

BRAMPTON NEWS

Brampton Community Support Network | Brampton Hub | Parish Council

Brampton Helpline Services - RING **01480 272981** Mon - Fri 9am to 5pm

Parents

Has your situation changed? Are your children eligible for free school dinners or food vouchers? Either go to website www.cambridgeshire.gov.uk/freeschoolmeals and fill in the application form or telephone the Helpline (01480 272981) and we will allocate someone to help you.

NHS Letter

Over a week ago the NHS sent out a letter to to the 1.5 million people who have been asked to shield themselves from coronavirus because of underlying health conditions. Unfortunately the NHS letter does not mean that the recipient is automatically registered to receive the support they are entitled to and deserve.

Some people have apparently been assuming that the letter itself is sufficient. But they **have to reply to the letter** to confirm that yes they do still suffer from underlying health conditions and therefore need the support on offer.

Just want someone to chat to? Our Helpline volunteers love a chat. Worried about something – give us a ring – we will find someone to advise you.



Books Games and puzzles

Don't have internet access? We can order new books, jigsaws or games for delivery to your house by Amazon. We can tell you what the recommended books are and which jigsaws and games are available. We will advise you of the cost before we order and then arrange for a volunteer to pick up a cheque from you. Cheques should be made out to Brampton Hub.

For those with internet access get FREE eBooks, Audio Books, eMagazines and eNewspapers from Cambridgeshire County Council Library Service.

Search for Cambridgeshire County Council Online Library Services and click on Library Online.

Want to do some family history research? Have internet access?

Cambridgeshire County Council Library Service have a wealth of sources to help you. Search for Cambridgeshire County Council Libraries and select Genealogy and History previously restricted to in library use only but now accessible at home if you have your library card. This will give you FREE access to :

- ancestry.com For family history and genealogy resources;
- Cambridgeshire local history and studies archive;
- FindMyPast The entire index to births, marriages and deaths in -England and Wales from 1837 to 2001.



Brampton Community Support Network (BCSN)

BCSN are a local network set up specifically to aid vulnerable and elderly people that are self isolating.

Kye Liddle and a team of over 65 incredible volunteers are working together alongside the Brampton Hub throughout the day to support with food shops, prescription collections or just a friendly voice on the phone. You would have received a slip through your door naming your street representative, but if you haven't you can contact the BCSN Helpline.

In the three weeks running BCSN have taken **over 1000 calls** and **helped 843 people** with food shops, prescription collections and more.

If you need help please ask, we won't judge, we will help!

Mind

If you feel you are experiencing mental health problems, please contact the Mind helpline on:
t- 0300 1233393

We've extended BCSN shopping deliveries to the NHS & Care staff.

Delivery of Groceries for those Socially Isolating, NHS and Care Workers

If you do need groceries or a prescription picked up and do not know your who your Street Volunteer is, ring the Helpline (01480 272981)

The preferred method payment for your groceries is by cheque (must be to Brampton Hub) or bank transfer to :

Brampton Hub Sort Code: 60-11-30 Account No. 21629889

If you have any difficulties paying, please contact the helpline.

Remember to wash your hands after touching cash or unpacking a delivery from us or your postman or anyone else.

Coronavirus: what you need to do

- Stay at home
 - Only go outside for food (Not if you are over 70, Pregnant or have a Serious Health Condition - Use our delivery services), health reasons or work (where this absolutely cannot be done from home)
 - Stay 2 metres (6ft) away from other people
 - Wash your hands as soon as you get home
- Anyone can spread the virus.**

Trusted suppliers

BCSN are working closely with trusted suppliers who are able to take payment over the phone and have delivery to you within the week. Phone orders can be taken at the following:

Kale & Damson t - 01223 632100 (dairy/fruit/veg/bread)

Measures Butchers t - 01480 453567 (meat/pies)

Hare on the Green - 01480 413592 (hot meals delivered)

Keep Exercising

Lack of exercise rather than the process of ageing is what causes weakness and loss of muscle in older people. You can preserve both muscle size and strength by continuing to exercise. If you feel well you can go outside for exercise providing you keep 2 metres away from other people. If you are not very mobile, we can let you have a sheet detailing seated exercises. Ring the Helpline if you want one.