



**POTTON**  
TOWN COUNCIL

**News**

Special COVID-19 Information Edition

[www.pottontowncouncil.co.uk](http://www.pottontowncouncil.co.uk)

## Potton COVID-19 Update: Everything you need to know

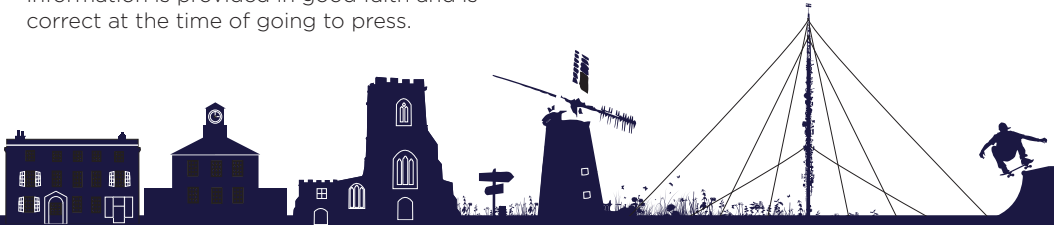
Inside you will find all the information that you need to see you through the coronavirus pandemic.

The Potton Community Help Group is working tirelessly to support families, the elderly and medically vulnerable adults who are in self-isolation. The town's shops and businesses are also working hard to help you all through this difficult time by making their premises safe to enter and providing home deliveries where possible.

Inside, we have listed all the local, regional and national advice and guidance to help us get through this awful pandemic.

**Together (but 2 metres apart), we can get through these difficult times!**

Information is provided in good faith and is correct at the time of going to press.



**STAY AT  
HOME**

**PROTECT  
THE NHS**



**save  
lives**



# Chairman's message

**Hello and welcome to this special newsletter**

These are extraordinary times we find ourselves in and the purpose of this short newsletter is to provide some useful information for everyone as we continue to observe the COVID-19 lockdown.

The recently-formed Potton Community Help Group is active in the community at the moment and will assist residents, where possible. Please contact your street representatives for assistance, if necessary.

Advice from the Town Council in these times is simple - we ask that everyone observe the lockdown and abide by the four main reasons for venturing out: shopping for groceries or essentials, for any medical need, to undertake one form of exercise per day and to travel to and from work, if it's absolutely necessary and you cannot work at home.

**Remember: STAY AT HOME • PROTECT THE NHS • SAVE LIVES**

*Angus* Cllr Angus Macdonald

## Are you self-isolating and need help?



If you are self-isolating due to COVID-19, your local street representative can help with

shopping, getting urgent supplies, posting mail, or collecting prescriptions.

You should have received a postcard in March, with the name and phone number of your designated helper. Please contact them if you need assistance.

If you live in Judith Gardens, Langley Gardens, Nursery Close or Ibbett Lane, you will have received a different type of note through the door.

**If you cannot find your postcard, contact: Tracey Wye on 0300 300 8528, email: [tracey.wye@centralbedfordshire.gov.uk](mailto:tracey.wye@centralbedfordshire.gov.uk) and she will pass you the details of your designated volunteer.**

We have helpers assigned to every household in Potton – 134 volunteers in total!



# Prescriptions



Potton Community Help Group has set up a coordinated prescription collection and delivery service to try to reduce the

queues outside Lloyds Pharmacy.

If you are self-isolating and would like help to collect a prescription you have ordered, please contact your street representative

whose number is on the card. Please give 48-hours notice where possible (if you can't find your card, see page 2).

If your prescription is not ready, it will stay on the list for collection the next day and you will be notified.

**If you wish to register with Greensands Medical Practice to order prescriptions online and need help to take in your registration forms, please contact your street representative.**

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## Struggling to buy food and pay bills?

If you've got less money coming in and are struggling to feed yourself or your family, there is help available. Contact either Andrea or Tracey - their details are below. They won't tell anyone you have been in touch.

**Andrea MacAdam** (Potton Community Agent) **07590 359630** or email: **andream@bedsrcc.org.uk**

**Tracey Wye** (Central Bedfordshire Ward Councillor) **0300 300 8528** or email: **tracey.wye@centralbedfordshire.gov.uk**

No one should go hungry and there are people who can help.

