



# COVID-19 Holme On Spalding Moor Community Support Group

## VOLUNTEER UPDATE MARCH / JUNE 2020



### HOLME ON SPALDING MOOR (centre of village) Courtesy of Zaila Rhodes

**The following is the story of how the village of Holme on Spalding Moor looked after each other during the Corona Virus 2020. How everyone pulled together and shows what the spirit of a great village that we proudly have. It also includes samples of instructions etc. that everyone had to adhere to.**

## Period to Monday 23rd March 2020

After a week meticulous planning a volunteer programme was up and running by Tuesday 24<sup>th</sup> March. The first week was spent recruiting volunteers (see below), registering them, issuing security codes, sorting out the logistics as to how we were going to achieve our objective, checking data protection rules plus a multitude of other jobs, Who would have thought there is such a minefield of things to look into and do?

### STATEMENT OF INTENT

The Holme on Spalding Moor Community Support Group Volunteers are here to provide help with, for example - shopping, phone buddy, dog walking. [We are not an Emergency Number as volunteers are not qualified to give advice.](#) Each volunteer has an individual volunteer number and this will be shown as identity. No volunteer will call without prior agreement. The dedicated telephone number is 07395 935907 which will normally be manned from 9am to 5pm but if there is no answer leave a clear message and we will return your call as soon as possible. Please remember the volunteers are not on call 24 hours per day. If, leaving a telephone number please repeat slowly as in some cases local accents can be difficult to understand.

This telephone number is the first port of call for HOSM residents. If we cannot help we will refer you to the HUB.

## THE MESSAGE



**Boris Johnson, Prime Minister**



**Rishi Sunak, Chancellor**



**Professor Jonathan Van Tam**

## Early stages:-

Unfortunately a list of the volunteers that distributed the leaflets was not kept and therefore their names can't be listed. Many were from the Young Farmers Group. The response from the village was amazing.

As a recent survey in Grapevine, the village magazine, for other purposes, established that many of the older villagers were not on social media unlike the younger generation so it was vital that we contacted them as a priority.

What was achieved on that Saturday has stood us in very good stead for what happened since, see day by day accounts. When Boris Johnson, Prime Minister, announced the lockdown the following Monday night we were already up and running and people in the village (particularly the elderly and vulnerable) knew support was available.

None of the above would have happened without Helen Templey who came and opened up the coffee shop for us that morning and provided us with tea and coffee.

On Saturday 21<sup>st</sup> March, during the morning in the coffee shop, when ID's were distributed the leaflets were also distributed to those who wanted to help as time was of the essence. Maggie Fuller distributed the IDs from one table. Helen Williamson and Andy Fuller sat on the other side of the coffee shop with the leaflets. Andy had produced a list of all the road names and houses in HOSM from the electoral register the previous night. As volunteers came in they went straight to the tables and picked up their IDs or took some leaflets (many did both). Helen and Andy would then allocate them an area to leaflet. Some just took them for their own roads but others covered a much wider area, the whole process took just 2 hours.



COVID-19 Holme On Spalding  
Moor Community Support Group

Call us on 07395 935907

This number is operated by Volunteers, please leave a message if not answered clearly stating your name and number and we will return your call.  
This number is to provide practical help, it is NOT an Emergency number.  
for a genuine emergency please call the appropriate emergency service on 999.

## How we can help....

**We are working together as a community to help each other during these uncertain times. If you are self-isolating at home due to COVID-19 or struggling to get out, we're offering a FREE service to help with:**

**Shopping & Delivery  
Phone Buddy Support  
Pet Help  
Prescription Collections  
Any Thing Else...**

This is a community and Parish Council initiative and is not a government or health organisation group. Please refer to official web pages and government announcements for the latest verified information on COVID-19. Volunteers are local residents who will be clearly identified and be able to present I.D. They will not enter your home.



**OUR LEAFLET**

## DAY BY DAY

### Monday 23<sup>rd</sup> March 2020 –

The HOSM Volunteer Organisation Team had recruited over 40 volunteers and registered them. All had badges with ID numbers and they were **NOT** allowed call to see a resident without prior arrangement by a member of the organisation team. We had set up a dedicated telephone line.

320 people have registered with the dedicated Facebook Group: - **COVID-19 Holme on Spalding Moor Community Support Group**

Volunteers have delivered 1,300 leaflets around the village to publicise our programme.

Volunteer Group registered with BEECAN a member of the HEY Smile foundation. Beecan sprung from a desire to better link local communities with supporters, delivering measurable impacts and change across Hull and East Yorkshire. A stakeholder need was identified for a digital space: shining a light on ideas, resources, causes and funding. Through intensive consultation and development Beecan has emerged as a new, online platform uniting sectors around a common goal - of bringing good intentions to life.

Bishop Auckland enquire as to how HOSM set up and mobilised a volunteer scheme so quickly

### Tuesday 24th March 2020 –

We have matched 12 volunteers with vulnerable residents – excluding prescription runs.

HOSM Primary School had approximately 40 pre- packed lunches spare as they were surplus to requirements. These have been delivered to residents. The school has new procedures going forward as they now know how many children they need to cater for.

We have answered over 20 telephone calls

### Wednesday 25th March 2020 –

HOSM donated more lunch packs as they had been ordered in advance and could not be cancelled.

A fairly quiet day overall but a time to reflect and decide if we need to change any of our procedures after the busy day 1. Agreed everything went better than expected.

The team decided that after all the planning everything continues to be working well.

Only one couple needed assistance - excluding prescription runs

### Thursday 26<sup>th</sup> March 2020 –

The volunteer team set up a link between the new Town & Parish Councils and the Community Response in the East Riding of Yorkshire to the Coronavirus (COVID-19) Pandemic (HUB for short) based in HOSM village hall and ourselves.

