

# HINXTON NEWS

A SPECIAL GUIDE TO HELP AVAILABLE TO YOU DURING THE CORONAVIRUS CRISIS

We can only hope that the global crisis we are in will pass quickly so that we can go back to our normal lives.

Over the next two or three months each of us will have to face new and sometimes difficult challenges. To know that there is someone near at hand to help us out when times are hard is a real comfort and we should be proud that our village community is strong and willing enough to go the extra mile.

This leaflet is the first of many designed to keep you informed , on a fortnightly basis if necessary, and will replace the usual monthly Hinxton News for the time being. Planned village events are gradually being postponed or cancelled so our news is going to be a bit thin.

These pages are open to anyone wanting to post a message, make a suggestion, write a poem or advertise unwanted DVDs.

You may have already self-isolated but you do not have to feel cut off.

Contact:- [mikeboagey666@gmail.com](mailto:mikeboagey666@gmail.com)

01799 530216

This generous offer was confirmed on the phone to cover Hinxton but should please only be taken up by anyone who has no other help available.



## HERE TO HELP

If you are 70 or over and in need of groceries then we are here to help. We will transfer your groceries from the supermarket to your doorstep. This service is free of charge during this difficult time.

Give us a call and find out how we can help

01223 704704

## **Coronavirus (Covid-19) update**

Unfortunately the number of people affected by the coronavirus causing Covid-19 is increasing rapidly and this new virus is taking a foothold within our community.

At Granta Medical Practices we have a dedicated Covid emergency team who are meeting daily to discuss how we can continue to provide the best possible care for our patients.

As a practice we are fortunate in having both multiple sites and a large team of people, including those with experience of managing this sort of situation. This gives us options for delivery of care that are not open to many practices during any epidemic.

### **Up to date information:**

At a national level the Public Health England website <https://www.gov.uk/government/organisations/public-health-england> and NHS UK website <https://www.nhs.uk/conditions/coronavirus-covid-19/> provide up to date information about the national situation and plans, and health advice.

At Granta we will be keeping our website [www.grantamedicalpractices.co.uk](http://www.grantamedicalpractices.co.uk) updated regularly to reflect the local situation and our actions at Granta, along with our social media accounts. We may also use SMS messaging to mobile phones to communicate any urgent messages. Please let us know if you have changed your mobile number or have one that you haven't yet told us about.

### **Prioritisation:**

The current evidence is that for the vast majority of the population the Covid-19 virus is a mild illness which can be safely managed at home with rest, paracetamol and fluids just like a normal flu-like illness. However, for those with significant other medical problems and for the elderly it can be more serious.

With this in mind we have postponed all face to face GP appointments and some routine nurse appointments. This is for both our patient's safety and the safety of our staff. Instead we are now offering an enhanced telephone service and also a non-urgent dedicated email address, [capccq.covid19.gmp@nhs.net](mailto:capccq.covid19.gmp@nhs.net), 8am to 6pm Monday to Friday. We are working hard to make sure that those who are housebound will continue to receive their medications.

As a community we can help each other – both by following the advice given and by helping look after those who may need help within our communities. If you are able to volunteer to help out in your immediate area, please email your details to [granta.socialnavigator@nhs.net](mailto:granta.socialnavigator@nhs.net)

### **Practical advice:**

First and foremost is the need to wash your hands on a regular basis – warm water and soap for at least 20 seconds. This alone will help slow down the spread of the virus and help protect you, your family and our community.

Dr James Morrow, Managing Partner  
16<sup>th</sup> March 2020



# Feeling isolated by Coronavirus?



It is hard to know what the coming weeks may bring, but we're sure many people, especially the more vulnerable amongst us, are nervous. Are you worried about how you will manage if you need to stay at home? Or if you can't get out to buy the things you need?

## Help is at hand!

**We have a team of local volunteers ready to help you!**

If you are isolated by coronavirus, we can help by **delivering urgent supplies, collecting medication, dog walking or a friendly phone call** to help you through this difficult time.