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## Play Areas closed

The **play areas** in Potton, which include Mill Lane Recreation Ground and Henry Smith Playing Fields, are closed until further notice to prevent any unnecessary spread of COVID-19. This includes the

**skatepark, outdoor gym and table tennis table** at Henry Smith Playing Fields.

We ask that the public respect these closures and do not force the gates open.



# Greensands Medical Practice

## Contact Details

Please ensure that your contact details, including mobile phone numbers, are up to date and accurate so that we can send important information and provide telephone video consultations where necessary.

## Practice Telephone Lines

We are incredibly busy at the present time dealing with patient enquiries and have made a number of changes to maximise safety for our GPs, staff and patients.

We have put measures in place to increase the number of call handlers in both sites in an attempt to help with the volume of calls. If you call the surgery and the lines are busy, please do not hold for long periods of time, but try again later and your call will be dealt with.

## Registering for Online Patient Services

During this very difficult time for ourselves and all our patients we are encouraging as many patients as possible to use the Online Services. To enable those who are self-isolating access we ask that the following procedure is followed:

- Patients who are self-isolating should:
  - Complete the application form and the Third Party Consent form which can be downloaded from the Practice website. Your nominated representative should then bring both forms to the surgery with their personal ID; a member of the team will complete the required online registration and provide a letter to be handed to the patient which will contain the relevant login details and password.

- If you do not have access to a computer/printer, please ask your nominated representative to collect the relevant forms from the Practice for you to complete at home and then follow the step above.

- Patients who are not self-isolating should:
  - Complete the application form, which can be downloaded from the Practice website, then bring the form to the surgery with personal ID; a member of the team will complete the required online registration and provide you with a letter which will contain the relevant login details and password.
  - If you do not have access to a computer/printer, please call and speak to reception.

## Repeat Prescriptions

If your repeat prescription indicates that you have no issues left, you should:

- Complete a medication review questionnaire using your Patient Online Services (if you do not have this functionality, please ask reception).
- Alternatively you can download a form from the Practice website or collect from reception.

## Electronic Prescribing

It is now possible for your prescriptions to be sent electronically to a nominated pharmacy of your choice. At your next point of contact with the Practice, please inform the reception the name of your nominated pharmacy and we will update your records accordingly. Alternatively please write this information on your repeat prescription.

# Useful contacts

## Lloyds Pharmacy

Mon - Fri 10am-1pm, 2pm-5pm  
Sat 10am-1pm, 2pm-4pm

**01767 260236**

## Potton Dental Practice

Following government advice, we cannot see patients face-to-face, but are able to give telephone advice and provide prescriptions if necessary. We will triage calls to assess if a referral is required to an Urgent Care Centre.

**01767 262252**

## Greensands Medical Practice

**01767 260340**

**W: [greensands.org.uk](http://greensands.org.uk)**

## Deepdale Water Gardens

Tue, Thur & Sat 10am-2pm

**01767 261200**

**W: [deepdaletropicals@gmail.com](mailto:deepdaletropicals@gmail.com)**

## Claytons Butchers

Tue - Sat 8am-1pm

Collection/Delivery - Please call

**01767 261503**

## Ek Raj

Phones open from 12noon for pre-orders.

Collection/Delivery available

**01767 260331/261651**

**W: [ekrajrestaurant.co.uk/our\\_menu.php](http://ekrajrestaurant.co.uk/our_menu.php)**

## Number One King Street

Thu - Sat 9am-1pm

Collection/Delivery available

**01767 261900**

**E: [hello@](mailto:hello@numberonekingstreet.co.uk)**

**[numberonekingstreet.co.uk](http://numberonekingstreet.co.uk)**

**W: [numberonekingstreet.co.uk](http://numberonekingstreet.co.uk)**

## O'Sarracino

Thur - Sun 5.30pm-9pm

Collection available

**01767 448090**

**W: [osarracino.co.uk](http://osarracino.co.uk)**

## Potton Brewery

In aid of Potton Hardship Fund. Bring own containers.