We decided that the local volunteer team will continue to lead the link with the villagers but pass on work that could be performed by qualified people e.g. prescriptions.

Only 1 person needed assistance - excluding prescription runs

10 new volunteers were added to the lists bringing our total to 50

**Friday 27<sup>th</sup> March 2020 –**

1 Volunteer agreed to look after 36 properties on Old Lea (Neighbourhood Watch!)

1 Other person allocated a volunteer - excluding prescription runs

**Saturday 28<sup>th</sup> March 2020 –**

1 person allocated a volunteer - excluding prescription runs

Gilberdyke enquire how HOSM managed to set up a volunteer programme so quickly

**Sunday 29<sup>th</sup> March 2020 –**

Diane Hodder, Scouts, offered the use of the scout hut to People's Pantry and the HUB for use as food storage and distribution centre

Every volunteer received email updating of progress and include information as above

No requests for help received - excluding prescription runs

**Monday 30<sup>th</sup> March 2020 –**

Discussed with the new HUB (The Community Response in the East Riding of Yorkshire to the Coronavirus (COVID-19) Pandemic) and the volunteer team how we could best work together delivering food hampers to the needy

Discussed a procedure for collecting prescriptions from the local pharmacy with the HUB

3 people linked to volunteers - excluding prescription runs

Set up a link between the Pocklington volunteer team and HOSM

**Tuesday 31<sup>st</sup> March 2020 –**

Possible new Neighbourhood Watch Group being investigated for The Rowans

4 people linked to volunteers - excluding prescription runs

Many people contacted the special telephone number and were given assistance including requests for delivering food parcels from the new HUB

Number of people subscribed to the dedicated Facebook Group has increased to 342

Established that there is central funding available so that the parish council does not have to incur day to day costs of this volunteer programme

Links created between people and local shops who are offering a delivery service. The team are trying to ensure people maintain their independence as well as giving assistance.

### **Wednesday 1<sup>st</sup> April 2020 -**

New volunteer signed up and one other has offered to help

Quote from a volunteer – ‘Loads of grateful people today. Ended up running homemade cakes for one elderly lady to her friends a few doors down and then she ‘paid’ me in homemade marmalade. Deliveries are actually my favourite bit of this.’

2 people matched up with volunteers - excluding prescription runs

Tabards made available for volunteers currently matched with clients - courtesy of the HUB

A lady in distress helped after a member of the public called our volunteer help line.

Refrigerated lorry placed in village hall car park for storage of food to be included in food hampers

### **Thursday 2<sup>nd</sup> April 2020 –**

A large number of prescriptions and medications delivered to residents of HOSM and realised this is going to be a major role for volunteers

Request made to our volunteers for help in picking up and distributing prescriptions and medication. All roles filled in 15 minutes after virtually all those eligible replied

1 new volunteer asked to be registered

3 people matched to volunteers - excluding prescription runs

Telephone line continues to be constantly ringing

Tabards distributed to all volunteers currently allocated a role

### **Friday 3<sup>rd</sup> April 2020 –**

5 people matched to a volunteer - excluding prescription runs

Requests for prescriptions and medications are still at high levels. Volunteers will be given instructions and procedures next week.

### **Saturday 4<sup>th</sup> April 2020 –**

1 couple matched to a volunteer - excluding prescription runs

A lot of work going on in the background reviewing procedures to ensure everything will run smoothly in the days to come and to ensure team members are not overstretching themselves.

Additional volunteers signed up / added to the backup list

**Sunday 5<sup>th</sup> April 2020 –**

No requests for assistance

**Monday 6<sup>th</sup> April 2020 and Tuesday 7<sup>th</sup> April 2020 –**

No requests for assistance

Prescription and medication deliveries were the main project. Team of volunteers now identified to take over this role for the future.

**Wednesday 8<sup>th</sup> April 2020 -**

The volunteer team had to replace a volunteer who has had to self isolate

The team are trying to source additional personal protection equipment

Team of volunteers for prescription and medical runs are given their final instructions so as to go live from Tuesday 14<sup>th</sup> April. Prescription and medical runs can take up to 2 hours per day

Two volunteers assigned to people requiring assistance

The team discover there are sometimes problems ringing back people requiring assistance as telephones are blocking unrecognisable telephone numbers.

**Thursday 9<sup>th</sup> April 2020 –**

The protection items required have been sourced

As a result of many telephone calls the village has once again come up trumps and supplied gel, gloves and masks the following is from our wonderful villagers -



Volunteer going to Goole vets to pick up urgent / life saving medication for a pet dog

Request broadcast on Radio Humberside for gel which resulted in one offer.

**Friday 10<sup>th</sup> April 2020 (Good Friday) to Monday 13<sup>th</sup> April (Easter Monday) -**

Although it was Easter weekend the team were still on call 'just in case'. As it turned out it was quiet but **we were on call**.

The volunteer team received a big thank you from someone who was desperate for help to ensure a dog received its medication – see yesterday.

Saturday was a very quiet day which means our system is working.

Radio Humberside re advertised our request for gel etc. Message sent includes details of our scheme which was published on Tuesday 14<sup>th</sup> April. It will state that the scheme is for HOSM residents and gave out our dedicated telephone number.

1 person matched to a volunteer

**Tuesday 14<sup>th</sup> April 2020 – Saturday 18<sup>th</sup> April 2020**

The main volunteering roles of the week were delivering medications. 12 people were assisted.

The most heart warming communication of the week from someone, we will call Andrew. This person wanted to volunteer but was sadly underage. The person was 13. Therefore we do have good youngsters in the village!

The volunteers already allocated to clients continue their roles.

No requests from new clients.

One of the original team reacted to an emergency medication run late in the day Thursday 16<sup>th</sup> April. Nearly always on call

GP reception at South Cave asked a member of the volunteer team to deliver prescription to an elderly gentleman in Holme on Spalding Moor.

