection risk. **The surgery remains open** but the doors are currently locked and in order to avoid spreading the virus we have changed to a phone-first system. If you need to speak to a doctor the receptionist will take brief details of your condition or query over the phone and arrange for a GP to call you back the same day and offer an appointment if needed. Contact

number: 01392 462770




















**Should you require a repeat prescription please use the NHS App, Patient Access, email us or drop it into the letterbox outside the surgery.**



## Self-isolation

Advice for patients with & without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.



Isolate yourself					
 <p><b>Stay in your home or accommodation</b>, do not go to work, school or other public areas</p>	 <p><b>Separate yourself</b> from others in your home or accommodation</p>	 <p><b>Do not have visitors</b> in your home or accommodation</p>			
 <p>Use <b>separate facilities</b> if sharing, these should be cleaned before use by others</p>	 <p>Have food, medication &amp; other supplies <b>delivered to you</b></p>	 <p><b>Try to keep away from your pets.</b> If unavoidable, wash your hands before &amp; after contact</p>			
Prevent the spread of infection		Take care of your health & wellbeing			
 <p><b>Cover</b> coughs &amp; sneezes with a tissue</p>	 <p>Place the tissue in a <b>bin</b></p>	 <p>Wash your hands with <b>soap &amp; water</b></p>	<b>For those with symptoms of infection:</b>		
 <p>Get plenty of rest until you feel better</p>	 <p>Drink enough fluids so that you pass urine regularly</p>	 <p>Take paracetamol as advised, to reduce pain &amp; fever</p>	<b>For everyone in self-isolation:</b>		
 <p>Use <b>separate household items</b> like towels, bedding, toothbrushes, cups &amp; dishes</p>	 <p><b>Wear a mask</b> when you are around others, if you have been told to do so</p>	 <p>Keep in contact with friends &amp; family by phone, video &amp; online</p>	 <p>Carry on hobbies &amp; interests within your home if you are able to</p>	 <p>Take regular exercise within your home if able</p>	
<b>Wash hands with soap &amp; water:</b>					
 <p>Before cooking &amp; eating</p>	 <p>After using the toilet</p>				

Seek help if you develop symptoms or existing symptoms get worse (eg difficulty breathing) by calling NHS 111

Your healthcare provider will advise you on whether to remain in self-isolation following a negative test result

