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**CORONAVIRUS HOME SUPPORT SERVICES**

We have been providing support to local residents who may need help, are self-isolating or live alone and whose family, friends or neighbours are unable to help. For those people needing support it is important that you get it from people you know or trust.

During the last 6 months of the Covid-19 outbreak our volunteers have been helping to cover the areas of Wrenbury and its surrounding parishes.

Our volunteers are all registered and checked and medical transport drivers DBS checked. We are working closely with Cheshire East Council and Cheshire Voluntary Services.

**We can help you with:**

* **Prescription collections**
* **Shopping & goods**
* **Posting letters**
* **A friendly telephone chat**
* **Putting you in contact with meal suppliers**
* **Medical Transport Scheme to get you to a Medical Centre or Hospital *(eligibility tested)***

We want to support our local businesses and ensure their long term future within our community. We will be using local providers where we can.

If you don’t have anyone close by to help and are in need of assistance or are a carer who needs further support at this time, then please do contact:

**07802 429025**

[**Wrenburytogether@gmail.com**](mailto:Wrenburytogether@gmail.com)

Coming soon… a lunch club each Monday at Broomhall and Sound Chapel with Audlem & District Community Action (ADCA) in the new year for isolated older people etc. If anyone is interested, please do get in touch.

**OTHER SUPPORT SERVICES**

**Wrenbury Village Store** – grocery telephone orders – **01270 780228.**

**Cheshire East - People Helping People** - anyone who is currently isolated or feeling vulnerable - **0300 123 5034**

**New Mental Health Helpline - 0300 303 3972**

**Carers Support Hub** 24 hours support - **0330 022 5448**

**Children and Young people**

* The [National Autistic Society](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx) provides guidance for parents and young people.
* [Place2Be](https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/) is a charity dedicated to improving children’s mental health and is helping parents answer questions from their children.
* [Young Minds](https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/) provides ten tips from their parents’ helpline.
* [Carers UK](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19) has guidance specifically for carers
* [Covibook](https://www.mindheart.co/descargables) is an interactive resource to support children aged seven and under.

**Adult Social Care**

[Age UK](https://www.ageuk.org.uk/information-advice/coronavirus/) has advice on how to look after yourself and loved ones including how to best support older people at this challenging time.

[Public Health England](https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf) and [Mencap](https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf) have easy read information on Covid-19 for people with learning difficulties.

[Carers UK](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19) is providing Covid-19 guidance for people with caring responsibilities.

**Domestic Abuse support**

Contact Cheshire Police – **101 or 999** if immediate risk of harm

National Domestic Abuse 24 hr helpline - **0808 2000 247**

## Homelessness and Housing options

Homeless/risk of homelessness contact **0300 123 5017** (option 1/2)

**Dementia Support**

**Mon-Fri 9-9pm/Sat&Sun 9-5pm - 0800 888 6678**

**Samaritans -** Any time day or night - **116 123**

**Nursing Homes** - Please support your local nursing homes

who would welcome you sending them letters, colourful pictures and Christmas cards.

**WINTER HEATING & PLUMBING**

**Keep your home warm**

If you can't afford to heat the whole house, keep your living room at 21C and your bedroom at 18C. Give your bedroom a boost before you go to bed each night. Get to know how your heating controls work - if you are unsure, ask a friend or neighbour for help.

If your heating breaks down Cheshire East have some heaters available on a short term loan. [Contact the Care and Repair team](https://www.cheshireeast.gov.uk/housing/private_sector_housing/care_and_repair.aspx) on 0300 123 5017 (select option 4).

If you need help finding a reputable heating engineer, the **Buy with Confidence**scheme has details of local, reliable plumbers, electricians, builders, gardeners and many more trades, Contact the Cheshire East Consumer Protection team on 0300 123 5015.

If you can't afford the heating repairs, help is available for low income households and people with certain health conditions. CEC can help you to access a number of grants for heating and insulation. Complete the [Help with Heating enquiry form](https://form.cheshireeast.gov.uk/AchieveForms/?mode=fill&consentMessage=yes&form_uri=sandbox-publish://AF-Process-32b8bf48-5c11-41d0-b7b3-25731ef0dcc8/AF-Stage-e4496ece-0404-4d21-a5b5-32eef90d917a/definition.json&process=1&process_uri=sandbox-processes://AF-Process-32b8bf48-5c11-41d0-b7b3-25731ef0dcc8&process_id=AF-Process-32b8bf48-5c11-41d0-b7b3-25731ef0dcc8)on the Cheshire East website.

### **Winter fuel payments**

If you were born on or before 5 November 1953 you should receive a payment automatically. To find out more, contact 0800 731 0160 or visit [Gov.UK for advice on winter fuel payments](https://www.gov.uk/winter-fuel-payment).

### **Cold weather payments**

For when temperatures fall to an average of 0°C for 7 days. If you qualify, you should receive a payment automatically. For more information, visit [Gov.UK for advice on cold weather payments.](https://www.gov.uk/cold-weather-payment)

## Dress for warmth

Wear several layers of clothes rather than one chunky layer; this will trap the heat better to keep you warm.

Cover yourself with a blanket or shawl if you are sitting for long periods. Try to put your feet up too! The air is colder near the floor.

## Burst pipe

## Don’t panic! Collect the water in a bucket and switch off your central heating. Turn off your stop tap and turn on your sink taps to drain your water system. Don’t touch wiring or switches which you suspect may have been affected. If in doubt turn off your electricity at the mains and call a plumber. For more information call 0345 672 3723 or visit the [United Utilities website](http://www.unitedutilities.com/).

## WRENBURY TOGETHER-

**A CARING COMMUNITY**

Could you help someone in the community?

Do you have a little bit of spare time?

**Could you help our residents with any of the following?**

1. Collecting & delivering prescriptions
2. Shopping & delivering goods
3. Posting letters
4. A friendly telephone chat
5. Giving a few hours to help at a lunch club/coffee morning serving tea, cake and meals
6. Community gardening projects
7. Leaflet drops

**Could you help our residents with transport?**

1. Collecting and transporting to local health care venues or hospital
2. Collecting and transporting to local village halls and venues

**Or help with rapid response delivery services?**

1. Collecting and delivering shopping from Wrenbury Village Stores
2. Collecting and delivering hot meals from local suppliers

If you can help with any of these

If you want to get involved with new community projects or

Want to know more about Wrenbury Together

Please do get in touch

07802 429025

[Wrenburytogether@gmail.com](mailto:Wrenburytogether@gmail.com)