**Sunday 19<sup>th</sup> April 2020 – onwards**

Request received from client for hand gel and bacterial wipes

4 people matched to 3 volunteers

Prescription / medical deliveries continue to increase. Further

361 members of the Facebook Group

Facebook procedures reviewed and republished

Not a lot of activity as things has quietened down dramatically. 6 requests for volunteers between 11<sup>th</sup> and 20<sup>th</sup> May

21<sup>st</sup> May 2020 to 10<sup>th</sup> June 2020 the volunteers continue with helping those in need but only one new request for help was received

## The Volunteer Organisation Team

The Volunteer Organisation Team where - Maggie Fuller (HOSM Parish Clerk); Helen Williamson (Parish Council Chairperson); Zaila Rhodes (Dunbar) (resident of HOSM); Michelle Overington; Mike Worsey (Parish Councilor), Sharon Smith for help with setting up our Facebook Group; Kath Worsey (resident of HOSM)



**Our volunteer Zaila Rhodes on a prescription run**

A selection of volunteers who agreed to be named:-

Clare Adrian, Carolyn Ashby, Gaynor Baldry, Alice Barnes, Victoria Binks, Toby Butcher, Jim Davie, Shelley Davill, Agnetha Dobson, Judith Gardner, Joanna Henderson, Neil Henderson, Margaret Hobson, Jessica Hunt (Omerod), Rebecca Jackson, Kim Pickering, Louise Ratcliffe, Emma Roberts, Anita Salmon, Joanne Sinclair, Karl Smedley, Julia Smith, Rachel Weldon, Lesley Wilson, Anne Woodward +25 others

**There are also many others not registered with this scheme who are volunteering by helping their neighbours and friends**

## A SELECTION OF FEEDBACK FROM VOLUNTEERS

Thanks for the email, everything is going well so far and seems very well organised by yourselves so thank you!

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You assigned someone to me just over a week ago who needed help with her grocery shopping, I was able to get everything she needed from Tesco, I gave her a call yesterday (06/04/20) to check on her and see if she needed anything else as I was going out anyway, she said she didn't need any further items at that time but I said she was welcome to contact me if anything came up that she needed, I plan to call her once a week to double check if there is anything she needs. I saw you were seeing a lot of people who needed medications delivering, I have a car so I am happy to do this too if needed.

=====

As you know I had a positive response from some neighbours in Old Lea (just ringing to thank me and say they may need help in future), when I sent out my own details before the group was up and running. Since then, I have heard from one household only, requesting shopping and then medication to be picked up from the pharmacy.

=====

Yesterday, I decided to call one of the neighbours who initially contacted me as I know she is over 80 and lives alone. She is absolutely fine, and not currently in need of anything. So I'll let them come to me rather than checking up on them.

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I spoke to Zaila yesterday (06/04/2020) about helping out on the medication run, and mentioned the medication request from my neighbour. We agreed (Zaila and I) to pass it over to the group. I think this is the best way to handle medication, since it is a more sensitive area than shopping and to me it makes sense to use an existing system in which the Pharmacy is already complicit. So in future when I receive medication requests, I will pass them over to the group (and I know that will be me anyway sometimes!).

Other than that, nothing to report. As I work in my front room, I often hear voices outside around Old Lea, so it's not the quiet backwater you might expect.

I hope all is well with you and elsewhere in Holme.

=====

I have been supporting two households for a couple of weeks now and one more recently. I have mainly collected shopping and prescriptions for them so far but feel that the conversations we have from a distance have been so valuable in letting them know that although they're isolating, they're certainly not alone and forgotten about!!

We mainly communicate via text and whilst they express their thanks at whatever I am able to do for them, I am also feeling huge gratitude that I am able to help them and I believe I will have made long lasting friendships by the end of this crazy time.

Although the circumstances in which we find ourselves are not good, being a part of this is the most connected I've felt with a local community in a very long time!!

=====

All ok here.

Regular weekly shopping for one resident other couples I have had to just obtain the odd item. No issues as yet. I am still working full time so it's good I haven't been over loaded

Fortunately I knew some of the people but it was nice to meet the "newcomers "

=====

Hi there thanks for the email. I am doing fine, enjoying the break from work although running out of jobs to do.

I have Audrey & Arthur to look after at 28 Chapel Fields. They are both fine and I check on them every couple of days to see if they need anything. Have sorted and got prescription for Audrey and tried to get some food items for them to no avail.

They seem to be coping fine and in reasonable health and happy, they are getting help of McColl's for food etc.

If any more that need help please just get in touch I will try and help where I can. We are delighted to be volunteering and helping out others in the village.

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We help a lovely elderly lady round the corner to us, and I chat to her every couple of days and we do her shopping. She is so lovely, and so appreciative of all that is being done, it is a real pleasure to help her. I am also in contact with her son, as he has arranged online banking for the shopping, and he too seems lovely and very appreciative. As I explained to him I am in the same position as him, as my parents are up in Sunderland and I and my sisters are in Yorkshire so it is nice for me to be able to help and have a bit of a laugh with his mum.

We also help a couple on our estate = who has now managed to get online delivery so we buy those bits and pieces in addition as required.

It is so nice that we have met more people during this very difficult time, and it is lovely to see how everyone is pulling together.

We are looking forward to helping out with the delivery of prescriptions from next week to assist more people, and hopefully meet more of the great residents of this village.

Thank you to all of you on the council who are working so hard on this.

=====

I have completed a couple of trips for the lady at Moor End and she is very lovely we chat about a lot of things. A family friend lives next door so occasionally we all chat together within the distance advised.

The couple at another address on Moor End I have completed a few big shops for but have told them yesterday that due to mum and dad being key workers I can only go to the village shop and they cannot call 2 days in a row, they are very lovely and I have only spoken to the man once and the woman a few times. I have collected prescriptions for them as well

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I am helping out a family friend with prescriptions, when their daughter cannot, as a non volunteer, so I don't wear my tabard etc.

