

10101Sutton Lockdown News!

Coronavirus – Information Sheet 2, 31st March 2020

To say that a lot has changed since the Sutton Parish Council sent you the first information sheet is an understatement.

The purpose of this second leaflet is to update you by:

- Reminding you about the plan – which has been updated
- Telling you about our fantastic volunteers
- Telling you about the services offered by John and the Golden Cross, providing groceries and frozen ready meals
- Asking you again to let us know of anything else we should include in the plan
- Reminding you of the contact information

The Plan

The plan has evolved as Government guidance has developed, but the essence remains the same in that villagers in need will be helped in the following ways:

- Supporting those who are self isolating for whatever reason, by:
 - Maintaining regular contact via telephone or email
 - Doing their shopping for food/essential items and delivering it to their homes
 - Collecting their prescriptions and delivering them to their homes
 - Looking after their pets and livestock if they are unable to do so themselves
- Providing timely information to Parishioners, using the Village website with links to NHS 111 or Herefordshire Council's, where appropriate.
- Providing written information to those without internet access. If you are self isolated this will be delivered to your door.
- Keeping in contact on a regular basis (by phone or email) with anyone who is self isolating to make sure they are OK and don't need medical attention, and providing a number they can call if they need anything.

As before, it is expected that the plan will continue to be refined in the light of experience and receipt of additional information.

Information about you

Thank you to everyone who has already sent us their contact information. If you wish to receive help could you please let us have the following information, as well as telling us what help you need:

Name – First name, Surname

Age group e.g 50's, 60's

Home address

Tel. Nos.

Email address if you have one

Anything else relevant that you would like us to know

All personal information will be kept strictly confidential and managed according to the PC's data protection policy.

Please let us know if you:

- Have self isolated
- Have tested positive for the virus

Volunteers

We have had a fantastic response and now have over 60 volunteers. Thank you to everyone who has volunteered, by collecting shopping/prescriptions, phoning people, keeping spreadsheets etc.

If you would like to be added to our register of volunteers please contact Stan Gyford 01432 880687, 07596 004614, theygyfords@btinternet.com or Keith Lawton on 01432 880817, keith.a.lawton@btinternet.com

Training will be given where appropriate. Volunteers will be covered by the PC's insurance but this does not include vehicle insurance.

Information from Herefordshire Council

We have established a link with Herefordshire Council's co-ordinator for Sutton Walls Ward (This includes Sutton, Marden and Moreton). We will seek help from them if we are unable to handle something ourselves.

They have told us of one occurrence in Bodenham of an elderly lady who had a call from a man claiming to be from the NHS. He said she had to purchase face masks and sanitiser in order to protect herself. She said she's self isolating, but he said she still needed to purchase these items to protect herself, even though she's not going out. The man said there was a minimum charge of £99!

Fortunately, she saw through this and put the phone down. This has been reported this to the Police.

Council Tax

Residents left struggling to pay their Council Tax can apply for Council Tax Reduction, which is a form of reduction from a Council Tax bill based on the household composition and income. More information on Council Tax Reduction and how to claim can be found on our Village website www.suttonstnicholas.co.uk under the corona virus section. The electronic version of this Information Sheet has the embedded link for you to click on the word 'here' at the end of this paragraph.

Self-employed residents can put in a request for their Council Tax instalments to be deferred until June, where needed. In such circumstances, requests must be made by emailing counciltax@herefordshire.gov.uk including their Council Tax account reference number (8 digits long, beginning with 1) and proof of their self-employed status.

Business grants

Businesses eligible for grants will be contacted directly by smallbusinessgrants@herefordshire.gov.uk.

Contact information

To seek help, please ring 07514 120187 between 9am and 6pm each day including weekends

Regular updates will be posted on the village website www.suttonstnicholas.co.uk. Information leaflets will be published from time to time.

Services from the Golden Cross

The following are available from John at the Golden Cross. Please order directly on the pub phone 01432 880274. If John is not there, please leave a message and he will pick it up and, if you leave him your telephone number, he will acknowledge receipt. The items listed are guidelines only and John can access a lot more, all he asks is a 24 hour lead time.

Groceries

| Product | Unit size | Price |
|-----------------------------|-----------|--------|
| Kingsmill Bread White/Brown | 800g | £ 1.19 |
| H.S. Pasta - various | 500g | £ 0.79 |
| H.S. Rice | 500g | £ 1.19 |
| H.S.Flour | 1kg | £ 0.75 |
| H.S.Chopped Tomatoes | 400g | £ 0.40 |
| Branston Baked Beans | 400gx3 | |
| Flora Margarine | 500g | £ 2.19 |
| H.S.Milk | 1lt | £ 0.79 |
| H.S. Mature Cheddar | 200g | £ 1.69 |
| Richmond sausages | 8's | £ 2.29 |
| H.S. Bacon | 150g | £ 1.00 |
| H.S.Eggs | 6's | £ 0.75 |
| T.&L. sugar | 500g | £ 0.60 |
| H.S.digestives | 400g | £ 0.59 |
| Sliced Ham | 100g | £ 1.19 |
| Lard | 250g | £ 0.75 |
| H.S.Vegetable Oil | 1lt | £ 1.49 |
| H.S.Orange Juice | 1lt | £ 1.00 |
| H.S.Water | 2lt | £ 0.79 |
| Washing Up Liquid | 500ml | £ 0.60 |
| Frozen Peas | 450g | £ 1.00 |
| Frozen Sweetcorn | 450g | £ 1.00 |
| Frozen Sprouts | 450g | £ 1.00 |
| Frozen Mixed Vegetables | 450g | £ 1.00 |
| Frozen Cauliflower | 450g | £ 1.00 |
| Frozen Scampi | 450g | £ 4.50 |
| Potatoes | 1kg | £ 0.60 |
| New Potatoes | 1kg | £ 0.65 |
| Red Onions | 1kg | £ 0.65 |
| white Onions | 1kg | £ 0.65 |
| Carrots | 1kg | £ 0.60 |
| Swede | 1 | |
| Cauliflower | 1 | |
| Broccoli | 1 | |
| Cabbage | 250g | £ 0.60 |
| tomatoes | 500g | £ 0.85 |
| Peppers | 1 | £ 0.70 |
| cucumber | 1 | |
| small/med chicken | 1 | £ 2.00 |
| chicken breast | 1 | £ 0.75 |

Note:

H.S. is Bookers own brand

Unpriced items at market price

Frozen Ready Meals

Takeaway Menu

Please order on 01432 880274 and aim to collect between 12 and 2pm if possible

Vegetable Lasagne

Beef Lasagne

Chicken Curry with Rice

Vegetable Curry with Rice

Mushroom Stroganoff with Rice

Chilli Con Carne with Rice

Spaghetti Bolognaise

Turkey Meatballs in a Rich Tomato Sauce with Pasta

Pasta Bake

Fish Pie

Cottage Pie

Hotpot

Cauliflower Cheese

Mac and Cheese

Sausage & Onion Gravy with Mash

Chicken & Mushroom Pie

Beef & Onion Pie

Beef Stroganoff with Rice

Only £5 each (*These will be frozen, but provided in Microwavable Containers*)

Please note that the dish of the day is no longer available due to lack of demand

Sunday lunches are also available. These are fresh, but chilled. A typical main course would be roast Beef, Turkey, or Pork. Please order early order. Starters and puddings are also available. The main course is £7.50 per Adult, £4.50 per child. The Starters and Puddings will very affordable - at time of writing John is working out what he can offer.

Sutton Parish Council