

Great Barton Newsletter Spring Supplement 2020

Message from:

Great Barton Emergency Response Co-ordinator Coronavirus (Covid-19)

We are living through extraordinary times which it would be hard for anyone to have previously envisaged. The Great Barton Emergency Response Plan has been in existence for seventeen years. It was triggered for the first time on 17th March. Local Co-ordinators delivered a letter to all residents detailing their contact details offering to respond to any request for help or assistance by putting them in touch with a support network of volunteers and professionals via the 'Emergency Operations Team'.

Because of the need for self-isolation many of our Local Co-ordinators have had to stand down and it has been necessary to issue an updated Great Barton Response Plan - Residents Guide. The new guide has listings for new and existing local co-ordinators who are all in place to be your conduit to the 'Emergency Operations Team'.

Also in place are an additional group of village residents who have kindly volunteered to help those who are vulnerable, those living alone and couples in self-isolation which have no support from relatives, friends or neighbours.

The 'Operations Team' would like to thank all those Local Co-ordinators, who have just stood down, for their support over the years and also the new Local Co-ordinators. Also for those who are supporting our 'Volunteer Response Network'. Great feelings of a community coming together.

| GB Emergency Response Plan GB Emergency Operations Team | |
|--|---------------|
| John Roe | 01284 787 749 |
| Mick Brabrook | 01284 788 147 |
| Nicola Crouch | 01284 788 611 |
| Eddie Gibson | 01284 788 384 |
| John Hubble | 07931 578 591 |
| Robert Possnett | 01284 787 322 |
| Gemma Reid | 01284 788 439 |
| Maggie Dunn | 01284 787 357 |

Looking after our neighbours

It would be good if we all keep a regular eye on our neighbours especially those living alone or with a limited network of support who are particularly vulnerable. The lockdown may well be ongoing for very many weeks. Circumstances will change and some may sadly fall ill. Please contact your local co-ordinator by phone if you have any concerns for neighbours which will be treated confidentially.

The highly vulnerable group

Most of us thankfully have a strong support network, some however do not. With agreement from our colleagues in the statutory agencies, we will keep a confidential note of those in our community who may be highly vulnerable (for a variety of reasons) or become so during the pandemic.

This will allow us to keep a pro-active eye out for those who might otherwise slip through the support network. This will help us target support where it is most needed and will be a safety net. Households can either self-refer or be referred to this safety net which will exist only for the duration of the pandemic. Please make referrals to your Local Co-ordinator by phone.

Great Barton Response Team – Online information

The latest local information regarding what is happening within and around the village can be found on our website <https://www.amazing-people.org/coronavirus-great-barton-suffolk>

If you are on Facebook the "Great Barton – Emergency Response Group" page has lots of useful local information which is coming from the Parish Council, residents and the response team. This group page was previously the "Great Barton Neighbourhood Watch".

Useful Covid-19 information can be found on the Great Barton Parish Council website www.greatbarton.suffolk.cloud. Note the website is currently being reviewed to ensure it reflects accurate up to date information.

UK Power Networks – Priority Service Register

You should consider going on this register to get notice of and additional support through power cuts if you are of pensionable age, or have a child under five who lives in the household, or have a serious or chronic illness, or have a disability. To register call 0800 169 9970.

Power Outages

To get information on an existing power cut call 105 or 0800 316 3105. The first short number is easy to remember! Enter either into your phone contacts as "Power Cuts" so it's handy when you need it in a hurry. Try to avoid opening your fridge or freezer doors during a power cut so medicines remain cold for many hours. Keep a torch handy in a memorable place with spare batteries. Candles are not safe unsupervised, especially near pets and children. Keep warm if you are unwell or less mobile or very young. Dress in several layers, use hats, gloves and use blankets as necessary. Have an old fashioned phone plugged in or handy as cordless phones won't work during a power cut. Mobile phones will work, but you might need a charged "power bank" to recharge the mobile if it goes flat.

Anglian Water – Priority Service Register

You should consider going on this register to get additional support if you are self-isolating due to coronavirus, people needing temporary support e.g. bereavement, job loss, recovering from hospital treatment, reliant on medical equipment, or have children under 12 months or expectant mums or people with serious or long term illness, mental or health issues. To register call 0800 771 881.

Message from Maggie Dunn - Chair GB Parish Council

Hello I wanted to update you about where the village is at the moment given the current nationwide Covid 19 (Coronavirus). You will all have received a letter from the Great Barton Emergency Operations Team which will have a phone number on that you can contact if you are isolating and need some help.

Talking of the phone, can we all think of people we know in the village and elsewhere who are isolating and give them a call. Nothing cheers people up more than talking so have a chat on the phone. A few minutes will go a long way, especially for people who live alone.

Can we also bear in mind our neighbours when we do need to shop, there's two ways we can do that, firstly check with isolating people if you can get anything for them while you are out. Secondly buy what you need. Let's not hoard things because we can, it then means that others have to go without.

My husband and I have for ages been saying we need to go through the freezer and eat what's in there. Now is a good chance to do just that. Who knows what we will find in there? Well we have done that and made a list so now know what we have.

Now we can also make use of the wonderful open spaces that there are around Great Barton; IcePits Woods, the open areas in The Park and the Playing Field by the Village Hall. There are also lovely footpaths to walk along all around the area and although we are isolating we still need fresh air. If all else fails go into the garden and start clearing that up for the new season and also listen to the birds. I will definitely be in my own garden on fine days. I was there the other afternoon and it was wonderful listening to the birds and my husband also had a visit from a mouse when he was clearing out the shed.

Great Barton is a great place to live and when we come out at the end of the current situation it will be even greater. I already know that there are great people who live here, from the people who are volunteering, to those helping others during the Pandemic.

Can I say a big thank you to all the volunteers on the Emergency Operations Team for their hard work and everyone else who has volunteered to help in whatever way should people need it. I also want to say a big thank you to the NHS staff and all other key workers who despite everything are still there when they are needed. Please remember they have families and all the same worries we all have at this time and treat them with respect because they are going the extra mile.

I want to share with you some thoughts I was sent from Australia and they have had a really bad year.

While it is true that none of us can be certain how the Covid 19 situation will pan out, we can be certain the sun will rise tomorrow. The leaves will blow and the trees will grow, this will all end eventually.

We will step out into the sun again. Stronger, happier and hopefully smarter. Ready to continue working together as people, meeting and challenging the ever existing challenges of the world.

No Maggie's Moans this time just please when you walk your dogs please clear up after them.

We are in this together and at the end, as end it will, we will celebrate together.

I wish you all health and happiness at this time , please Stay Safe.

Maggie Dunn

Chair GB Parish Council