



birdwoodara@gmail.com www.baracambridge.org

Coronavirus – update

If you haven't already done so – now is the time to post your contact details through your neighbours' doors (four or more?) – and please wear gloves. This is the very best way of getting help to those who need it. And just think this – it might be you who needs help!

If you need help in the coming epidemic, I may be able to help:

Name (either first name only or full name)

Not your full postal address – just the road you live in

Phone number – This is important as many older people do not have access to the internet

Email address – optional but helpful

I can do shopping

I can be at the end of a phone

I can post your mail

I can collect prescriptions

I can walk your dog

We are now working with the City Council (Coleridge Ward) and St Martin's Church. Overleaf is an update with most of the local information you will need. There is a dedicated phone line for our area.

01223 641021

Lots of volunteers will be needed. If you are volunteering to help through the Coleridge hub, can you also email us with your details birdwoodara@gmail.com – including which road you live on. Thank you.

With this newsletter comes a poster for you to display if you need help. But, unfortunately, not everyone is honest – so stay safe and don't let anyone into your house that you don't know.

We will be putting big signs on the notice boards (at the roundabout end of Birdwood Rd and the junction of St Thomas's Rd and Birdwood Rd). If you do not have internet access, this will be the only way we can get information to you. Keep an eye on the noticeboards for up to date information as things can change very quickly.

1. Sainsbury's will now open 8am to 8pm Mon to Sat and normal hours on Sunday.

Preference for vulnerable groups and key workers

8-9am on Mon, Weds, Fri. You must take evidence of eligibility.

2. Green bin collections have stopped for the time being.

3. From 29th buses will be every half hour and bus passes can be used before 9.30.

Do please look after yourselves and offer help to others if you can, and don't be afraid to ask for help if you need it. It's going to be a bumpy few months.

Urgent COVID-19 Update

For the latest government guidance please visit <https://www.gov.uk>

Help/Support

- If you would like to help neighbours in your area delivering food, making calls or organising support contact us, using contact options 1) 2) 3) →

Self Isolation:

If you are old or at high risk you may be asked to self-isolate.

Also, if you have a continuous new cough and/or high temperature stay at home for 14 days from when the symptoms started.

Do not call NHS 111 at this point.

If symptoms worsen or are no better after 7 days, contact NHS 111 online (<https://111.nhs.uk/>) - If you have no internet access, call NHS 111.

For medical emergencies dial 999.

Stay Safe: Do not share credit / debit card details or hand over cards or money to strangers.

St Martin's and St Thomas's

Please check <http://stm.org.uk> for updates about St Martin's . We are open for prayer but there are NO services at present! Instead of the services on the back of our Easter-card there will be a service broadcast every Sunday on the BBC

Can we help?

Please do not discard!

If you need help, such as food or medicine you have following options:

1) email

ColeridgeCOVAID@stm.org.uk

Give your name and contact details and the nature of your query.

2) www

Connect either Queen Edith Community forum

<https://queen-ediths.info/about-us/>

or the Birdwood Area Residents' Association

<https://www.baracambridge.org/contact.html>

3) call

No Internet? CALL (01223) 641021

We will aim to get back to you to let you know we have received your request and to ensure you are safe. Help may take a few days to arrange.

A community fund will be set up in a few days time. There will also be opportunity to help by donating online – details will be published on <http://stm.org.uk>

Johannes Roth, Vicar of St. Martin's



St. Martin's Church in Suez Road are working with Cambridge City Council and Resident's Associations to make sure you are cared for at this difficult time.

Data protection notice: Please note that any information that you send us (personal details etc) will be used only for the purposes stated above. This information will be passed to residents associations and volunteers to provide effective help in our area. Due to the nature of this appeal data may be stored in multiple locations and may not be secure.