**email [hinxtonhelp@gmail.com](mailto:hinxtonhelp@gmail.com)**

**or phone, text or What's App one of these numbers**

Rachel Baker	07855134670	Kate Murcell	07957348805
Julian Bright	07808588448	Vicky Nichols	07739338164
Mel Bright	07801709777	Kristina Parkinson	07403460990
Sue Brown	07979057602	Sarah Pearson	07767363548
Rob Bryant	07795345791	Katarina Redfern	07483226157
Sarah Bryant	07739513918	Emma Senior	07961173121
Nick Cliffe	07885407658	Jennie Scott	07855411456
Paul Crocker	07470215615	Sarah Varey	07710179550
Sarah Crocker	07796303360	Jo Weston	07789008175
Helena Friberg	07393403400		
Zoe Kirby	07956644254	Mike Boagey	01799 530216

To be part of the Hinxton Help please contact

**[emmasenior@googlemail.com](mailto:emmasenior@googlemail.com) or [susanj.brown@me.com](mailto:susanj.brown@me.com)**

Please note that this is not an official service.

We are a group of volunteers doing our best to harness the spirit of Hinxton  
& keep everyone as safe & well as we can.



Dear Customer

Your safety is our priority. As the cases of Covid 19 increases and the Government has advised more people to self-isolate, we want to reassure you that as long as we have the staff to do so, our delivery service will continue to run. As well as milk, we can deliver all your dairy essentials like bread, eggs. Juice, cheese, potatoes, bacon, ham and more as stocks allow. If you have an elderly neighbour or relative that you think might need food and groceries delivered to their doorstep, you can place an order for them on our website or give them our details and they can call us with their order.

We are taking the health and safety of our community—both our customers and our staff very seriously and are consistently reviewing and following government advice. As our milkmen and women work throughout the night and early hours of the morning and will leave your produce on your doorstep, you won't need to have any contact with us.

Like everyone else it is a challenging time and your support means the world to us. We want you to feel safe and comfortable and we will do everything we can to make sure this happens.

If your friends and family live within the Cambridge area and you think they would benefit from our service, please let them know.

If you have any questions regarding your delivery or our product selection, please visit our website

**<http://www.plumbs.dairy.co.uk>**, use your online account or call us on 01223 893033 or email us on [info@plumbs-dairy.co.uk](mailto:info@plumbs-dairy.co.uk).

Please we are experiencing incredibly high call and email volumes at the moment and will respond when we can.

Warmest regards

The Plumbs Dairy Team

## THE ANN HOWSDEN CHARITY

With news concerning the Coronavirus becoming more worrisome with every day, it is important that we remind ourselves of the significance of community. Testing times like these often bring out the best in people and we are so proud to live in the wonderful village of Hinxton with its supportive friends and neighbours.

Some of you will be aware of the Ann Howsden Charity, which was established in 1632 for the benefit of local residents who might be in need of support. If ever there was a time that Ann Howsden would have wanted to remind us all of the importance of being supportive to each other and utilise the charity to the best of its capacity it is now.

The Trustees would like to emphasise that financial support can be provided when the need for self-isolation places an additional burden on local households. We will of course treat any requests in the strictest of confidence.

Please feel free to reach out to us, using the following email address:

**[annhowsdencharity@outlook.com](mailto:annhowsdencharity@outlook.com)**

or call Alison, the Secretary of the Ann Howsden Charity on 07968-560519.

If you would prefer to talk to Nicholas, the Treasurer, or a Trustee, their names and telephone numbers are as follows:

Andy Brown 07714-920609

Chloe Brown 01799-530107

Chris Elliott 01799-531885

Jenny Goodwin 01799-530338

Paula Loveday-Smith 07894-650575

Ian Pearson 01799-530863

Kate Riley 01799-530350

Virginia Walker 01799-530360

Nicholas Cliffe 01799 531921