Fri 10am-12noon and  
2pm-4pm

## Potton Food Stores (Londis)

Mon - Sat 8am-6pm

**01767 260203**

**E: [pfstores@hotmail.co.uk](mailto:pfstores@hotmail.co.uk)**

## Royal Fisheries

Collection available

Wed - Sat 4pm-10pm

**01767 260435**

## Tesco

Mon - Sat 7am-10pm

Sun 8am-10pm

**0345 026 9691**

## York House Foods

Delivery only

**E: [homesales@](mailto:homesales@yorkhousemeatproducts.com)**

**[yorkhousemeatproducts.com](http://yorkhousemeatproducts.com)**

**W: [yorkhouseonline.com](http://yorkhouseonline.com)**

## Woodview Farm Shop

Mon - Fri 7.30am-5pm, Sat

7.30am-4pm, Sun 9am-1pm

Collection/Delivery available

**01767 650200/651667**

**E: [info@woodviewfarm.co.uk](mailto:info@woodviewfarm.co.uk)**

## Potton Service Station - BP

Mon - Fri 6.30am-7.30pm,

Sat 7am-7.30pm, Sun 8am-6pm

**01767 260422**

## Elephant & Feather (Cards)

For anything, including self-isolation cards, please email or phone and leave a message.

**01767 263027**

**E: [hello@elephantandfeather.co.uk](mailto:hello@elephantandfeather.co.uk)**

## Tysoes (Hardware)

Mon - Sat 9am-1pm

**01767 260235**

## Cameron's Newsagent

Mon - Fri and Sun 6am-11am

Sat 6am-1pm

**01767 262828**

## Potton Post Office

Mon - Fri 8:45am-5:30pm

Sat 8:45am-1pm

**01767 260201**

## Deepdale Vet Centre

Mon - Fri 8.30am-6pm

Sat 9am-1pm

Phone or email preferred

**01767 262868**

**E: [reception@deepdalevet.co.uk](mailto:reception@deepdalevet.co.uk)**

**W: [deepdalevet.co.uk](http://deepdalevet.co.uk)**

## Potton Vets

Mon-Fri 8:30am-7pm

Sat 8:30am-12noon

Phone or video consultations

**01767 260007**

**E: [clients@pottonvets.co.uk](mailto:clients@pottonvets.co.uk)**

**W: [pottonvets.co.uk](http://pottonvets.co.uk)**

## Central Bedfordshire Council

**0300 300 8000**

**[centralbedfordshire.gov.uk](http://centralbedfordshire.gov.uk)**

## Potton Town Council

Mon - Fri 9am-5pm

**[pottoncouncil@btconnect.com](mailto:pottoncouncil@btconnect.com)**

**[pottontowncouncil.co.uk](http://pottontowncouncil.co.uk)**

# Be aware of scams

**Potton Community Volunteers will never ask for payment for shopping upfront, or ask to use your bank card. You can reimburse them when you receive the shopping by cash, cheque or bank transfer.**

## **Be aware of people offering or selling:**

- Virus testing kits. These are ONLY offered by the NHS.
- Vaccines or cures - there are currently no vaccines or cures.
- Overpriced or fake items to protect yourself from the virus such as antibacterial products.
- Shopping or medication collections services. Ask for help from the Potton Community Volunteers.
- Home cleaning services.

## **Make sure you:**

- Are not rushed into making a purchase.
- Only buy from legitimate businesses and think carefully before handing over money or personal details.
- Reject, refuse or ignore offers or requests if you feel uncomfortable.
- Ask for ID from anyone claiming to be from a charity or organisation.
- **Call your bank if you think you have been scammed.**

For advice call the **Citizens Advice consumer helpline** on **0808 223 1133**.

# Keep your distance and stay at home!

As we don't yet know how long the virus stays infectious in public areas, or how much virus is needed to cause an infection – we need to be cautious. The virus can be detected in the air as well as on cardboard and on hard surfaces.



## **To protect yourselves and others:**

- stay at home as much as possible – except for essential shopping and one session of exercise
- whilst you are out, stay at least 2m from people from other households
- do not touch anything unless essential while out of the house
- avoid touching your face
- wash hands frequently, especially when arriving home, preparing food, eating food and using the bathroom
- wipe over surfaces and doorknobs at home more than usual, especially around your front and back doors.

# Need more support?

## Central Bedfordshire Council

A link and phone number for residents in need of support, especially those self-isolating.

