

Stay at Home Tarpurley

Tarpurley Parish Council
9th April 2020

 **STAY AT HOME**

PROTECT THE NHS

 **save lives**



Stay Supported

01829 833 069

Tarpurley Helpline

9am-6pm. 7 days a week. Basic necessities and medications delivered. Friendly and helpful staff!
WE HAVE A TEAM AWAITING YOUR CALL NOW



NHS Advice visit www.111.nhs.uk or www.NHS.uk

Tarpurley Doctors

Dr Adey & Dancy tel 01829 732401
www.tarpurleydoctors.gpsurgery.net

Dr Campbell tel 01829 733456
www.tarpurleygps.gpsurgery.net

Stay Updated

Bin collections: if you have COVID symptoms double bagging rubbish and clean bin handles and boxes after collection. Next Black Bin collection 20th April (Tarpurley)

Green bin stopped & Refuse tips closed.

Check my.cheshireandwestandchester.gov.uk

Supermarket delivery services now have initiatives for elderly, key workers and self isolators - check online.

Stay Local

Please see overleaf for the Local Services Directory and what local businesses are doing to help. Each week we will be nominating our "Local Business Hero" and "Local Initiative" - send in your nominations to helpine@tarpurley.org.uk

Stay In Touch

Email helpine@tarpurley.org.uk questions and suggestions for here.



"I couldn't get any eggs"

...try *Briscoes Dairy - delivered to your doorstep*

"I had to queue for ages at Co-Op"

...go between 3-6pm quieter then.

"I couldn't get any flour"

...try alternatives, maybe you can bake without flour?!

Goto Facebook pages for updates: Tarpurley Parish Council, Tarpurley Community Notice Board, Tarpurley and Surrounding Villages Community Hub.



Stay Connected

Thursday 8pm: Clap for NHS
Join in at your front door*

"We had bells and saucepans being bashed on Eaton Road" Michelle

Keeping in touch with friends and family is important for all at this time - try FaceTime, WhatsApp, or Zoom.

OPAL for older people - Telephone befriending service and more www.opalservices.org.uk

Stay Well

Doctors: Use telephone appointments.
Prescriptions: Order online at digital.nhs.uk



Keep Active with a daily exercise routine - outside if possible*. Eat Well - try to ensure a mixture of fresh veg & fruit and look after your mental health.

www.health24.com www.bbcgoodfood.com

www.mind.org.uk www.samaritans.org

livewell.cheshireandwestchester.gov.uk

Podcasts: Dr Rangan Chatterjee: Feel Better Live
More, Frankie Bridge: Open Mind.

*subject to further restrictions at any time.

Stay Entertained

So much to choose from it's a jungle out there - here are our suggestions for this week.

BBC: Health Live featuring Mr Motivator Mon/Wed/Fri 10am

C4: Keep Cooking & Carry On with Jamie Oliver @ 5:30pm

Take a virtual zoo tour at ChesterZoo.org

YouTube: National Theatre Live Thursdays 7pm

GBSocial.co.uk Launch Fri 10th @ 5pm local initiative keeping us entertained

Recommendations will change weekly, suggestions please.

Stay Home >> Protect the NHS >> Save Lives