

CHILTON FOLIAT PARISH COUNCIL

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

Coronavirus Covid-19

Up-to-date advice on symptoms, testing and treatment can be found at:

www.nhs.uk/conditions/coronavirus-covid-19

Do you need some support?

We are all significantly affected by COVID-19. 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, those who are self-isolating and those who are shielding.

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 is simply 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
- 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
 - NHS 111 – information can be found on the website:
www.nhs.uk/conditions/coronavirus-covid-19
 - Good Mental Health:
The NHS Every Mind Matters website has some really simple useful tips and advice to support good mental health – www.nhs.uk/oneyou/every-mind-matters/
 - Wiltshire Council's COVID-19 information page:
www.wiltshire.gov.uk/public-health-coronavirus
- Wiltshire Wellbeing Hub:**
- The Wiltshire Wellbeing Hub remains in place for those who may need additional support. You can call the hub on 0300 003 4576 or email wellbeinghub@wiltshire.gov.uk. It's open Monday to Friday from 9am to 5pm.