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Chairman: Cllr John Medland 07786 055081

## **COVID-19**

Dear Parishioner

As you are aware, the current Coronavirus – COVID-19 pandemic is causing major impact on all our lives. Bridgerule Parish Council would like to assure residents they are contactable via the Clerk or Chairman if any issues arise, and to ensure that residents of the parish are kept as safe and well as can be.

We would therefore ask that you please follow the latest Government, NHS & Public Health England guidance, which is constantly updated; to minimise the spread of the virus and the subsequent impact of the virus on yourself and others. In line with Government direction, the playpark has been closed until further notice. We have put the Government link, and further resources on our website for ease of accessing the information.

For latest Government & NHS guidance and information please visit:  
[www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public](http://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)  
[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

Please look out for each other. It is important we pull together as a community to make sure the vulnerable in our parish who have been put into isolation for varying reasons have someone to reach out to for essential supplies and medicines. It is also important to stay in contact with friends & family using social media, email or telephone.

The NHS are rolling out a volunteer scheme to aid those in 12 week isolation, but there also have volunteers who are happy to help anyone who is in need of assistance, and can be reached via Cllr Stacey Cholwill 01288 381843, the Bridgerule Buzzing Community Facebook page, or the Clerk as detailed above.

To aid everyone we have compiled a list of useful contacts overleaf, including those currently delivering essential supplies to the Bridgerule area. All these details are also available on the Bridgerule website.

<h3><b>Coronavirus (COVID-19): what you need to do</b></h3> <p><b>Stay at home</b></p> <ul style="list-style-type: none"><li>• Only go outside for food, health reasons or work (but only if you cannot work from home)</li><li>• If you go out, stay 2 metres (6ft) away from other people at all times</li><li>• Wash your hands as soon as you get home</li></ul> <p>Do not meet others, even friends or family.</p> <p>You can spread the virus even if you don't have symptoms.</p>	<p><b>NHS</b></p> <p><b>Do not leave home if you or someone you live with has either:</b></p> <ul style="list-style-type: none"><li>• a high temperature</li><li>• a new, continuous cough</li></ul> <p><b><u><a href="#">Check the NHS website if you have symptoms</a></u></b></p>
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## USEFUL CONTACTS

**Chadds Foodsmiths** 01288 353964

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

Chadds at Bude normally delivery to the restaurant and pub trade – they have diversified to deliver out to different areas and individuals in this crisis.

**B&N Farm Foods** 01409 211287 Will deliver to your front door

**Landsdown Dairy** 01288 352556

**Ruby County Butcher** 07852 703708 Will deliver to your front door  
(Fresh Meat)

**Underdown Farm** 01837 82046 Will deliver to your front door  
Eggs, Milk, Veg, Juice etc)

**Meals on Wheels** 01288 350850 Will deliver to your front door  
(Cooked Ready Meals)

**Southcott Stores** 01409 255508 Will deliver to your front door  
(Everyday Essentials)

**The Happy Pear Holsworthy** 07949 409298 Will deliver to your front door  
(Fresh Fruit and Veg)

**Stratton Store** 01288 488020 Will deliver to your front door  
(Everyday Essentials)

**Woodlands Cornish Vension** 07583 752062 Will deliver to your door  
(Fresh Venison)

**J&R Food Service Ltd** 01392 445510

<http://www.jrfoodservice.com>

Exeter based wholesaler who covers the South West on a next day delivery basis, that like other pub/restaurant suppliers is currently supplying households.

**Boots – Holsworthy & Launceston**

[www.boots.com/online/pharmacy](http://www.boots.com/online/pharmacy)

Free repeat prescription delivery – register online.

**Lloyds Pharmacy – Holsworthy**

01409 253461

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

Free repeat prescription delivery – sign up through the website, ECHO by Lloyds Pharmacy.

**Mole Valley Farmers – Holsworthy**

01409 253014

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

Deliveries available to those in isolation.