=====

I am enjoying doing it as it gets me out the house and gives the elderly and vulnerable what they need as well as a chat if they need it. It is very nice to be able to be involved with this because I am young and I am very proud of what we are all doing.

Also one lovely guy (87 and still insisting on shopping for himself but I'm working on it!) gave me an Easter Egg

=====

Just wanted to let you know how we are doing. After you told us about Louise we contact her. Fortunately I've known Louise and her family for a number of years. Both me and my wife have spoken to her, we call her every few days just to make sure she's ok and has everything she needs. I collected her prescription from the pharmacy the other day. It can't be easy for her being on her own. I and my wife are fine both of us still working. We both work for the NHS Melanie at Hull Royal and me at Goole Hospital so as you can imagine are very busy. If there is anything we can help with please don't hesitate to ask.

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Well done to all of you for setting up this volunteer group. You are doing a great job for the village.

Also just to let you know I am back to work now but I am still helping my couple with bits of shopping etc. It's not a problem as I just message them if I'm going shopping and ask if they need anything.

=====

I have really enjoyed being part of the volunteer network. I have lived in this village for 24 years and I never really got to know a lot of people. Since the lockdown and the volunteering I have got to know a lot more people, especially in my own street! I have many a lengthy conversation with elderly neighbours over garden fences when on my daily dog walks. I would like to think throughout

the village new friends and bonds have been made and people will carry on helping after all this is over. Thank you for this opportunity.

I personally want to say a huge thank you to you and all the volunteers; I have spoke to many residents on the phone through work and they are all so grateful of the work you have all put in for them. This community spirit is what makes Holme on Spalding Moor great.

=====

I just wanted to write a little something about our experiences of being a volunteer.

It all started with a call for face masks. I and my 2 daughters gathered all our spare material and set up the sewing machine, we got a pattern from the internet and happily started making more and more face masks. We delivered our first batch to people who has asked for them around the village and then made some for the village hall team.

I then saw the advert for volunteers and without a second thought, I volunteered. It is the best thing I did, I have met the most loveliest man 'Dennis' I call him every week, we have a chat and a good laugh and I take his shopping order. Queuing at the supermarket doesn't seem as bad as I know that without me getting this, Dennis would really struggle. I drop off his shopping; we have another chat and another really good laugh about various things. He probably doesn't realise it, but he makes my week too, I look forward to helping him out. I now walk my dog past his house and give him a wave as I pass by.

This maybe a horrendous virus, but it has without any doubt, bought out the best community spirit in this village, so many people chatting to others from across the road, smiling, all understanding that we are all in this together.

*'Oh that is so nice, lovely Clare and lovely Dennis who would probably never have crossed paths without this situation, as for many other partnerships established over the last couple of months. It is so satisfying to hear of the good that is coming from this unprecedented situation. Keep up the good work lovely volunteers!'*

=====

Hi, thank you so much for introducing me to the lovely Dennis; I've made a friend for life. We've had so many laughs & good chats. Last week he worried me, but we got him sorted at the doctors & today he had his 1st walk out & popped to see me. He wants to try and do a bit of shopping for himself, but I'm still going to keep an eye on him over the next few weeks. What an amazing community we have, I have a brilliant new friend xxx

=====

One of the best things I have ever done. I have made some new friends for life.

**To be continued**

**A SELECTION OF POSTERS / NOTIFICATIONS AND PHOTOGRAPHS FROM AROUND THE VILLAGE**  
**(Note there are many more not shown here)**



# CORONAVIRUS STAY ALERT TO STAY SAFE

- ✔ Keep a safe distance from others
- ✔ Stay home as much as possible
- ✔ Keep washing your hands regularly

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**



**NHS**

**‘A single action from one person can be the difference between life and death for another, and simple acts of kindness are going to make all the difference in keeping some of the most vulnerable people well and out of hospital.’**

**Dr Nikki Kanani**  
Medical Director for Primary Care,  
NHS England and NHS Improvement

## You should stay at home as much as possible.

The reasons you may leave home include:

- For work, where you cannot work from home
- Going to shops that are permitted to be open - to get things like food and medicine
- To exercise or spend time outdoors
- Any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

**STOP.** Be aware of people offering or selling:

- Virus testing kits
- Vaccines or miracle cures – there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

**CHALLENGE.** Question communications and encourage others to do the same.

- Don't be rushed into making a decision. If it sounds too good to be true, it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you. If in doubt, speak to someone you trust.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressure you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good Friend, help to protect your family, friends and neighbours from scams.

**Read it.  
Share it.  
Prevent it.**

#ScamAware  
#Coronavirus



**PROTECT.** Contact:

If you think you have been scammed, contact your bank first.  
For advice on scams, call the Citizens Advice Consumer Helpline on  
**0808 223 11 33.**  
To report a scam, call Action Fraud on **0300 123 2040.**

**NATIONAL  
TRADING  
STANDARDS**

Scams Team

To learn more about different types of scams, visit: [www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)



