

FROM YOUR COUNTY COUNCILLOR AND PAINSCASTLE COMMUNITY COUNCILLORS

CORONAVIRUS

ARE YOU OR SOMEONE YOU KNOW LOOKING FOR HELP OR SUPPORT?

At this worrying and difficult time for many, we would like to reassure you that you're not alone and there's support, advice and information available to help you.

We are working together with local Community and Town Councils and County Councillors in neighbouring areas to ensure that ALL RESIDENTS have access to what you need. Whether you are:

Self-isolating (staying at home) because you are showing symptoms of Coronavirus or are at high risk of getting seriously ill from Coronavirus, or

Social distancing (reducing close contact with people) which is particularly important if you are:

- over 70
- have an underlying health condition, or
- are pregnant.

Many people are already looking out for friends, family and neighbours and this is fantastic. Local businesses are also changing how they do things to make sure important services continue. In addition to this we're helping to set-up informal groups of local volunteers who may be able to help others who can't leave their homes or are in difficulty. There is also formal help and advice available through the **Powys Association of Voluntary Organisations (PAVO) Community Connectors**.

So please don't worry as between us we'll find a way to help.

Details of who to contact are overleaf.

Your local Councillors:-

County Councillor James
Gibson-Watt 07971 048 737

Community Councillors:

David Nicholls 01497 851331
Jenny Smith
Iris Lloyd
Andrew Ritchie
Sian Davies
Becky Miles 07855504609
Bruce Evans 01497 851259
Russell Bowkett
Marion Hughes 07855357565 /
01497 851628

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ARE YOU OR SOMEONE YOU KNOW LOOKING FOR HELP OR SUPPORT?

Contact a local **Community Connector** on:- **01597 828 649**

or email community.connectors@pavo.org

or visit the website www.pavo.org.uk for information,
where you can also find out how to formally volunteer.

Community Connectors can help you get assistance with:

- Food and Essentials Shopping
- Prescriptions/Medication Collection
- Dog walking
- General chat
- Help around the home
- Delivery of cooked meals
- Any other assistance

Help is also available by contacting local Councillors:

County Councillor James Gibson-Watt
07971 048 737

Paincastle Community Council Chair
David Nicholls – **01497 851331**

If you have access to the internet, or know someone who can go online for you, this website has information on what local shops and services are offering. Many independent shops are offering home delivery to this area.

Want to help informally?

Email:
covid19communityteam@gmail.com
or

Marion Hughes at
marionh26@googlemail.com

Please remember to stay at home if you have symptoms of Coronavirus:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

If you have access to the internet, use the 111 online coronavirus service at www.nhs.uk/111 to get advice and find out what to do, even if your symptoms are mild.

If you do not have access to the internet telephone the NHS **111** telephone number. **Do not hesitate to call 111 if you are feeling very unwell.**