

CHILTON FOLIAT PARISH COUNCIL

Community Action Group - Supporting each other in Chilton Foliat in the event of self-isolation.

We are all significantly affected by COVID-19. The most up-to-date advice for anyone who has recently travelled abroad or who is experiencing a new continuous cough and/or a high fever, can be found at www.nhs.uk/conditions/coronavirus-covid-19

Do you need some support?

Nic Coome, Steve Campbell and Rachel Sutton have agreed to coordinate members of Chilton Foliat Community Action Group. Members are prepared to support people who have been identified by the NHS as having COVID-19, or those who have been advised to isolate themselves by staying indoors and who may need help.

Please contact us if you have been diagnosed or advised to isolate and you need help with:

- **essential shopping,**
- **collecting prescriptions,**
- **posting letters,**
- **or would like a friendly chat on the phone.**

You are not alone; a member of our local community action group will then contact you to try to provide support from within the village.

This is not an alternative to the NHS or social services, and we cannot give medical advice; it will simply be Chilton Foliat residents looking after each other.

Chilton Foliat Village	
Main contact: Nic Coome Telephone number: 1. 07920 867542 2. 01488 683753 Email: niccoome@fastmail.co.uk	Alternative contact: Steve Campbell Telephone number: 1. 07500 895938 2. 01488 683745 Email: campbells79@hotmail.com
Soley Area	
Main contact: Rachel Sutton Telephone number: 1. 07799 627272 2. 01488 681742 Email: rachel@nusseyhaulage.co.uk	

USEFUL CONTACT NUMBERS

- **NHS 111 – only call 111 if you cannot get help online**
- **Education queries – phone the Department for Education on 0800 046 8687**
- **Wiltshire Council – 0300 456 0100**

The following links from Wiltshire Council provide useful, factual and regularly updated information on COVID-19.

- **Follow the latest stay at home advice at:**
www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice
- **Overview of COVID-19 – what is it?**
www.nhs.uk/conditions/coronavirus-covid-19
- **Number of COVID-19 cases in the UK, including the affected areas information can be found on our website:**
www.wiltshire.gov.uk/public-health-coronavirus
- **Common questions and answers on COVID-19 including advice for families, prevention, how it's caught and spread, self-isolation, testing and treatment, foreign travel –** www.nhs.uk/conditions/coronavirus-covid-19/common-questions
- **NHS 111 – information can be found on our website:**
www.nhs.uk/conditions/coronavirus-covid-19
- **Wiltshire Council's COVID-19 information page:**
wiltshire.gov.uk/public-health-coronavirus
- **This sort of incident could cause undue pressure and anxiety. The NHS Every Mind Matters website has some really simple useful tips and advice to support good mental health –** www.nhs.uk/oneyou/everymind-matters

The Wheatsheaf is no longer doing veg boxes but are still doing sausages, pork, beer and wine along with takeout food. Call on 01488 680936 or email hello@thewheatsheafchiltonfoliat.co.uk

Cobbs Farm Shop are now taking telephone orders for veg and fruit with pay by card over the phone. Then drive up to Cobbs and they will load the box into your boot. Call 01488 686770 or email hungerfordshop@cobbsfarmshops.co.uk

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