

# BEING KIND IN ST KEYNE

## St Keyne Parish Council Coronavirus Newsletter No4

### VOLUNTEERS! PLEASE STEP FORWARD....

Some of our St Keyne Volunteers are now starting to return to work so we need a few more Volunteers to step forward please to replace them, as soon as possible.

Our Volunteers have been doing a great job, collecting and delivering Prescriptions, doing shopping and lots of other things to help some of our residents.

If you'd like to lend a hand occasionally, please phone Councillor Min Toms on 01579 347885 to register as a St Keyne Volunteer.

### PRESCRIPTIONS

For those registered with Oaktree Surgery, we have put in place new arrangements for the ordering and delivery of your prescriptions. Councillor Fran Lewis has written to you all individually to explain the new arrangements.

Thank you for the great feedback from those of you that have benefitted from our joint scheme with Oaktree and Rosedean Surgeries for the collection and delivery of prescriptions and medication. And a special thank you too to our lovely Volunteers.

### CORONAVIRUS SPENDING

St Keyne Parish Council has put aside some funds to help provide essential services in and around the village. We've already made a couple of donations to groups providing direct help to local people. One group in St Keyne has made hundreds of face masks for Carers and Key Workers and the fund is helping them to buy material etc.

If you are part of a group or organisation providing a service locally, you may be eligible for a small grant. Please contact Councillor Sally Lewis on 01579 344845 for more information or to make an application.

### NURSING SERVICES

We are hoping the Nursing Team based at Rosedean Surgery will soon be delivering regular routine Nurse services (Blood tests etc) from St Keyne Village Hall. Patients will be notified directly by the Nursing Team. This should begin as soon as the practical safety arrangements have been put in place.

## KEEN ON ST KEYNE

Aside from the worry and the sickness this virus has created, it has also led to some changes in our behaviour that have been really positive! More people are looking out for their neighbours and with the good weather there's been more people, especially in family groups, walking around the village and the surrounding lanes.

Another local resident has refurbished the 'St Keyne' roadsigns as you enter the village and someone else has even given the post box a scrub! One little group of neighbours whose front gardens face each other have developed a socially distanced 'get together' after the Thursday evening 'Clap for Carers' – everyone takes part while sitting in their own gardens!

That's being social while staying safe!

The revised Instructions from Government include:

- You can now meet one person from outside your household as long as you stay 2 metres apart
- You can enjoy parks and public spaces without exercising
- But always keep your distance in public

For those of you tempted to stretch the rules, please try to be thoughtful of others, especially if you have vulnerable neighbours.

When out walking locally, particularly on footpaths across farmland, please be aware of any animals in the fields, stick to footpaths, keep your dog on the lead and under close control – and remember to scoop the poop! It's great that many people are walking their dogs but sadly we've had a couple of reports of dogs being attacked by another dog – and lambs too – so please keep dogs under control.

Let's keep St Keyne a great place for everyone to be!

### St KEYNE PARISH COUNCILLOR CONTACTS

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## 'VULNERABLE' OR 'EXTREMELY VULNERABLE'?

We have been asked several times if we know why some people have not received letters from the Government/NHS to say they are 'extremely vulnerable' and therefore able to get priority shopping delivery slots.

Anyone over 70 or with an underlying medical condition is described as **Vulnerable** and the advice is to **isolate**, and try to get a family member, neighbour or volunteer to collect shopping, prescriptions etc.

[St Keyne has volunteers who will collect shopping, prescriptions etc for you.](#)

Those who have been identified as **Extremely Vulnerable** are not defined by age but by having specific medical conditions that make them at greatest risk of severe illness and, in particular, having to be placed on a ventilator. These individuals are told to '**shield**' - that is, they must not leave their home at all. If living with other people, they must either isolate within the home from others or the other members of the family must also 'shield' – that is, no-one must leave the house for any reason. 'Shielding' is currently advised to be at least until the end of June.

The medical conditions are:

1. Solid organ transplant recipients
2. People with specific cancers
  - Those undergoing active chemotherapy
  - Lung cancer with radical radiotherapy
  - Cancers of the blood
  - Those having immunotherapy or antibody treatments
  - Targeted cancer treatments such as protein kinase inhibitors or PARP inhibitors
  - Bone marrow or stem cell transplants in the last 6 months or still taking immunosuppressive drugs.
3. Severe respiratory conditions eg. cystic fibrosis, severe asthma and severe COPD
4. Rare diseases such as SCID and homozygous sickle cell
5. People on Immunosuppressive therapies
6. Women who are pregnant and have significant heart disease.

If you have not received a letter from the Government but believe you have one of the above conditions you should register on [www.gov.uk/Coronavirus-extremely-vulnerable](http://www.gov.uk/Coronavirus-extremely-vulnerable) and you will be assessed.

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**You can also find this newsletter and updated news on:**

[www.stkeyneparishcouncil.org.uk](http://www.stkeyneparishcouncil.org.uk) and [www.facebook.com/StKeyneHall](https://www.facebook.com/StKeyneHall)

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Please contact Councillor Fran Lewis to register your email address