



Hello!

Dear Resident,

We are a volunteer group of local Yaxham Parish residents set up to help those in need during this difficult time.

If you are self-isolating due to COVID-19 we can help with:

- Picking up shopping or posting mail
- Picking up urgent supplies/prescriptions
- Community Car Scheme trips to medical appointments

Coronavirus is contagious.

Please take every precaution to ensure you are spreading only kindness **#viralkindness #yaxhamcares**

- Avoid physical contact (2m distance).
- Wash your hands regularly.
- Items collected for you, or to be delivered to you, should be left on your doorstep.

Contact us and we'll do our best to help you!

Please Contact: yaxhamcares@gmail.com

Richard 07780 972206

Parish Councillor

Ian 01362 854248

Parish/Ward Councillor

Peter 01362 696555

Chair of Yaxham Village Hall

Jennie 01362 696555

Community Car Scheme

If you would like to volunteer please contact us - we need you!!!

Supported by:

Yaxham Parish Council, Yaxham Village Amenities Association,
Yaxham Community Car Scheme, St Peter's Church

#yaxhamcares Yaxham (VA) Primary School **#viralkindness**

Tips for anyone supporting people who are self-isolating

If you want to help your friends, family or neighbours who are staying at home, remember the following advice to help prevent the spread of COVID 19 - Coronavirus:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home for them to collect, don't deliver in person
- Provide support over the phone and make use of social media

Advice if you are self-isolating to help prevent the spread of Coronavirus

- The NHS has clear advice for those staying at home at www.nhs.uk/coronavirus
- If you are staying at home you should try to avoid allowing social visitors to enter your home.
- It is your home and you do not have to agree to anything a visitor may ask or tell you to do.
- Only allow someone you know and trust, to have access to your personal details.
- Be aware that during a time of crisis there are always people looking to exploit the vulnerable.

[#viralkindness](#) [#yaxhamcares](#)



Norfolk County Council

NHS Public Health England

For more information on how to protect yourself, visit NHS.uk/coronavirus

If you would like to receive regular emails about what is happening in Yaxham, please email np4yaxham@gmail.com to join the regular email list, or follow Yaxham Neighbourhood Plan on Facebook.