**Leave home only for:**

**Shopping for basic necessities**

**One form of exercise a day**

**Any medical need / care for vulnerable person**

**Travelling to and from work, only if absolutely necessary**

Source : HM Government

**STAY ALERT**  
**CONTROL**  
**THE VIRUS**  
**SAVE LIVES**



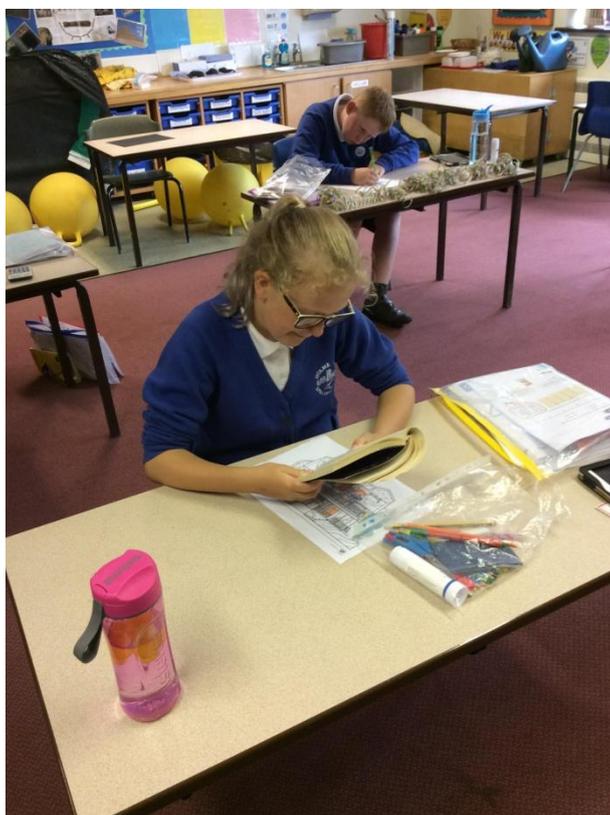


**HOLME ON SPALDING MOOR PRIMARY SCHOOL (courtesy of Louise Ratcliffe)**

**HOLME ON SPALDING MOOR PRIMARY SCHOOL HAVE HAD TO ADHERE TO THE 'SOCIAL DISTANCING' CAMPAIGN**



**The children less than the stipulated 2 meters apart are siblings**







## **FOOD PARCEL DELIVERIES**



Courtesy of Charlie Age 4 and Drake Age 2

# Together, we can do this.

It is fair to say that we find ourselves in uncharted waters. COVID-19 is bringing a change to the UK and it's clear that lots of things are going to have to shift around in order to help us cope.

At Tesco, we have been doing everything we can to keep business as usual, but we now have to accept it is not business as usual. In the last two weeks, we have seen significant and prolonged increases in demand across all of our stores and this is leading to shortages in some products for some customers.

Reacting to the latest government announcements, we have to plan on this situation being the new normal and we will do all that we can to make the food you want available, but we need your help.

In order to protect the core shopping essentials, we are going to implement some changes in our stores. The changes are designed to simplify what we do so that we can provide more of what people need in a clean and safe environment. We ask for your understanding and your support.

From today we will start to implement the following changes:

- To ensure more people have access to everyday essentials, we are introducing a storewide restriction of only 3 items per customer on every product line, and removing multi-buy promotions.
- In order to allow Tesco colleagues to focus on stocking shelves, helping to provide the essential groceries you are looking for and to avoid waste, we will close all meat, fish, deli counters and salad bars.
- To be able to ensure our stores are clean, that we can replenish stock, and allow our colleagues to rest, we will change our trading hours with all stores closing at 10pm.
- To ensure we are doing everything possible to reduce the risk of infection for both our customers and colleagues, we will be introducing some distancing measures at the checkout and, to make it swifter, invite customers who can, to pay by card.
- To help free up slots for the more vulnerable, such as our elderly customers and those who are self-isolating, we are encouraging customers who shop online or choose Click+Collect for their grocery home shopping, to prioritise shopping in-store where possible.
- To ensure our more vulnerable and elderly customers can shop in-store, we will prioritise one hour every Monday, Wednesday and Friday morning between 9-10am (except in our Express stores) and ask that you respect this.
- Tesco store colleagues can't work from home and a good number of them will need to respond to personal or family challenges connected with dealing with COVID-19. So we would please ask that you understand the challenging environment in which we are all working. If you do go in-store and want to say thank you, then I'm sure they'd appreciate it.

So, if you could help us by limiting demand of essential items and allowing us to focus on the core needs of our customers – we are confident that we can continue to feed the nation. We are delivering food daily to our stores, but this is a very challenging time and we will only get through this if we work together.

Thank you for your support.



## A TYPICAL NOTIFICATION FROM A SUPERMARKET (OTHER SUPERMARKETS HAVE SIMILAR INSTRUCTIONS)

**Welcome to Supermarket Check In**  
Check your local supermarket queues & stock info before you leave home!  
Here's how it works...

**Checkout.**  
Go and do your shop as usual, then once you're finished and out of the store...

**Browse**  
Browse the latest queue and stock information for your local stores.  
Details are the 100% crowd-sourced experiences of other Supermarket Check In users, so the more people "Check-in", the more useful it will be for everyone 🙌

**Check-In!**  
Share your experience with other users by tapping the "Check-in" button.  
Hey! The store you want to Check-in isn't listed? Simply tap "Add New Store" to create it.

You've just joined the Supermarket Check-in community, and helped make others lives just that little bit more bearable ❤️  
If you like what you see, please take a moment to rate us on the Appstore to help spread the word  
★★★★★

There's an app that tells you how long you'll have to queue at supermarkets near you.  
It also shows stock levels at supermarkets like Asda, Tesco, Aldi, Morrisons and Sainsbury's

HOSMInfoPage  
23/04/2020

Things were so bad, with panic buying a web site was set up to let people know how long queues were.

**Left Screenshot (15:14):** Shows a list of stores within 10 miles. The top entry is **TESCO MARKET WEIGHTON** with a queue time of 20 minutes. Other entries include Sainsbury's POCKLINGTON (0 mins), ALDI POCKLINGTON (20 mins), and CO-OPERATIVE FOOD POCKLINGTON (15 mins).

