



Trunch Parish Council and Trunch Village Society

Already some of our community with long-term health conditions and weakened immune systems are in self isolation. Over the coming days, even months the rest of the community will be asked to self-isolate. We can help each other, bearing in mind the restrictions, to overcome our natural anxiety, the uncertainty and potential loneliness.

Giving advice is difficult but please be mindful about the needs of your neighbours, especially, but not exclusively, the elderly and vulnerable. If you are able to do so, you could give them a call or knock on their door to check that they are well. Please remind them to drink plenty of fluids. Make sure they have food and other essential items, check whether they need help with shopping and make sure they have your phone number(s). Please do not enter peoples' properties and avoid handling cash and if required provide a receipt for goods bought. Make sure the person you are helping knows the limits of your assistance.

If your circumstances are such that you need help from anyone else, please contact the **Trunch Corner Stores (Chris or Jenny) 01263 722072** as they have contact with several volunteers who will be able to assist you and will find a way to get help to you. If you require help or would like to volunteer to help please make contact by telephoning or emailing the numbers or addresses below.

Trunch Parish Council

Tele: 01263 833902 / 01263 720252

Emails: Juliechance0311@gmail.com / brianboughton@btinternet.com

Trunch Village Society

Tele: 01263 722072 Email: trunchcornerstores@yahoo.co.uk

Keeping up to date about Coronavirus

Guidance related to Coronavirus is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information. The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans.

www.nhs.uk/coronavirus

NHS 111 online service available at www.nhs.uk/coronavirus

Please only call/dial 111 if you do not have a computer, are not online or you cannot get help from the online service.

Watch out for Coronavirus scams

According to OWL (Online Watch Link), fraudsters are exploiting the spread of coronavirus to facilitate various types of fraud. Please remember: Watch out for scam messages: Don't click on the links or attachments in suspicious emails Never respond to unsolicited messages and calls that ask for your personal or financial details. Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering help.

To report a fraud or a scam: [ActionFraud.police.uk](https://www.actionfraud.police.uk) / 0300 123 2040.

USEFUL NUMBERS

SAMARITANS: 116 123 or 0330 094 5717

MIND: Our lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

Tele: 0300 123 3393

Norfolk County Council: 0344 800 8020 North Norfolk District Council: 01263 513 811

Gas Leak - 0800 111 999 Water - 03457 145 145 Citizens Advice - 08000 855 889

POLICE: Tele:101 / 01692 402222

Emails: sntnorthwalsham@norfolk.pnn.police.uk/www.norfolk.police.uk

Cromer Hospital- 01263 513571

NHS Direct - 111

Shops and Services offering delivery services to residents in the village who are in isolation due to Coronavirus

Shops

Trunch Corner Stores 01263 722072

Country Pickings 01263 720054 (£10 minimum order)

Mundesley Butchers 01263 720796

Fish and Fry 01263 720486

Food take outs from The Crown call Iain 01263 722341

Taxi

County Cars (Roy) 01692 406068

Online shopping with Sainsburys, Morrisons, Ocado, Tesco

Thanks to everyone including the volunteers