

# ROBERTSBRIDGE & SALEHURST HELPING HANDS



07726 592 739

Our community friends' scheme links residents in Robertsbridge & Salehurst who need a helping hand with volunteers who are willing to help.

## **Advice for self isolating (correct at 16 March 2020)**

If you have a high temperature or a new and continuous cough, even if mild:

- Stay at home (in your house or garden) for 7 days if you live on your own.
- All stay at home (in your house or garden) for 14 days if you live with others
- Ask friends, family, delivery services or Helping Hands to shop for you.
- Don't have visitors. Have deliveries left outside.
- Keep three steps or two metres away from other people.
- Drink water to stay well hydrated.
- Wash hands thoroughly (for 20 seconds) very regularly.
- If symptoms get worse or are still there after 7 days, use the NHS 111 online coronavirus service. Only call 111 if you cannot get help online.

**Note:** There will be further advice and instruction on self isolation for vulnerable groups.

## **Visits to Robertsbridge Hawkhurst or Sedlescombe Surgeries**

- **Do not visit the doctors' surgeries unless you have an appointment or are collecting medication.**
- For Oldwood Surgery in Robertsbridge repeat medications should be ordered online where possible. If you need to make an appointment please ring the surgery or make an appointment online.

## **Local Help**

Helping Hands is our local community help scheme. We are supported by the Parish Council, Darvell Community and a further bank of volunteers who have stepped forward in the last week to offer practical help in their local roads to those who are self isolating. In the next week you will receive a 'Hello I can help' flyer through your door giving you the contact details of the person offering help in your road. If you do not know this person, feel free to ring Helping Hands to check who they are. If you or someone you know needs help before you receive the 'Hello I can help' flyer please ring us on 07726 592 739. If you are feeling anxious don't hesitate to contact Helping Hands or any organisation listed overleaf.

**Thank you to everyone who has offered help in our community.**

Helping Hands have produced this leaflet in collaboration with Salehurst & Robertsbridge Parish Council and Oldwood Surgery.

Further sources of information, advice and help

NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>

NHS 111 online coronavirus service <https://111.nhs.uk/covid-19>

Age UK provides a free advice line 0800 678 1602

BBC [www.bbc.co.uk/news](http://www.bbc.co.uk/news)

Helping Hands <http://www.robertsbridgehelpinghands.co.uk/>

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Home deliveries available from Browns Farm Shop 01580 880503 and Robertsbridge Village Store 01580 880540. Busters Farm Shop offering local delivery service to the elderly 01580 882020 . Take away service with free local delivery from The George Inn 01580 880315 and Salehurst Halt 01580 880620. Take away food outside Robertsbridge Club (ask Club for details 01580 880673).

Oldwood Surgery, Robertsbridge <https://www.oldwoodsurgery.co.uk/>  
01580 880790

Robertsbridge Community Church [www.ccrobertsbridge.org.uk](http://www.ccrobertsbridge.org.uk)

Rev Jan Vidler 07941 381207

Salehurst & Robertsbridge Parish Council

<http://www.salehurst-pc.org.uk/> 01580 882066

St Mary's Church, Salehurst <https://www.stmarysalehurst.com/>

Rev Annette Hawkins 07900 332791

Silver Line Helpline –offers weekly friendship calls to over 55s  
0800 4 70 80 90

**Please remember to support our local shops and businesses.**