**Right Screenshot (15:16):** Shows a detailed view of TESCO MARKET WEIGHTON with a 20-minute queue. Below the store name is a grid of stock levels for various items:

Store Experience ★★★★★	Checkout Wait (15 mins)	Bread (Normal)	Milk (Good)	Eggs (Normal)
Meat (Good)	Fruit & Veg (Good)	Pasta & Rice (Normal)	Tinned (Normal)	Flour (Sold out)
Frozen (Good)	Toilet Rolls (Normal)	Cleaning (Normal)		

At the bottom of the right screenshot, it shows "4 Check-ins" and a "Check-in Here" button.

HOSMInfoPage  
23/04/2020



**FRIDAY  
8th MAY**

**VE  
DAY**

**75TH  
ANNIVERSARY  
CELEBRATION**

*Join your neighbours  
in a nationwide 'stay  
at home' street party!*

Prepare for the day by decorating your house in red, white and blue.

**11am**

2 minutes silence on your doorstep

**3pm**

Churchill speech shown on BBC

Then grab your picnic blankets or garden table and head to your front garden for:

**4pm**

Tea & scones (or coffee & cake)

**6pm**

Dinner and raise your glass to your neighbours

**9pm**

Nationwide sing-a-long to 'We'll meet again' with Royal British legion after the Queen's address

**Please remember to follow the social distancing rules.**

**VE DAY CELEBRATIONS AROUND THE COUNTRY WERE CANCELLED – THIS WAS A REPLACEMENT IDEA**

The **Methodist Church**

Pocklington and Holme-on-Spalding Moor.

We cannot meet in person,  
but do join in (even if it is  
your first visit) by  
downloading your free pack  
for another  
Messy Church at home



May 2020

Download your copy from the Methodist circuit website, at  
<https://pocklingtonandmarketweighton.church/>

**God's power to change...**



Story, craft ideas you can make at home, prayers and songs.... don't miss it!  
(Image from [www.freebibleimages.org](http://www.freebibleimages.org))

**Play, make,  
celebrate!**

More information? Contact  
Graham & Suzanne Patrick. 01430 861774  
[patrigraham@gmail.com](mailto:patrigraham@gmail.com)  
OR Joyce Simpson, 01759 303354  
[joyce.simpson33@gmail.com](mailto:joyce.simpson33@gmail.com)

Let us know how you  
get on, and...  
(if we still cannot meet in  
person),  
look out for future  
packs...

*June: The Philippian Jailer*

(Email one of the addresses  
above to get your copy direct)

**AS WITH MANY ACTIVITIES – MESSY CHURCH HAD TO GO ON LINE**

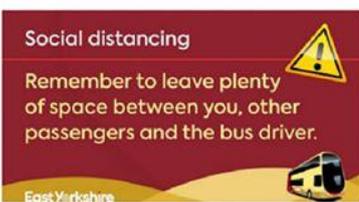
**East Yorkshire**  
1 hr · 📍  
As the new government guidance suggests, if you are able to, please wear a face covering when you travel by bus.



**East Yorkshire**  
11 hrs · 📍  
Please wash or sanitise your hands before and after travelling – it helps keep you and others safe.



**East Yorkshire**  
Yesterday at 17:05 · 📍  
Be aware of those around you, and stay as far apart from others as you can, at the bus stop and on the bus.



HOSMInfoPage  
15/05/2020

**East Yorkshire**  
14 May at 07:45 · 📍  
If you have to use the bus for an essential journey, please pay by contactless if you can. There are various options for this:  
■ Use a contactless bank card.  
■ Use Google Pay on an Android phone.  
■ Use Apple Pay on an iPhone.  
■ Buy your ticket in advance using the East Yorkshire Buses app.  
Cash is still accepted, but please only use it if you cannot use one of the methods of payment above.



**East Yorkshire**  
13 May at 06:55 · 📍  
If you're travelling by bus, please keep your distance from others. Board one at a time, sit as far apart as possible, and avoid any seats that are taped off.



**East Yorkshire**  
12 May at 19:15 · 📍  
If you have any coronavirus symptoms, however mild, do not travel.



## Are day trips and holidays ok? Can people stay in second homes?

Day trips to outdoor open space, in a private vehicle, are permitted. You should practise social distancing from other people outside your household.

Leaving your home - the place you live - to stay at another home for a holiday or other purpose is not allowed. This includes visiting second homes.

Premises such as hotels and bed and breakfasts will remain closed (see Item 1.9 of FAQs link)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**





**LOSS OR CHANGE TO YOUR  
SENSE OF SMELL OR TASTE?  
GET TESTED**

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**



**CORONAVIRUS  
STAY ALERT TO  
THE SYMPTOMS**

**HIGH TEMPERATURE  
OR NEW CONTINUOUS COUGH  
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 <p><b>RED</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Becomes pale, mottled and feels abnormally cold to the touch</li><li>• Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts <b>grunting</b></li><li>• Severe difficulty in breathing becoming agitated or unresponsive</li><li>• Is going blue round the lips</li><li>• Has a fit/seizure</li><li>• Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive</li><li>• Develops a rash that does not disappear with pressure (the 'Glass test')</li><li>• Has testicular pain, especially in teenage boys</li></ul>	<p><b>You need urgent help:</b></p> <p>Go to the nearest A&amp;E department or phone 999</p>
 <p><b>AMBER</b></p>	<p><b>If your child has any of the following:</b></p> <ul style="list-style-type: none"><li>• Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (<b>recession</b>) or <b>head bobbing</b></li><li>• Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)</li><li>• Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down</li><li>• Has extreme shivering or complains of muscle pain</li><li>• Babies under 3 months of age with a temperature above 38°C / 100.4°F</li><li>• Infants 3-6 months of age with a temperature above 39°C / 102.2°F</li><li>• For all infants and children with a fever above 38°C for more than 5 days.</li><li>• Is getting worse or if you are worried</li><li>• Has persistent vomiting and/or persistent severe abdominal pain</li><li>• Has blood in their poo or wee</li><li>• Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness</li></ul>	<p><b>You need to contact a doctor or nurse today.</b></p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&amp;E</p>
 <p><b>GREEN</b></p>	<p><b>If none of the above features are present</b></p> <ul style="list-style-type: none"><li>• You can continue to provide your child care at home. Information is also available on NHS Choices</li><li>• Additional <b>advice</b> is available to families for coping with crying of well babies </li><li>• Additional <b>advice</b> is available for children with complex health needs and disabilities.</li></ul>	<p><b>Self care</b></p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>

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The Royal College of Paediatrics and Child Health is a registered charity in England and Wales (1057744) and in Scotland (SC038299).

