

# Kilmington Parish Council

## Coronavirus Neighbourhood Support Group

### June 29 Update

As we move into this next phase restrictions are starting to ease further and plans are being made for how Devon will recover from the lockdown. We must continue to work together and build on the effort everyone has made so far to keep ourselves and others safe and well. From July 4<sup>th</sup> in England the rules are changing. Where possible you should continue to stay 2 metres apart. Where you cannot maintain 2 metres distance, you should stay 1 metre apart – as long as you follow certain precautions. We still need to stay alert, regularly wash hands or use hand sanitiser.

The latest guidance also recommends people to wear a face covering when in enclosed public spaces, like shops where social distancing may not be possible, and where you're likely to come into close contact with other people. Wash hands before putting face coverings on and after taking them off. Try not to touch your face when wearing the face coverings to avoid hand to mask transmission of the virus. If you are planning to travel on public transport you must wear a face covering. Exemptions to the rule include young children, disabled people and those with breathing difficulties.

#### **Here are the key links providing more detailed information:**

**What you can and can't do – links** As the lockdown restrictions continue to ease, you can keep up with the changes and know what you can and can't do, and when, on the government's ['frequently asked questions' page](#) on their website. It covers everything from gatherings and outdoor activities, to going to work, public transport, schools and childcare and how the police will enforce the restrictions. There is also guidance on [staying safe outside your home](#) and guidance on [social distancing rules](#).

**Shielding guidance to ease for clinically vulnerable:** The government has [announced a two-phased easing of the shielding restrictions](#) as coronavirus infection rates continue to fall. Thousands of clinically vulnerable Devon residents have been told they can spend more time outside their homes and see more people from Monday 6 July. And unless there's a significant rise in coronavirus cases, the government has said they expect to pause the shielding programme on 31 July, including the delivery of food parcels and medicine.

**General guidance and support -** <https://www.gov.uk/coronavirus>

**Staying safe outside your home:**

<https://www.gov.uk/government/publications/staying-safe-outside-your-home>

**Devon County Council Newsletter**

<https://content.govdelivery.com/accounts/UKDEVONCC/bulletins/28a3520>

**EDDC Coronavirus update, Residents and Business Newsletter updates:**

<https://eastdevon.gov.uk/coronavirus-covid-19/>

**Kilmington Medical Collection and Delivery Scheme:** Having taken advice from Axminster Medical Practice we are making a slight change in the arrangements of the above Scheme. As the Covid restrictions are being relaxed from the beginning of July, it would seem to be the opportune time to make the change. There will be a Collection arranged for Tuesday June 30th, as normal for those using the scheme. After this date, patients who wish to collect their prescriptions from the Pharmacy can do so. This is entirely your choice. Social Distancing and queuing at the Medical Centre will be necessary. We are pleased to continue to collect and deliver to anyone who still has to isolate, or has difficulty in collecting medicines, or do not feel comfortable in venturing into the wider world. The present arrangements will not change for you. Please continue to contact Sally Huscroft as usual. Should the general situation change and restrictions be re-imposed, the Scheme will revert to making all collections. If this happens we will notify you all.

**St Giles Church** is now open for private prayer on Tuesdays from 10am until 12 noon and on Saturdays from 2pm until 4pm. Please enter through the north porch door and exit via the tower door, use the hand sanitiser provided and respect social distancing.

**The Beacon** continues their [Online Live Stream Service](#) at 10.30am on Sundays.

**Children's Playground** sites are a risk and Government guidance to us is to keep them closed. Some people are ignoring this advice, breaking through the barrier tape and using the recreation area. We appeal to you not to put yourself and others at risk by doing so.

**Libraries:** East Devon has announced a phased reopening starting with a contactless 'Choose and Collect' service in most libraries. Four pilot libraries will also open initially with limited public access to the building, and bookable sessions on public computers. They'll have reduced opening hours initially, and of course, social distancing.

**Kilmington Phone Box Library** will remain closed at present as we cannot effectively monitor the hygiene discipline for handling the books.

**Shops can reopen** selling non-essential goods provided that they've taken all necessary steps to keep staff and customers as safe as possible. [Shop owners should be displaying a notice](#) in their window or outside their store to show their employees and customers that they've followed the guidance. Expect restrictions, including limited numbers of customers allowed inside at any one time. Large items, such as sofas and beds will have protective coverings, and retailers should be frequently checking and cleaning objects and surfaces.

**Public toilets:** more are to re-open in East Devon. Two local toilets that are open are West Street Car Park, Axminster and King Street, Honiton.

**Recycling Centres:** Entry is now allowed to those driving van-based people carriers with seats in the back; pick-ups without trailers and cyclists including those with cycle-towed trailers. Cars with trailers are also allowed access, except in Sidmouth, Totnes and South Molton. Health protection measures are still in place, including a one-in one-out policy and two-metre social distancing guidelines. If queues become too long, you may be asked to return later.

