

Covid-19 Update to Hilltop Villages Residents – No. 1

This is an update from the coordinators of the Hilltop Villages Community Volunteers.

Now, two weeks into 'lockdown', we have over 70 volunteers from across the villages who have been helping many villagers with their shopping, prescriptions etc.

Please don't hesitate to call or email for assistance – details below.

Coordinators: Chris, Liz and Virginia

Our Volunteers

So far volunteers from across the villages have collected prescriptions, shopped in all the local supermarkets, dropped off parcels to post offices, distributed flyers etc.

Thank you to all our volunteers

If you need assistance with these, or any other errands, or advice over the phone on anything, e.g. legal, IT, or from a vet. If you would appreciate a friendly call now and again.

Useful numbers

Buckinghamshire Council
all services **01296 395000**

Power cuts 0800 31 63 105

Water Companies

Thames Water **0800 714 614**
Affinity Water **0345 357 2407**

Emergency Services - 999

NHS Medical Advice - 111

Police (non-urgent) - 101

Please contact us if you need any other numbers.

Prescriptions

Rothschild Surgery, Tring

Our volunteers are collecting prescriptions from Tring on a daily basis, and will deliver them to your home.

Chess Medical Centre and Wendover Health Centre

Each have their own volunteer drivers for home deliveries and we are also supporting them.

Other Surgeries and Pharmacies

We will continue to collect and deliver prescriptions from all those not catered for by other arrangements.

If self-isolating, help us by switching to home delivery.

Contact your surgery, by phone / online, or we can drop off your repeat prescription form giving consent to home delivery.

If your prescription needs collecting,

please help by letting us know, as soon as you have a date when your next prescription will be ready to collect, so we can combine collections

Staying safe

If anyone not expected knocks on your door saying they have come to do your shopping, or to carry out other errands, **do not let them in your house, or part with any money.**

We will always let you know the name of the volunteer helping you. They will phone beforehand to fix a time to call around to deliver your shopping.

Your surgery should advise you in advance if a prescription is being delivered. Also be very cautious of anyone who phones or 'door knocks' selling things, offering services or to carry out repair work. *You can all us at any time On the number blow.*

We would also encourage you to report any Concerns to us and any Incidents to the police by calling them on 101.

Contact Us

If you need help, or would like to volunteer, either
phone: **0845 8 735 737** (freephone), or
email: hilltopvillageshelp@btinternet.com

Supermarkets, Online Shopping and other Local Food Options

Local Supermarkets

Volunteers have been out at local supermarkets shopping for an increasing number of our self-isolating residents. **If you've not been in touch yet, or need us to shop again for you please contact us. We will ask a volunteer to shop for you at one of the local store and deliver to your door.**

Click and Collect Shopping

For elderly and 'shielded' residents who do internet shopping, extra 'click and collect' slots are being added. Supermarkets are emailing eligible customers with instructions.

If you have been advised by the NHS you are in this 'shielded' group, you can still register online with all these supermarkets.

Volunteers will collect and deliver your online order. Please call us to arrange.

Other Local Shopping and Meal Options

David Hawkes For local deliveries of: Milk, Bread, Eggs, Butter, Tel:- 01494 758989

Wigginton Shop* Meat, Veg, Fruit and a range of other groceries Tel:-01442 891061

Full Moon* Ready-to-cook meals, beer. Order one day in advance. Tel:- 01494 758959

***We can help you with collection and delivery.**

Life in the Time of Corona*

There can be no doubt that self-isolating in the Hilltop Villages is, for most of us, much simpler than for many of our fellows in towns and cities. It is a joy to hear only bird song and insects without the usual hum of traffic and if you have bird feeders there is always something to watch. As well as my usual visitors I have had collared doves for the first time in a while and, early each morning, a pair of red-legged partridge. Recently, on a warm sunny day, I left my front door open and had a surprise visit from a tiny, brown bird about the size of a wren. It had a long narrow, curved beak and was all the wrong shape for a wren. Sorry no photos since I was trying to help it back outside! It was a tree creeper. What it was doing in the house I don't know but it was a pleasure to see one close up.

I am amazed at how many animals visit to eat the scattered seed below the feeders. I have daily visits from muntjac – sometimes more than one at a time, rabbits and squirrels. In the past I have also had a fox and am fortunate that there aren't rats at the moment. For very keen gardeners these animals would be a scourge but, if you are self-isolating, it is a pleasure to watch them. Hard to imagine how much nourishment they get from licking seeds out of wood chips but they do seem to really enjoy it.

Lindsay Griffin

**Love in the Time of Cholera - Gabriel Garcia Marquez*

For Help Please Contact

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email: **hilltopvillageshelp@btinternet.com**