Edenbridge Town Council

NEWSLETTER April 2020

Community Care and Support during COVID-19 crisis

AN UPDATE FROM EDENBRIDGE TOWN COUNCIL

Since the national lockdown came into force Edenbridge Town Council has swung into action to support the local community. Working closely with Sevenoaks District Council, the Town Council team has set up a help-hub to take calls and referrals for help, with phone lines now open seven days a week.

In the first two weeks 84 residents were helped directly, thanks to 56 volunteers signed up through SDC registration and also town councillors helping with prescriptions, shopping and/or being a phone buddy during what is a lonely time for many. "Edenbridge is fortunate to have so many wonderful people in its community," commented Town Clerk Caroline Leet. "These are extremely difficult times for everyone."

Cllr Angela Baker is lead co-ordinator for the Care for our Communities scheme, along with council officers, and the Community Warden is working with some of the most vulnerable residents. Regular briefing updates on SDC activity are supplied by its cabinet member Cllr Margot McArthur, so residents can be given relevant information.

The Town Council's groundstaff continues to provide basic maintenance to its open spaces, ensuring that the waste bins are emptied, and have attended to a small number of anti-social incidents.

Sustainable Edenbridge was asked to check out sources of food provision, and produced a useful list of suppliers beyond the obvious retail shops, a number of which could deliver.

While the cases of coronavirus are still rising, and the demands on the NHS resources are increasing, Edenbridge Town Councillors wants to say thanks to everyone in the community who was helping a neighbour or friend with shopping, errands, or being that friendly voice at the end of a phone.

And to everyone who was sticking to the advice, limiting all activity and respecting the social distancing – thank you, and keep on doing that: stay home and save lives.

Our NHS

As demands on the NHS resources are becoming ever more difficult, the community is very fortunate to have such amazing people who work long hours under huge pressure in the NHS and care sector to save lives. The emergency services and local authorities are also working extremely hard. In these truly unprecedented times it is so important everyone follows the Government's guidelines on social distancing, not visiting friends and family, and to stay home!

Officers at Sevenoaks District Council (SDC) have been working hard for residents across the district, collating the call for volunteers and requests from residents needing support during self-isolation, and providing essential information on a range of issues. All volunteers registered with SDC are issued with an SDC volunteer lanyard for identification. The local names, along with details of the residents' needing help, are fed to Edenbridge Town Council to respond.
SDC is also organising the food parcels for the most vulnerable in the community, and responding to the urgent requests.

SDC is providing help on a range of issues which are affecting people during the coronavirus outbreak, visit its website at www.sevenoaks.gov.uk or call 01732 227000, for help on:
Requesting help from a volunteer if you need help because you are self-isolation volunteers can do shopping, collect medications, or be a phone buddy (alternatively, you can contact Edenbridge Town Council)
Financial advice for residents includes Universal Credit application, advice for help with rent, help with Council Tax
Help for businesses grants available, 12 months business rates holiday for all retail, hospitality and leisure businesses in England, links to the HM Government business support
Staying healthy throughout Coronavirus keeping active, activities, eating healthily
Coronavirus health advice this provides advice of symptoms and what to do, advice for people at high risk and self-isolation

THE CHILDREN OF EDENBRIDGE

We cannot forget at this time the children of Edenbridge, they have supported the NHS in our weekly clap and brightened our walks with colourful art works.

They are doing an amazing job and we want to thank them for all they have done.

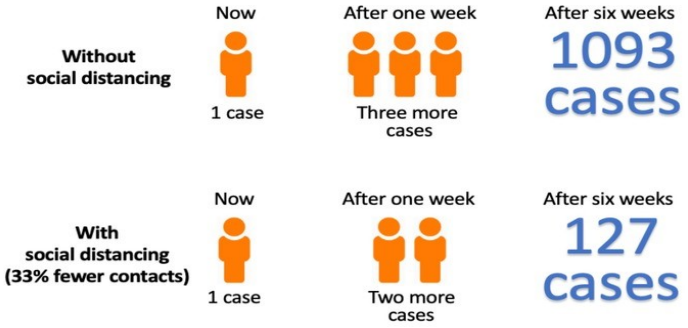
Looking for some extra things to help with their learning or need some new ideas, look at the list below:

- Harry Potter Wizarding World www.wizardingworld.com
- Nasa at Home: www.nasa.gov/nasa-at-home-for-kids-and-families
- Oxford Owl home.oxfordowl.co.uk
- Sea School Stories www.seaschoolstories.co.uk
- The Maths Factor www.themathsfactor.com
- Twinkl learning support www.twinkl.co.uk

Coronavirus: Isolate yourself, stay at home.

Social Distancing: If you have to go out, keep at least 2 metres away from others.

Do not visit friends or family: Stay at home.



LOCAL BUSINESSES DOING HOME DELIVERY

Fruit and Vegetables—John Beaney jbfruits@yahoo.com

Meat and eggs—T Allmans Butchers 01732 863214

Meat deliveries—Hoopers Farm 01732 863472

General groceries—Causeway Stores 01892 871572/07377949412

Edenbridge Errands—07720877755 edenbridgeerrands@gmail.com

Edenbridge Town Council is here to help. If you are self-isolating and need help with prescription collections, shopping or would like a phone buddy, call the office on 01732 865368. www.edenbridgetowncouncil.gov.uk

MENTAL HEALTH

Our every day "normal" has changed due to the outbreak of COVID-19 but the importance of mental health is even greater at this time. Anxiety, stress, boredom, frustration, sadness and of course loneliness will be heightened at this time which is OK and completely normal, many others will be feeling the same way as you. Please try and remember this situation is temporary but no matter what we are here for you!

There are some things you can do which may help to improve your mental health and wellbeing:

Stay connected - Maintaining healthy relationships with people we trust is important for our mental wellbeing, so think about how you can stay in touch with friends and family while needing to stay at home. You could try phone calls, video calls or social media instead of meeting in person – whether it's with people you normally see often or connecting with old friends.

Talk about your worries - It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

Support and help others - Helping someone else can benefit you as well as them, so try to be a little more understanding of other people's concerns, worries or behaviours at this time. Remember, it is important to do this in line with official coronavirus guidance to keep everyone safe.

Feel prepared - Working through the implications of staying at home should help you feel more prepared and less concerned.

Look after your body - Our physical health has a big impact on how we feel. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or drugs, and try not to drink too much alcohol.

Stick to the facts - Find a credible source you can trust – such as GOV.UK or the NHS website – and fact-check information you get from newsfeeds, social media or other people.

Stay on top of difficult feelings - Try to focus on the things you can control, such as your behaviour, who you speak to, and where and how often you get information.

Do things you enjoy - Focusing on your favourite hobby, relaxing indoors or connecting with others can help with anxious thoughts and feelings.

If you need further help please do not hesitate to contact one of the available support groups using the below link. https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

USEFUL NUMBERS:

Age UK	01732 454108
CALM	0800 58 58 58 (helpline or webchat)
MIND	0300 123 3393 or www.mind.org.uk
Mens advice line	08082 000247
Samaritans	116 123 (24 hours)
Womens aid/refuge	08082 000247