**Green Waste Collection:** The service is now accepting new subscribers to the fortnightly kerbside collection. Over 13,000 households across East Devon have now subscribed. You can join up by signing up on the [website](#) or by calling 01395 571515.

**Bus Services:** Most bus services in Devon have been further restored. Timetables are in the process of being posted on-line by each company. <https://www.traveldevon.info/bus/latest-news-service-updates/>  
If you are planning to travel on public transport you will need to wear a face covering. Exemptions to the rule include young children, disabled people and those with breathing difficulties.

**Test and Trace Scams:** Recent telephone scams are trying to con people into paying for a COVID-19 swab test. For avoidance of any doubt, the NHS Test and Trace service will absolutely not:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

Text messages will come from NHStracing. Calls will come from 0300 0135000. You'll be asked to [sign in to the NHS Test and Trace contact tracing website](#).

## Stay Alert – Control the Virus – Save Lives

Links to several sites with useful information and services:

**World Health Organisation Teens and Parents Booklet:**

[file:///C:/Users/Peter/Downloads/Teens%20and%20Parents%20Pack%20 Final 2-6fab4.pdf](file:///C:/Users/Peter/Downloads/Teens%20and%20Parents%20Pack%20Final%202-6fab4.pdf)

## Young Devon Wellbeing Booklet:

[file:///C:/Users/Peter/Downloads/YD%20Expanded%20Wellbeing%20Toolkit%20\(Devon\)-c3938.pdf](file:///C:/Users/Peter/Downloads/YD%20Expanded%20Wellbeing%20Toolkit%20(Devon)-c3938.pdf)

## Other National support sites:

- [Covid-19 advice and tips for healthy relationships](#) from Relate
- [Advice on how to handle arguments](#) from Relate
  
- Resources from OnePlusOne (see it differently videos and click relationships pages in particular)
  - For sector-related information and tips for professionals: [OnePlusOne.org.uk](http://OnePlusOne.org.uk)
  - For relationship support and to use our forums: [ClickRelationships.org](http://ClickRelationships.org)
  - Facebook: [ClickRelationshipsUK](https://www.facebook.com/ClickRelationshipsUK)
  - Twitter: [OnePlusOne](https://twitter.com/OnePlusOne)
  
- [Social distancing and self-isolation advice](#) from Young Minds (for young people and parents of teenagers)
  
- [COVID-19 guidance for children and families](#) from Cafcass (for those co-parenting and with child arrangement agreements in place)
  
- [Coronavirus guidance on vulnerable children and young people](#) from DfE and PHE
  
- [Advice for parents and families with a child in the care system](#) from the Family Rights Group
  
- [Support for 10-18 year olds via ThinkNinja app](#) freely available to all 10-18 year olds UK-wide for the duration of the crisis. The new content is designed to bring self-help knowledge and skills to children and young people who maybe experiencing increased anxiety and stress during the crisis.

- [Parenting during Covid](#) some useful advice and downloadable resources here from Triple P
- Facebook: <https://www.facebook.com/Centre-for-Parent-and-Child-Support-CPCS-100276281421476/>

Instagram: [https://www.instagram.com/cpcs\\_official/?hl=en](https://www.instagram.com/cpcs_official/?hl=en) EPEC *Being a Parent* programme designed for parents of children 2-11 yrs with additional content for parents of infants and babies, content for parents of teenagers, parents with children affected by ASD/autism, and parents with mental health difficulties to follow. Find related YouTube films to complement the Facebook/Instagram and provide relational and interactive content intended to sustain parent coping and facilitate parenting change.

### **And online courses for parents:**

- [Me, You and Baby Too](#)

This is aimed at expectant or new parents but in my opinion this is just as helpful for those of use with older children especially during Covid-19. We know that having a baby is one of the biggest life changes we can go through. We will be tired and stressed, and we may argue more.

The videos help us learn to argue better so that we can sort things out and move on together. Why stress should be a shared burden.

It can also be accessed through [baby buddy](#) app see 'You and your partner'.

- [Free online parenting course](#) from UK Charity Family Links and hosted by Netmums. This is an eight-session email course that guides you through different parenting topics and situations, helping you become a more confident parent. In my view this should really be called a relationship course as many of the tips and skills can be applied to all relationships.

Family Links [Parent Zone](#) has a number of free resources that may be useful for practitioners and parents, I like this one aimed at explaining the virus to children "[My name is Coronavirus" by Manuela Molina \(www.mindheart.co\)](#) and their [YouTube channel](#)

They also offer an online course on [Mental and Emotional Health in Schools](#) which may be useful for staff working in education. It's £30.

End 04052020