

Bratton Fleming together

Community Resilience Forum

BFT are here to ensure we have the resources we need to look after each other during this next lockdown. Bratton Fleming really pulled together in our first long lockdown, volunteers offered time, prescriptions were collected and neighbour checked on neighbour.

This lockdown might look a little different. We are more likely to be able to access shopping delivery slots or register with prescription delivery services. However, we are aware that other needs such as economic stresses and mental health needs might be greater this time around.

This leaflet is a reminder that the help you may need could be only a phone call away, if we can't help you ourselves - we may know someone who can!

We're determined to do all we can to stop this virus spreading within our own community. So we take care to spread only kindness, to keep people's information private and to respect confidentiality*. We won't ever ask you for any bank details – so please be cautious and never give out these details over the phone.

**The only circumstance where we would need to share information is when someone could be in danger, at which point we'd need to contact an appropriate organisation.*

MEDICAL

A local GP tells us: *“Your GP Practice is still open and treating people with long term conditions and new or acute problems. However COVID has meant that to keep both our communities and individuals safe we have had to change the way that you access care. Please go to the practice website and use econsult which will give you a response within 48 hours and can lead to further consultation if required such as telephone, video or face to face consultation. Please reserve calls to the practice for an urgent need. We can all support each other and stay safe.”*

There are many Pharmacies offering prescription delivery, such as Lloyds and Well . If you are in need of an urgent prescription delivery as a one-off, please get in touch.

FOOD SHOPPING

Supermarkets have increased their click and collect capacity and delivery services. However, if you are unable to arrange for either of these, are clinically vulnerable and are in need of food or other supplies, please get in touch with BFT. North Devon Council can help with requesting a priority delivery slot.

Our **Village Shop** is continuing to offer deliveries to any who are in need of this service. Please contact Nicky for more details (01598 710410).

Other local shops offering delivery to BF include:

Besshill: 01271 850311 / besshillfarmshop.co.uk

Blakewell: 01271 344533 / blakewell.co.uk

Local Farmbox: 01271 855999 / localfarmbox.co.uk

Kentisbury Fruit and Vegetable Supplies: 07925 338125 / 07925 338125

FINANCIAL HARDSHIP

If you have limited funds due to Covid, then help may be found from NDC. Council tax support: northdevon.gov.uk/benefits-and-grants/council-tax-reduction

Debt advice: Money Advice: 033 0055 2902/ moneyadvice.co.uk

Foodbank: The food bank is available to anyone to offer a three day supply of food for those in immediate need. Please contact Rosie (BFT) who is able to provide a voucher, either for you to collect a food parcel for yourself or which can be collected for you. Pet food banks are also available.

Patch's Pet Food Supplies: patchspetfoodbank.co.uk/

Bratton Fleming Relief in Need Charity can support people in need with small grants to cover unforeseen difficulties. Please contact Rosie (01598 711962) or Peter (07976 565997) about this.

MENTAL HEALTH / ANXIETY

We all need to look after our mental health. Go to the Every Mind Matters website for advice and practical tips. nhs.uk/oneyou/every-mind-matters

TALKWORKS- North Devon (0800 123455)

INTERNET SUPPORT

If you need help to access the internet for applying for benefits or accessing NHS or other services, please speak to Rosie (01598 711962).

COMMUNITY CONNECTION

Our Neighbourhood Link (formerly Guardian Angels) were wonderful at keeping an eye out for people and passing on messages. If you would like to be put in touch with a volunteer for a regular phone call, please contact us.

WHAT CAN YOU OFFER?

- An occasional collection or delivery for someone unable to access essentials from town, or a foodbank collection. (Please contact us)
- Cards, pictures and small treats for Chelfham House Residential Home, to help the residents and staff there know they are remembered. (*these can be dropped off at the The Parsonage, 1 The Glebe*).
- Regular phone calls to your neighbours, with their permission. If you are not sure, ask them.

CONTACT:

Frank Benbow (Chair of Parish Council) 01598 710695
Rosie Austin (vicar) 01598 711962 / rosieaustin@live.co.uk
Peter Ayrton (pastor) 01598 710022
Sue Maxfield (BFT co-ordinator) 01598 710051

For more information see our website:

www.brattonflemingtogether.com

or our **Facebook Page**: Bratton Fleming Together

If you need help or can offer it, please get in touch with us at the above numbers or email

brattonflemingtogether@gmail.com

or fill in the form below and pop it to The Parsonage, 1 The Glebe, Bratton Fleming.

Name

Contact details

I need help with

I can help with