[centralbedfordshire.gov.uk/covidhelp](http://centralbedfordshire.gov.uk/covidhelp)  
[centralbedfordshire.gov.uk/covidinfo](http://centralbedfordshire.gov.uk/covidinfo)  
**0300 300 8900**

The council is also updating its information at:

[facebook.com/letstalkcentral](https://www.facebook.com/letstalkcentral)  
[twitter.com/letstalkcentral](https://twitter.com/letstalkcentral)

## NHS

The NHS is contacting all those who are considered extremely vulnerable by letter, or phone call. If you have not been contacted, you can self-register here: [gov.uk/coronavirus-extremely-vulnerable](http://gov.uk/coronavirus-extremely-vulnerable)

If you are not able to access the internet, please ask a trusted friend or family member to register you using the website.

## UK Government

For all the latest information from the Government, please go to:

[gov.uk/coronavirus](http://gov.uk/coronavirus)

## Help and company - just call

If you are feeling isolated from your friends and family, there are several

telephone befriending services you can access using your landline or mobile phone:

**The Silver Line** telephone advice, support and befriending for people aged 55 and over. Open 24/7  
**0800 4 70 80 90**

**Age UK Bedford** telephone advice, information and support for people over 60. (Answer machine 24/7)  
**01234 360510**

**localhelpers.org** practical help and telephone befriending

## Helplines if you are feeling anxious or suicidal:

**Samaritans 116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org) (24/7)

**CALM** helpline for men **0800 58 58 58** (5pm to midnight)

**Papyrus** helpline for people under 35 call **0800 068 41 41** (9am till 10pm)

### Under 18s:

**Childline** Call **0800 1111**  
[childline.org.uk](http://childline.org.uk)

**kooth.com** Free, safe and anonymous online support for young people

THANK YOU!

And finally, a huge thank you goes out to all the volunteers, friends and family, neighbours, and local businesses who are working tirelessly to ensure Potton residents are looked after during this crisis. Thank you to Christina Cherry for co-ordinating the Potton Community Help Group.

Thank you to all those who are following the advice to stay at home, and to the valiant folk who are working in the NHS, caring services, supermarkets, and delivery services. Thank you to the police officers, the firefighters, posties, and everyone who is keeping the bins emptied and the roads safe.

Thank you to everyone who continues to smile and keep Potton the fantastic place where we all love to live.

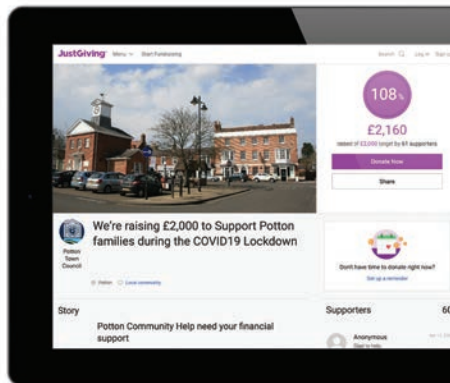
# Potton hardship fund

One issue we might face during this crisis is food poverty. Not just for those who experienced hardship prior to the outbreak, but for people who never thought they would find themselves here, perhaps the self-employed, perhaps elderly, perhaps ordinary families.

As supermarkets rationed goods, it was agreed setting up a new food bank would be unrealistic. So, under the auspices of Potton Town Council, there is now a JustGiving page to raise funds to help those who find themselves in need of a hand.

All money will be ring-fenced to support residents of Potton Town only. The fund will be used to either support existing food bank charities to deliver food to residents, or purchase goods.

If you would like to make a donation please go to [justgiving.com/crowdfunding/potton-towncouncil](https://justgiving.com/crowdfunding/potton-towncouncil)



## VE Day - Friday 8<sup>th</sup> May 2020

Please raise your glass and drink a toast!



This date marks the 75th anniversary of the end of the Second World War, at least in Europe.

The plans for one of Potton's legendary celebration weekends are on hold for now so why not join the rest of the nation in raising a glass of ale, wine, tea, coffee, lemonade, or whatever your tipple may be, at 3pm on Friday 8th May - the time the formal announcement of the end of the war as proclaimed by Prime Minister Winston Churchill over the BBC wireless network in 1945.

This is still something you can do. Wherever you are, you can go out in your garden or to your front door, raise a cheer, ring a bell, bang a saucepan and drink a toast of thanks to those who gave at that time. Let's make some noise and cheer in their memory!