

FROM YOUR COUNTY COUNCILLOR AND CLYRO COMMUNITY COUNCILLORS

CORONAVIRUS

ARE YOU OR SOMEONE YOU KNOW LOOKING FOR HELP OR SUPPORT?

At this worrying and difficult time for many, we would like to reassure you that you're not alone and there's support, advice and information available to help you.

We are working together with local Community and Town Councils and County Councillors in neighbouring areas to ensure that ALL RESIDENTS have access to what you need. Whether you are:

Self-isolating (staying at home) because you are showing symptoms of Coronavirus or are at high risk of getting seriously ill from Coronavirus, or

Social distancing (reducing close contact with people) which is particularly important if you are:

- over 70
- have an underlying health condition, or
- are pregnant.

Many people are already looking out for friends, family and neighbours and this is fantastic. Local businesses are also changing how they do things to make sure important services continue. In addition to this we're helping to set-up informal groups of local volunteers who may be able to help others who can't leave their homes or are in difficulty. There is also formal help and advice available through the **Powys Association of Voluntary Organisations (PAVO) Community Connectors**.

So please don't worry as between us we'll find a way to help.

Details of who to contact are overleaf.

Your local Councillors:-

County Councillor James
Gibson-Watt 07971 048 737

Clyro Community Councillors:

Roger Wells 07890 017 271
Paul Bate
Ted Brown
Jean Carter
Ron Francis
David Hood
Roddy Lewis 07811 274 148
Jennie Morgan 07792 339 309
Vince Price

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ARE YOU OR SOMEONE YOU KNOW LOOKING FOR HELP OR SUPPORT?

Contact a local **Community Connector** on:- **01597 828 649**

or email community.connectors@pavo.org

or visit the website www.pavo.org.uk for information,
where you can also find out how to formally volunteer.

Community Connectors can help you get assistance with:

- Food and Essentials Shopping
- Prescriptions/Medication Collection
- Dog walking
- General chat
- Help around the home
- Delivery of cooked meals
- Any other assistance

Help is also available by contacting local Councillors:

County Councillor James Gibson-Watt
07971 048 737

Clyro Community Council Chair
Roger Wells 07890 017 271

If you have access to the internet, or know someone who can go online for you, this website has information on what local shops and services are offering

www.hayonwye.info

Want to help informally?

email
covid19communityteam@gmail.com

or

join us in the **Clyro Community Support WhatsApp Group** by texting from your mobile to **Roger Wells 07890 017 271** or **Jennie Morgan 07792 339 309**. This group will help connect people who need help with those who are able and willing to offer it.

Please remember to stay at home if you have symptoms of Coronovirus:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

If you have access to the internet, use the 111 online coronavirus service at www.nhs.uk/111 to get advice and find out what to do, even if your symptoms are mild.

If you do not have access to the internet telephone the NHS **111** telephone number. **Do not hesitate to call 111 if you are feeling very unwell.**