  
**Healthier Together**  
Improving the health of children and young people

  
**RCPCH**  
Royal College of Paediatrics and Child Health  
Leading the way in Children's Health

# FOR PARENTS

## A SPECIAL COVID-19 MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111, or go the Accident and Emergency Department (A&E). While the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance around what to do if your child shows any of the following symptoms or signs.



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT [WWW.NHS.UK](http://WWW.NHS.UK)

Designed by primary & secondary care clinicians from Barts Health NHS Trust & East London Health & Care Partnership

### YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF:

#### APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

#### BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

#### BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Unusually noisy breathing

#### OTHER

- ▶ Bleeding from an injury that doesn't stop after 10 minutes of pressure
- ▶ Fever with a stiff neck

### YOU SHOULD GO TO A&E IF:

#### APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

#### BEHAVIOUR

- ▶ Severe tummy pain

#### OTHER

- ▶ Burn
- ▶ Possible broken bone

#### OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than 3 months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant self harm thoughts
- ▶ Head injury

### YOU SHOULD CALL YOUR GP IF:

#### APPEARANCE

- ▶ Mild/moderate allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

#### BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Moderate tummy pain
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

#### BREATHING

- ▶ Wheezing/fast breathing

#### OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for 5 days or more
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress (where your child can't be reassured)

### YOU SHOULD USE 111 ONLINE OR CALL 111 IF:

#### APPEARANCE

- ▶ Pink eyes/red eyes

#### BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain

#### BREATHING

- ▶ Cough
- ▶ Runny nose

#### OTHER

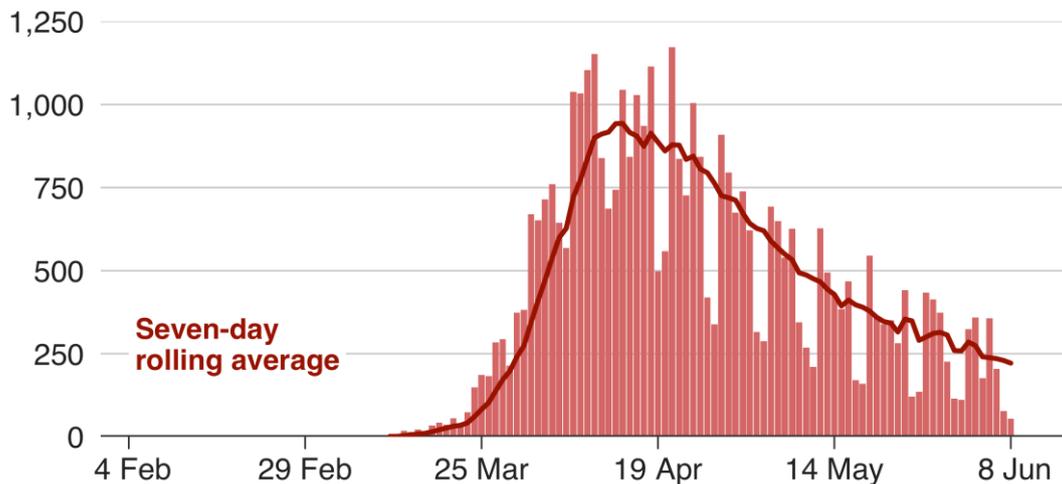
- ▶ Temperature over 38°C for less than 5 days

**THE ABOVE IS JUST A SELECTION OF THE MANY POSTERS AND ADVICE INFORMATION DISTRIBUTED**

## A SELECTION OF THE GRAPHS FROM GOVERNMENT UPDATES

### Daily deaths continue downward trend

UK daily reported deaths with coronavirus



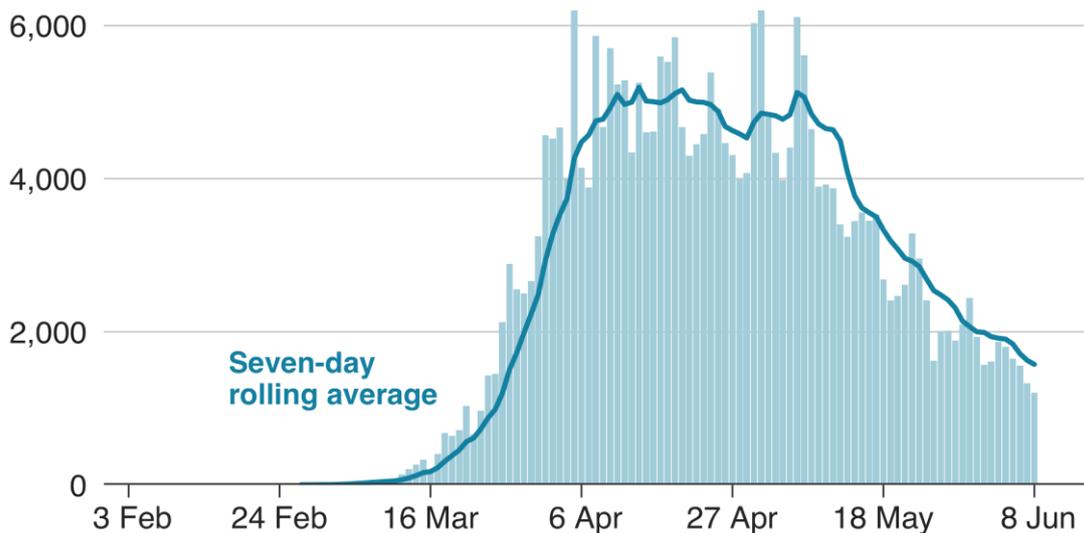
Figures include only those who tested positive for coronavirus. Deaths recorded up to 7 Jun 17:00 BST