**In an emergency, call 999 & inform the call handler about your potential exposure to COVID-19**



# Isolation Ideas To Keep You Busy

## Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Sort and tag your <a href="#">digital photos</a>   | <input type="checkbox"/> Write a <a href="#">poem or story</a>                   | <input type="checkbox"/> Join an <a href="#">online community</a> of likeminded people                     |
| <input type="checkbox"/> Make into a <a href="#">collage or poster</a>  | <input type="checkbox"/> Start a <a href="#">Journal</a> or <a href="#">Blog</a> | <input type="checkbox"/> <b>Reach out</b> to someone who lives alone or is feeling anxious                 |
| <input type="checkbox"/> Research your <b>next holiday</b>  | <input type="checkbox"/> Read <a href="#">the books</a> you never have time for  | <input type="checkbox"/> Host a Skype / Zoom <a href="#">dinner party</a>                                  |
| <input type="checkbox"/> Do a <a href="#">photography project</a>   | <input type="checkbox"/> <a href="#">Yoga</a> or <a href="#">exercise class</a>  | <input type="checkbox"/> Or a <a href="#">virtual support group</a>  |
| <input type="checkbox"/> Attend a <a href="#">Twitter Conference</a>  | <input type="checkbox"/> <a href="#">Spruce up your CV</a>                       | <input type="checkbox"/> Get <a href="#">some positivity</a> into your social media feed                   |
| <input type="checkbox"/> <a href="#">Declutter</a> . Baby steps.  | <input type="checkbox"/> Start your <a href="#">novel</a>                        | <input type="checkbox"/> Try <a href="#">positive psychology</a> activities                                |
| <input type="checkbox"/> Research a <a href="#">charity</a> to support  | <input type="checkbox"/> Try an <a href="#">art project</a>                      | <input type="checkbox"/> Cook an <a href="#">amazing breakfast</a>   |
| <input type="checkbox"/> Prep and <a href="#">freeze some meals</a> for when you're sick or back at work  | <input type="checkbox"/> Binge on <a href="#">iView</a>                          | <input type="checkbox"/> Create an amazing <b>treasure hunt</b> or clue-trail for a family member          |
| <input type="checkbox"/> Create a <a href="#">digital</a> scrapbook   | <input type="checkbox"/> Revamp your <b>garden</b>                               | <input type="checkbox"/> Get familiar with <b>online grocery shopping</b> : create favourites lists        |
| <input type="checkbox"/> Start a <a href="#">gratitude journal</a>  | <input type="checkbox"/> Practice <a href="#">mindfulness</a>                    | <input type="checkbox"/> Or <b>virtual dance party</b> : You dress up and groove to the same music         |
| <input type="checkbox"/> <b>Write letters of love or thanks</b> to your people. Post them.  | <input type="checkbox"/> Try an <a href="#">eLearning course</a>                 | <input type="checkbox"/> Organise your <b>music playlist</b>   |
| <input type="checkbox"/> <b>Research something</b> you have always wondered about   | <input type="checkbox"/> Make a <a href="#">cook book</a>                        | <input type="checkbox"/> Reorganise your <a href="#">wardrobe</a>  |
| <input type="checkbox"/> Have a <b>scented bubble bath</b> with candles and music   | <input type="checkbox"/> Create <a href="#">homemade gifts</a>                   | <input type="checkbox"/> Delete all the apps you don't use and <a href="#">discover some new ones</a>      |
| <input type="checkbox"/> Write an advice letter to the <b>teenager you were</b> . Write another to <b>yourself in 20 years</b> .  | <input type="checkbox"/> Phone <b>old friends</b>                                | <input type="checkbox"/> Hold a family or street <a href="#">singalong</a>                                 |
| <input type="checkbox"/> <b>Learn a <a href="#">heritage skill</a></b> like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies. | <input type="checkbox"/> Play <a href="#">parlour games</a>                      | <input type="checkbox"/> Try some <a href="#">science experiments</a>                                      |
| <input type="checkbox"/> Draw an apple using a different <a href="#">style</a> each day, for a week.  | <input type="checkbox"/> <a href="#">Fix broken stuff</a>                        | <input type="checkbox"/> Deliver supplies to <b>those in need</b>  |
| <input type="checkbox"/> Attend a <a href="#">virtual symphony</a>  | <input type="checkbox"/> Design a <b>dream home</b>                              | <input type="checkbox"/> <b>Rediscover</b> a dusty appliance, instrument or boardgame                      |
| <input type="checkbox"/> Catch up on <a href="#">great movies</a>   | <input type="checkbox"/> Practice <a href="#">forgiveness</a>                    | <input type="checkbox"/> Research <a href="#">training opportunities</a> for when the world reopens        |
| <input type="checkbox"/> Learn to say a favourite phase or quote in <b>7 different languages</b>  | <input type="checkbox"/> Plan your <a href="#">next party</a>                    | <input type="checkbox"/> Build something amazing with <a href="#">Lego</a> (You know you want to)          |
| <input type="checkbox"/> Try <a href="#">Creatively Visualising</a> goals   | <input type="checkbox"/> Kick a <a href="#">bad habit</a>                        | <input type="checkbox"/> Brainstorm <b>marketing ideas</b> for your business, club or charity              |
| <input type="checkbox"/> Create a detailed spreadsheet of <b>how you would spend \$10 million</b>   | <input type="checkbox"/> Try <a href="#">adult colouring in</a>                  | <input type="checkbox"/> <a href="#">Write to your MP</a> about an issue                                   |
|   | <input type="checkbox"/> Join a <a href="#">virtual bookclub</a>                 | <input type="checkbox"/> Create a list of " <a href="#">Things to be Happy About</a> ": add to it each day |
|   | <input type="checkbox"/> Find <a href="#">great podcasts</a>                     |  |
|   | <input type="checkbox"/> Update your <b>goals</b>                                |  |
|   | <input type="checkbox"/> <a href="#">Upcycle</a> something                       |  |
|   | <input type="checkbox"/> Build a <a href="#">free website</a>                    |  |
|   | <input type="checkbox"/> Re-arrange <b>furniture</b>                             |  |
|   | <input type="checkbox"/> Start a <a href="#">dream journal</a>                   |  |
|   | <input type="checkbox"/> Binge TED Talks   |  |

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## Resident Recommendations



*If you are a fan of books you could join this new group set up by a local resident. It's a group for people to share suggestions of books or give opinions/reviews on books they have read.*



Learn the life-changing skills of meditation in just a few minutes a day with Headspace. Find hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. They are all designed to help you stress less, focus more, and feel better. Download Headspace to

*Have you heard of the HeadSpace App? You can get a 2 week free trial and learn ways to manage stress and anxiety through mindfulness and meditation.*

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3. You will be issued with a **card number** and **PIN**
4. Use these to enjoy our **host of online resources!**

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Registered charity number: 1170092

## Helpline numbers

*Age UK Exeter support for the elderly*

<https://www.ageuk.org.uk/exeter/> 01392 202092.

*National Domestic Abuse Support*

<https://www.nationaldahelpline.org.uk/> 0808 2000 247



Childline <https://www.childline.org.uk/get-support/contacting-childline/> 0800 1111

Mind the mental health  
charity <https://www.mind.org.uk/> 0300 123 3393

Talk to Frank free practical drug advice for adults and  
children <https://www.talktofrank.com/> 0300 1236600

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## **Watch Out For Scams!**

*It saddens me to say but there are people who are using this crisis as a means to scam people. I have been aware of a couple of scams that are currently operating. Please be careful during this time and look out for one another.*

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