

Are you vulnerable?

The Government classes you as “extremely vulnerable” to coronavirus if you have a condition which severely compromises your immune system. You should have received a letter from the NHS. If you think you are in this category, please make sure you register on the government website which should give you priority slots from online shopping companies. If you need help to register ask your volunteer. www.gov.uk/coronavirus-extremely-vulnerable

Not all severe conditions are currently eligible; if you believe you are extremely vulnerable but are not eligible on the website then you should contact your doctor.

If you are “vulnerable” because of age or self isolating for other reasons, and do not have any support from friends, family or neighbours, or if you need additional help, then please contact the Volunteer Hub for help - even if it is just for a chat! **Telephone 07786 693000**

If You Feel Unwell...

If you have any of these symptoms

? **A high temperature...**

? **A new, continuous cough...**

...**Take Action.**

✓ Go to the 111 symptom checker online which will advise you, or phone 111.

✓ If you are advised to isolate, stay at home until the symptoms have ended, at least for 7 days (others in the house must stay at home for 14 days even if they do not have symptoms themselves).

✓ Drink plenty of watery fluids.

✓ Take paracetamol - the first line of defence, helping to reduce temperatures and pain.

✓ Do not take Ibuprofen, unless part of your daily medication in which case do not stop unless instructed by a doctor.

✓ If no improvement or your symptoms are worsening then call 111.

✓ **If your temperature becomes extreme do not hesitate to call 999.**

Shipley's Volunteers Are Here to Help!

Welcome to the Shipley Hub Newsletter, brought to you by the volunteering team to share news and useful information during this difficult time.

In addition to friends and neighbours doing their bit, Shipley Parish has a fantastic band of 30+ volunteers, working under Horsham District Council, to support residents needing help. Every household should have received one of the black & white cards from HDC, with the phone number of the volunteer who is looking after your road. Also on that card is the “**Backup Hub**” phone number **07786 693000**. Call this number if you cannot reach the volunteer. ❤️

IF YOU NEED SHOPPING, A PRESCRIPTION COLLECTING OR A FRIENDLY CHAT, PLEASE CALL!

IN A MEDICAL EMERGENCY DON'T HESITATE TO CALL 111 OR 999

Local Businesses Rise to the Challenge

WE ARE SO LUCKY TO HAVE SOME WONDERFUL BUSINESSES IN THE COMMUNITY, RUN BY LOCAL PEOPLE WHO HAVE ADAPTED AND ARE WORKING FLAT OUT TO OFFER A VITAL SERVICE. LET'S SUPPORT THEM. ❤️

The Countryman Inn, Shipley Alan and team are offering a selection of fresh meals to takeaway - order by phone and collect at a set time. There is also a fresh produce and essentials shop 11am-4pm to stock your pantry. You can pre-order an “essentials box” for collection (non-contact). Tel 01403 741383.

The Crown Inn, Dial Post Penny & James have a grocery order system in place with fresh produce sourced locally. Order deadline is Tuesday. Delivery is available for the isolating or vulnerable, otherwise self collection. Also a menu for take-away meals Wed-Sat, 6-8.30pm, and Sunday lunch. Delivery available. See website www.crown-inn-dialpost.co.uk or Tel 01403 710902.

The George and Dragon, Dragons Green Jon has donated his B&B for the local NHS Frontline Team who were in need of somewhere to stay locally. An amazing offer. He is also supporting many people locally. Tel 01403 741320

Barns Green Village Store are taking orders by email bgvillagestore@aol.com Pippa, David and the staff remain stocked up and are keeping a strict 2m rule in the store. They can deliver to the vulnerable and elderly within Shipley Parish. Fresh meat, bread, veg daily and newspapers! 8am-6pm.

Garlic Woods Toby is creating delicious home made dishes (for freezer too) delivery on Fridays. Menu changes fortnightly. Tel 01403 741616

Truffles Bakery in Billingshurst has a mobile shop which is doing rounds. The route is on Truffles Facebook page. At the moment they are in the Selsey Arms pub car park on Mon, Wed & Fri 12:30pm. Bread, milk, eggs and other essential supplies. Birthday cakes still available to order! Tel 01403 785429

Shepherds Hut Kitchen why not try Simon and Julia's lamb burgers, direct from their farm. Can deliver within a 15 mile radius: www.sussexlamb.co.uk

Jeremy's Two in Cowfold, fresh produce, 8-2pm daily ex-Sunday. Can deliver: Tel: 01403 865523.

Woodpecker Orchard Farm Shop on Coolham Road just south of Sincox Lane have fresh foods.

Weston's Farm Shop, Itchingfield have a good selection of fresh foods.

Bax Castle on Two Mile Ash Road are doing take-aways Tel 01403 730369.

Village Larder fresh produce by Squires Garden Centre on A24. Phone in order then collect www.villagelarder.co.uk or Tel 01903 891744.

Crabtree Pub Lower Beeding offers take-aways and have a produce shop. 01403 892666.

