

Subject: Coronavirus - Burpham and Wepham (Issue 2)

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Date: 19/03/2020, 11:07

To: <tc@trevorcooper.net>

FROM BURPHAM VILLAGE COMMITTEE and THE PAROCHIAL CHURCH COUNCIL

This is the second email in connection with the coronavirus epidemic sent jointly from Burpham Village Committee and St Mary the Virgin Parochial Church Council. It's for those living in Burpham and Wepham.

THANK YOU

A really encouraging number of you offered to be available to help with small tasks with a Support Network. Thank you.

New folk are still coming forward, and it's not too late to volunteer if you haven't already. The more there are, the better.

We're now thinking how best to take the Support Network forward, and will pick up again in later email.

IBUPROFEN

We would like to draw your attention to some new advice which the NHS has issued about the use of Ibuprofen for the relief of Corvid-19. There has also been some fake news circulating. Take a look at the official NHS information if you have not already done so. It can be found via our website at

<https://burphamandwepham.org.uk/coronavirus/>

SHOPPING, PICKING UP PRESCRIPTIONS

If you have **any immediate worries about shopping or picking up prescriptions**, please let us know and we'll put you in touch with someone who may be able to help in the short term. The same with prescriptions.

For the longer term, we have some ideas, including using the Support Network, which we'll say more about in a later email.

One specialist food shop in Arundel has informally said he might be able to do deliveries if the order is big enough - either through a single large order, or through shared orders. We'll double check whether he's still keen on this and let

you know.

DOGS AND OTHER PETS

We'd be interested to know whether anyone is facing issues with walking their dog. We can't promise to help, but can advertise the need.

If a pet is ill and needs taking to the vet, and you can't get out, we hope the Support Network will be able to help. If it happens in the very near future, and you're stuck, let us know and we'll see what we can do.

Dogs, cats, anything really. But we draw the line at bats.

THE GEORGE

The George has launched a 'deliver to your door' food service. Very good news! - a lovely George meal in the comfort of your home - and a chance to support your local pub at a tricky time.

You should have received a leaflet about this but if not, there's a copy on our website at <https://burphamandwepham.org.uk/about/the-george-our-pub/>

CHURCH SERVICES

Not unexpectedly, the Church of England has decided that church services should stop for the time being. So there will be no Sunday service at St Mary the Virgin until further notice. Celia may circulate more about this.

WEST SUSSEX INFORMATION

West Sussex County Council have a coronavirus website, and they will be putting local information up there. We've put the link on our website, at <https://burphamandwepham.org.uk/coronavirus/>

YOUR NEIGHBOUR

You might want to pick up the phone and say hello to your neighbour, if you haven't done so recently.

Just a thought.

IF YOU ARE OVER SEVENTY

The Chief Scientific Officer has given his thoughts on what self-isolation means for those in their seventies. It's on a video clip, and there's a link on our website at <https://burphamandwepham.org.uk/coronavirus/>

INFORMATION AND ADVICE

A reliable and regularly updated source of health advice is this NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Probably that's the one website page you ought to look at regularly.

For information on the wider picture, scroll down to the bottom of that page.

FINALLY . . .

Many thanks to those who have come up with ideas for keeping connected, having fun, and staying sane. We'll circulate those in another email.
Do you have any thoughts to share? - don't hesitate to email.

With very best wishes

The Revd Celia Woodruff, Vicar, St Mary's Burpham
Paul Challen, Chair BVC

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