

# Sparsholt Community Support Group

Newsletter 3- 1<sup>st</sup> April 2020

Contact phone number for requests for support – **07595 967259**

Contact email address for volunteers and requests for support - [supportgroup@sparsholtparish.org](mailto:supportgroup@sparsholtparish.org)

Newsletter Co-ordinator – Danielle Kleingeld at [danielle@kleingeld.co.uk](mailto:danielle@kleingeld.co.uk)

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## **Who is behind the Sparsholt Community Support Group?**

The Sparsholt Community Support Group was formed to help the residents of Sparsholt through the emergency caused by the coronavirus.

Three organisations supported its formation the Church, the Shop and the Parish Council. Six people got together to volunteer their services to get things going:

Helen Arundel - with a focus on making sure the mobile is answered for urgent requests

Alastair Barron - with a key focus on our spiritual as well as physical wellbeing and the continued running of the shop

Janette Davies - with a focus on keeping the shop stocked and delivering to the vulnerable and those self-isolating

John Little - focus on communications and the use of technology to help

Sue Wood - focus on keeping us all on priorities and tasks with an overall parish perspective

Stewart Wooles - focus on links to other public bodies such as the City and County Council

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## **Sparsholt Shop and Post Office**

Current opening hours will remain from **8.00am–1.00pm** and the **Post Office** will be open from **9.00am till 12.00 midday**.

- We will try to keep the shop stocked and keep both the shop and the post office in operation for as long as we can operate safely and support the village.
- Please continue to shop responsibly and considerately of others
- Please respect the one person in the shop rule and all other social distancing rules – to keep Janette, her team and fellow customers safe

## **Statement from the NHS in Hampshire and the Isle of Wight**

### **COVID-19: The way that general practice is changing**

Over the last couple of weeks, you are likely to have noticed a marked difference in the way things are being done in general practice as we manage Covid-19. Thank you for adapting so quickly to these new ways of working.

To limit the spread of Covid-19, we have worked to reduce footfall through practices by using online consultation systems like e-consult, telephone appointments and video consultations to ensure we continue providing you with the care you need.

**Our top priority is to keep our patients and staff safe whilst ensuring patients get the care they need.** Keeping our staff healthy is crucial so that they can continue to care for everybody, therefore GPs and their staff have been working together with other local surgeries to develop a system which will be able to meet these changing needs.

From now on, when you contact your surgery for an appointment you will receive an initial assessment through e-consult (on the practice website) OR by telephone, by a suitably trained clinician. It is essential that you give an accurate and detailed description of your symptoms when asked. This will allow us to provide you with the most appropriate treatment.

**If you have suspected Covid-19 symptoms** and, following a telephone assessment, need to have a further face-to-face appointment, this may not take place at your usual GP surgery. Instead you may be directed to another local site that has been specifically set up to better deal with your needs.

**If you need to have a non-Covid-19 related face to face appointment** and do not have any Covid-19 symptoms, you may still be able to access your usual surgery. However, please be aware that this may change. Services may need to be provided from a smaller number of practices if staff become unwell.

If, over the course of the next few weeks, you do have to go to a different surgery to the one you are used to, you might also see a doctor or nurse who you are not familiar with. Whilst we realise this could be inconvenient, we think it is important to keep people safe, reduce the spread of Covid-19 and get the maximum benefit from the healthcare resources which will be available. Your records will still be accessible securely to you and to them, ensuring they are able to provide you with the best possible care. A home visiting service, for patients who are housebound, will be provided but increasingly through practices working together.

Our clinical colleagues and support staff will be **working flexibly** in order make these new arrangements work and, when circumstances change to make it possible, GP surgeries across the area will resume a normal service.

**USE THIS [LINK](#) TO CHECK FOR CORONAVIRUS SYMPTOMS**

## Latest Government Advice

The government has released a new set of FAQs. We have highlighted some of the questions that may be relevant to Sparsholt residents:

### **When am I allowed to leave my home?**

Only leave your home for limited purposes:

- Shopping for food or medicine
- One form of exercise a day (alone or with members of your household)
- Any medical need (including donating blood)

### **Can I walk my dog/look after my horse?**

Yes, but you need to stay alone or with members of your household

### **Can I see my friends?**

No, we must stay away from each other to stop spreading the virus.

### **Can I visit elderly relatives?**

No, do not visit family member who do not live in your home.

### **Can I go out to help a vulnerable person?**

Yes, but only if you fulfil **all** of the following conditions:

- You are well and show no symptoms
- You are under 70
- You are not pregnant
- You do not have any long-term health conditions that make you vulnerable to coronavirus.

You can read the full article [here](#).

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## Changes to bin collections

- **Put bins out the evening before collection** - The collection team are asking us to put the bins out the evening before the scheduled collection day, because collections may start as early as 6:15.
- **Prevent spread of Covid-19** - If anyone in your household has COVID-19 symptoms, the team have asked us to do the following:
  1. Place materials into a plastic bag and tie it when full
  2. Once bag is full, double bag it in a second liner
  3. Store the bag for 72 hours before putting it in your normal wheelie bin
- **Only leave waste that is placed inside your wheelie bin** - The team are currently unable to take any waste or recycling that isn't placed inside your bin
- **Clean or disinfect handles of wheelie bin** - To prevent passing on any infections, please disinfect or clean the handles of your wheelie bin or box when you put it out and after it has been emptied.

Full information about the changes can be found [here](#).

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## **Support for key workers and vulnerable children over Easter holidays**

Hampshire schools, early years' education settings, nurseries and childminders will be continuing to look after vulnerable children and children of key workers throughout the school Easter holidays (6 to 17 April 2020).

If you are in need of child care provision outside of usual business hours or during the weekend, you can contact the County Council's Services for Young Children Team at [childcare@hants.gov.uk](mailto:childcare@hants.gov.uk)

You can read the full article [here](#).

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## **Financial aid for businesses and the self-employed**

You can find more information on how to claim your employee's wages through the Coronavirus Job Retention Scheme, [here](#).

If you are self-employed, you may be eligible for the Self-Employment Income Support Scheme (SEISS). More information can be found [here](#).

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## **Our beautiful village**

And last, but not least some images of our beautiful village .



*Images courtesy of John Little.*