Source: Department of Health and Social Care

**BBC**

### New coronavirus cases below 1,500

Daily confirmed cases of coronavirus in the UK



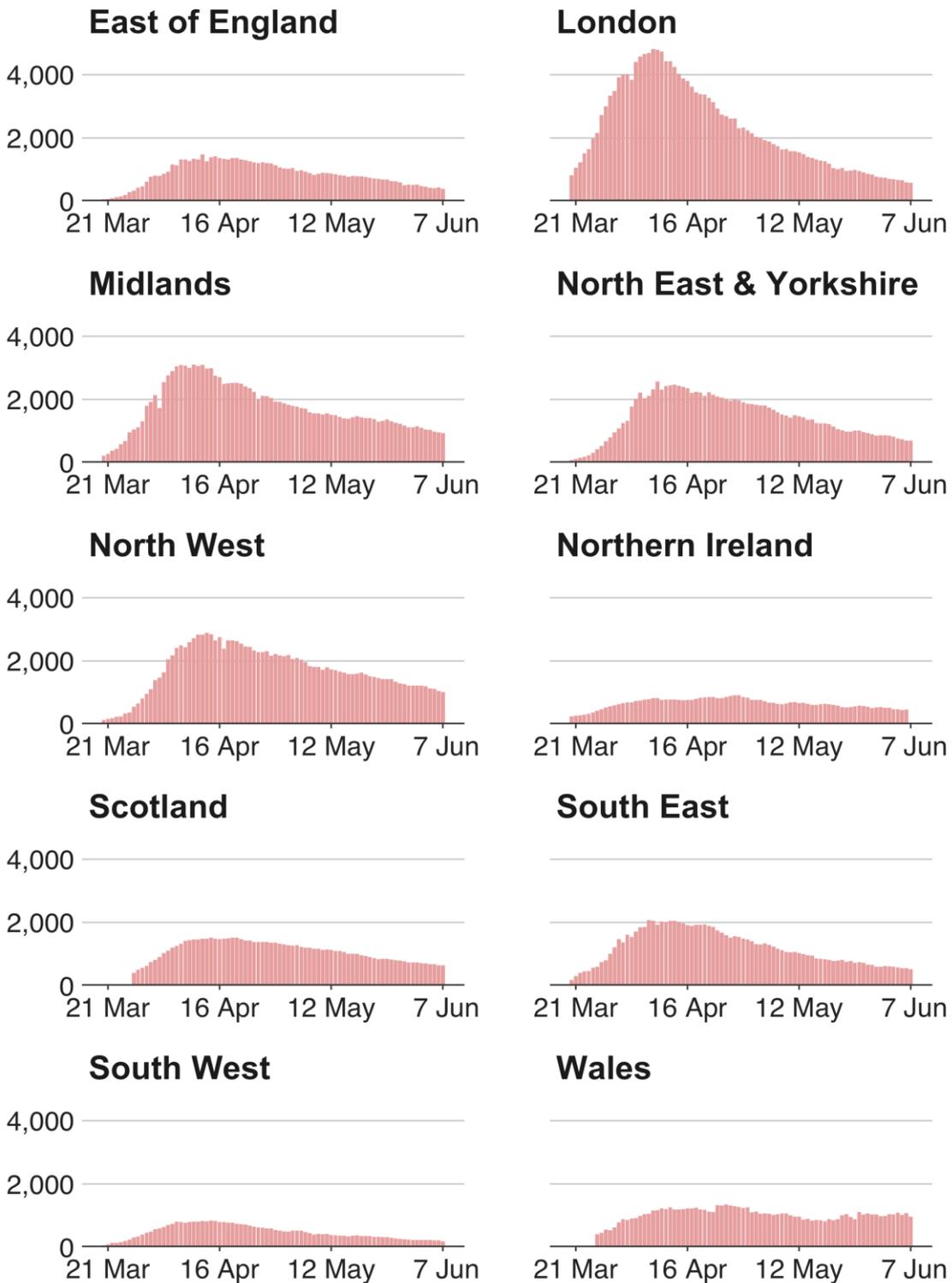
Figures now include cases among key workers and their families, as well as patients

Source: Department of Health and Social Care, updated to 8 Jun 09:00 BST

**BBC**

# Pressure on hospitals easing in most UK nations and regions

Number of patients in hospital with coronavirus, each day



Source: Prime Minister's Office, updated: 8 Jun 17:00 BST



## THERE WERE BIG CHANGES FOR PEOPLES PANTRY



## DONATIONS POURED IN FROM VILLAGERS AND SUPERMARKETS



The People's Pantry (our local food bank) is now a delivery service. This means you simply have to ring me up on 01430-626728 and either leave a message or ask me to ring back - or email me at [Stephenvcope@tiscali.co.uk](mailto:Stephenvcope@tiscali.co.uk) with a shopping list. I will then deliver to the doorstep, usually the following morning, so there's no direct contact. This service is available six days a week (not Saturdays), so there's no need to wait. If you are going short and getting worried just ring or email. We have a wide-ranging stock of food, toiletries, cleaning stuff and feminine hygiene items, and there is no restriction on the number of things you can ask for, or how often you can ask. And anyone who wants to donate - we're very grateful for all we get - can take things to Margaret's DIY or drop them on the Vicarage doorstep.

