

COVID-19 Barlaston's Community Action Plan

The Parish Council in conjunction with St John's Church and the Community Group, are working with local shops and amenities to support the local community through this difficult time.

Over the coming days, weeks and months, it's likely that some of Barlaston's community will be required to self-isolate. Let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call to check they're OK. Make sure they have food and other essentials, check whether they need help and they have your phone number(s).

If you are self-isolating and do not have help from anyone else, please contact your local Parish Councillor as indicated on the map and we will find a way to help you.

Let's make a concerted effort to spread kindness and offer help to those who may not like to ask for it. If you can offer help to the Community, please contact your local Councillor and provide your details and the type of help you can offer.

Keeping up to date about Coronavirus:

Guidance relating to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information.

The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate. Details about their 111 service and links to the official government information for travel advice and action plans can be found at www.nhs.uk/coronavirus.

Please only call 111 if you cannot get help from the online service.

Be careful of Scams!

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember:

- Watch out for scam messages: Do not click on links or attachments in suspicious emails
- Never respond to unsolicited messages and calls that ask for your personal or financial details
- Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a fraud or scam: ActionFraud.police.uk / 0300 123 2040