

# 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. <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>. 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









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 Call: 01392 265000

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

Facebook: 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.

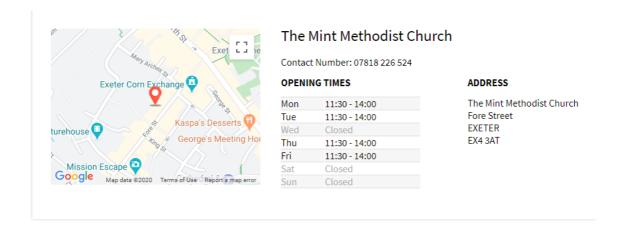
### Exeter Food Bank Update

# 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.



## 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

#### The Spar Beacon Lane

- Open until 8pm
- Contact number 01392 421735

#### 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.

#### Mccolls Whipton village

Open 7am-10pm contact details <u>01392 466743</u>

#### Mccolls Whipton Barton Road

Open 7am-8pm <u>01392 460153</u>

#### Day Lewis Pharmacy Summer Lane

- Opening times 9-5.30 pm Mon-Fri, 9am-12.30pm Saturday
- Contact 01392 467027

#### Day Lewis Pharmacy Beacon Lane

- Opening times 9am-6pm Mon-Friday
- Contact number 0139 2494016

## 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



Stay in your home or accommodation, do not go to work, school or other public areas



Separate yourself from others in your home or accommodation



Do not have visitors in your home or accommodation



Use separate facilities if sharing, these should be cleaned before use by others



Have food, medication & other supplies delivered to you



Try to keep away from your pets. If unavoidable, wash your hands before & after contact

## Prevent the spread of infection



& sneezes with a tissue



Place the tissue in a **bin** 



Wash your hands with soap & water

## **Take care** of your health & wellbeing

#### For those with symptoms of infection:



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take paracetamol as advised, to reduce pain &

Use separate household items like towels, bedding, toothbrushes, cups & dishes



Wear a mask when you are around others, if you have been told to do so

#### Wash hands with soap & water:



Before cooking & eating



After using the toilet

#### For everyone in self-isolation:



Keep in contact with friends & family by phone, video & online



Carry on hobbies & interests within your home if you are able to



Take regular exercise within your home if able

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

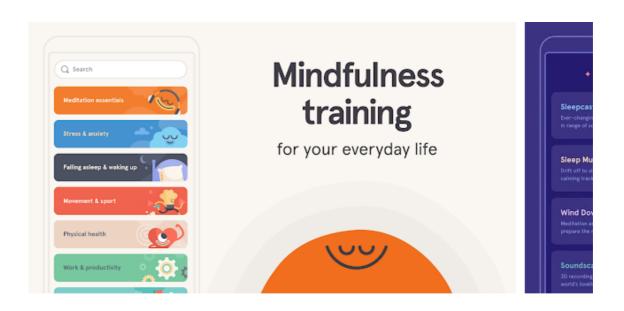
## Isolation Ideas To Keep You Busy

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

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.

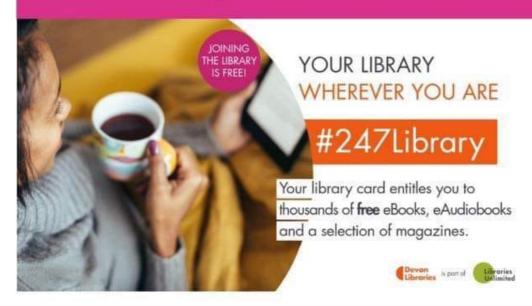


Learn the life-changing skills of meditation in just a few minutes a day with Headspace. Find hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. They are all designed to help you stress less, focus more, and feel better. Download Headspace to

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.



# Register for a <u>FREE</u> Library Card Online



- Go to www.devonlibraries.org.uk
- Visit the 'Join Us' section and complete the online form
- 3. You will be issued with a card number and PIN
- 4. Use these to enjoy our host of online resources!



### Helpline numbers

Age UK Exeter support for the elderly <a href="https://www.ageuk.org.uk/exeter/">https://www.ageuk.org.uk/exeter/</a> 01392 202092.

National Domestic Abuse Support <a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a> 0808 2000 247

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

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

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

## 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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