

Coronavirus Support within Dentdale

Dent with Cowgill Parish Council Central Helpline

01539 766464

Please check on your neighbours

Are they OK? Are they vulnerable? Would they ask for help?

Do you feel able to knock on their door and offer your contact details if required; or can you pass us their details?

Who will help them if they become ill, or need to self-isolate?

Everyone should have a "buddy" nearby, a friend or relative or neighbour, who will check that they're OK, and help them if they need to self-isolate.

Swap phone numbers! You may be used to speaking over the fence, but you will need each other's phone numbers if either of you becomes ill or needs to self-isolate.

In the event that you lose your "buddy" through illness or self-isolation then please call the central helpline. Likewise, if you are "buddying" for someone then please let us know so that we can arrange alternative care should you need to self-isolate

If you need to self-isolate

Let somebody know – a nearby friend, or relative, or neighbour, who can help or call the central helpline.

Dent Stores will take orders over the phone, and deliver it themselves or via a volunteer, leaving your delivery on your doorstep – Tel. 015396 25209 – *please pay by card over the phone when you order or set up an account to be paid later.*

The dispensary at Sedbergh Medical Practice already operates a 'Dent Box' which is delivered to Dent Stores. Phone the surgery and ask for your prescription to be put in the Dent Box, delivery can then be arranged to your door.

Local Cafes and Pubs

We are talking to all the local cafes and pubs about what they can do to help and will publish details as soon as we have them.

Volunteers

If anyone feels able to volunteer/be a buddy then please call the number above to register yourself so that we have a central record of everyone.

Coronavirus (COVID-19) Guidance

For the latest advice and health information, visit the **NHS website**

Learn about the government response to Coronavirus on the **GOV.uk website**

Other Local information

Keep an eye on **Dentdale.com**, the **Dent with Cowgill Community Forum FB page** and the Neighbourhood Watch/CCMS system, which will be updated as often as necessary. If you don't have access to the internet feel free to call the central helpline number or ask a neighbor to keep you updated.

Parish Council meetings

The Parish Council will switch to conference calls for future meetings until further notice. The public will still be able to dial in if they wish and the telephone number and required PIN code will be published with the agenda.