Brighton & Newhaven Fish Sales are delivering to RH13/14/15 area. Orders by Tel 01273 414707. Minimum order £20 and consolidated orders appreciated.

DETAILS ALSO ONLINE! If you are a business or know of a useful business, let us know at info@HorshamShipleyCommunityProject.org

❤️ **Need some shopping, a prescription collecting, a friendly chat or something else? Call your local volunteer, or call the Shipley Parish Back Up Hub on 07786 693000.**

All these details, links and more on www.ShipleyHub.co.uk

How can you help?

Staying at home is frustrating, but be assured that it is the best thing you can do to help for the time being. Keep up with the amazing local efforts online if you are able to, and send messages of support. It really helps. If you are fit and well, volunteer through Horsham District Council website, or the NHS.

For the Gardeners

Leonardslee Gardens are doing local delivery if you are keen to carry on with all your gardening needs. Minimum spend is £30; delivery fee is £5 for 5 – 10 miles and £10 for 10-20 mile radius. Tel 0871 8733 389
www.leonardsleegardens.co.uk/plant-sales

Newbridge Nurseries have some facilities to order using their phone system. 01403 272 686 or www.bluediamond.gg/garden-centre/newbridge-nurseries


Camelia Botnar Garden Centre are now delivering bundle offers from their stock of plants. It would be great for this local charity, focussed on building skills amongst young people, to have our support:
www.cbgardencentre.com or

Tel 01403 864773

Supermarket Hours for Elderly & Vulnerable

- Sainsbury's – Mon, Wed, Fri 9-10am
- Tesco – Mon, Wed, Fri 9-10 am (except Tesco Express)
- M & S – Monday and Thursday first hour of opening (8:30-9:30am)
- Waitrose – first hour of everyday (Horsham 7:30-8:30am)
- Co-op – No special times, they advise that it is usually quiet between 7-9am.

Need some Distraction?

Need some inspiration to help while away the hours? Try a new quiz every other day (with answers two days later!), test yourself with puzzles, enjoy Poets' Corner, find tips on things you can enjoy from home? The Horsham & Shipley Community Project has a page of fun on its website. Give it a try! www.horshamshipleycommunityproject.org/self-isolation-fun-page/ 

Visit Shipley Hub Website

Go to www.ShipleyHub.co.uk for all these details, links and more. To help us keep it up to date, email us with businesses, information or stories for the website. Email at info@HorshamShipleyCommunityProject.org

Platinum Ambulance Crew Bake-Off

This terrible virus has made us all re-evaluate what is important, and particularly to appreciate our medical services. In Shipley we are honoured to know that the Platinum Ambulance Service, headed by Tim Mordaunt, is operating out of our community. The crew are dealing with very difficult situations across Sussex and Surrey and up into London daily, but they still find time to help our local community with medical advice and support for the volunteers and residents. How to say thank you? The HDC volunteers of Shipley decided to bake for the ambulance crew! Tim says "it puts a smile on the faces of my crew who are dealing with awful things daily. They feel as if the community recognises and appreciates their work, and that helps. Thanks to all the bakers out there." It's no wonder Co-op is out of flour!

For The Love Of Scrubs

Right in our midst, Bee Sperring from Coolham has set up something amazing for frontline NHS workers. As part of the national "For the Love of Scrubs" effort she is raising money and buying rolls of fabric, then she and now 60 other sewers in the district are cutting and sewing them into nurses scrubs and bags! This means the nurses don't have to re-wear contaminated scrubs. Thanks to Bee for organising this amazing effort.

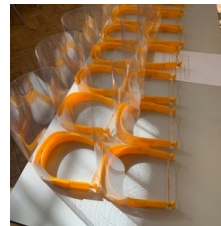
Follow Bee on Facebook www.facebook.com/beverley.sperring

Talented Young People Get Involved

Christ's Hospital and The Weald DT Departments have both been designing and making face shields! They are donating them to local health care providers and NHS workers. We are proud of what our young people can do.

www.facebook.com/TheWealdSchool

www.facebook.com/christshospitalschool



Help with Bills

For people with a **prepayment meter** for gas and electricity, you may pay for energy up-front, often by visiting local shops to 'top-up' the account.

To help people who are facing financial difficulty, and also those who are self isolating, there is a voucher scheme funded by WSCC's "Your Energy Sussex" scheme and is administered by Citizens Advice to help with energy costs. To apply residents should contact the local Citizens Advice service at www.advicewestsussex.org.uk/horsham/, or telephone 0344 477 1171.

Southern Water also have social tariffs which are cheaper for qualifying households (including low income and certain health conditions) www.southernwater.co.uk/account/help-paying-your-bill, or 0800 027 0363.

How Many Hearts ?

How many red hearts are hidden in this newsletter? Email your name and answer to info@HorshamShipleyCommunityProject.org; one lucky winner will receive a hamper! Look carefully!

Need some shopping, a prescription collecting, a friendly chat or something else?
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All these details, links and more on www.ShipleyHub.co.uk

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