

## HELPING HANDS in a time of need



### Information You May Find Useful During The Coronavirus / COVID-19 Outbreak.

Although this information has been put together primarily for our villagers in Heighington, Washingborough and Canwick we believe that several of the services listed will be available to people living either in Lincoln or other nearby villages.

Several of the services described are available only to certain people depending upon how they are being affected by the Coronavirus / COVID-19 outbreak. We have tried to describe this according to the terms used by government guidance .....

**SELF-ISOLATING**, meaning those confined to home because they or one or more members of their household are showing symptoms of COVID-19.

**VULNERABLE**, meaning those for whom social distancing is particularly important for their own health, including those 70 years of age or older, those having certain underlying medical conditions or those who are pregnant.

**EXTREMELY VULNERABLE / SHIELDED**, meaning those who are at very high risk of severe illness in the event of them contracting COVID-19. These are the people who have received an individually addressed 'shielding letter' from the government detailing wide-ranging precautions needing to be strictly followed.

**Help with shopping at the Washingborough Co-op and Pharmacy, including collecting prescriptions.** Organised by Lincoln Lions Club with the approval of the Co-op and available to all those in need due to COVID-19. To request shopping or for your prescriptions to be collected please call:

**Diane Burke on 01522 794208 / 07855 273535**

or

**Don Stewart on 01522 793297 / 07745 679686**

**Also these people are still looking for further volunteers to help carry out the shopping and collections so if you would like to help please call Diane or Don using the above numbers.**

**Two-course cooked lunches available from Washingborough Academy.** This school has an award winning kitchen and is offering to elderly or vulnerable / shielded people freshly cooked meals on Thursday each week.

**Please call the school directly on 01522 801355 to request a meal. If you are put through to an answering machine just leave your name, full address including postcode, and also your telephone number.**

Whilst the number of meals is limited they are still accepting new customers. There is a small charge for each meal to cover the cost of the food. Delivery is free, however.

**A week's worth of meals for £20 can be obtained from 'Salted Orange'.** Available to all who are shielded or self-isolating or who are simply struggling to cook for themselves. Each week 7 breakfasts, 7 lunches and 7 teas are delivered. They may be stored in either a fridge or freezer and hot meals may be cooked in a microwave or oven.

**To order your meals just call on 07792 419730 and have at hand your debit card to make a payment.**

Delivery is free to homes within 7 miles of Lincoln.

**Age UK is offering an emergency shop and prescription pick-up service.** This service is provided through Age UK's 'Community Heroes' who are locally based volunteers. They will shop for up to eight items for you and also collect any prescriptions you are waiting for.

**Please call 0345 556 4144.**

**The Curtis Van operates in our villages on Wednesdays and Saturdays each week.**

**Call 01522 527212 to place an order or to request a visit to your street or house.**

Please note that should you wish to place an order for delivery by the van a minimum order value of £25 applies. The van normally operates between 9am and 3pm.

**From 21st April, Anderson's Family Butchers in Heighington (Spar Shop) will be offering a free delivery service.**

Available only to addresses with an LN4 postcode and to those who are vulnerable / shielded or self-isolating. A minimum order value of £20 applies. Please also note that that the service does not include cooked meats.

**Call 07983 003435 or 07880 745083 between 8am and 6pm on Tuesdays to Fridays.**

**Free Supermarket Vouchers for School Meals Scheme.** The government has announced a scheme whereby children who usually qualify for free school meals might be given weekly shopping vouchers to the value of £15 towards the cost of their meals. This will last while schools remain closed due to the COVID-19 outbreak.

Washingborough Academy, Heighington Millfield Academy and Branston Community Academy, in common with the majority of other local schools, have all signed up to the scheme and have their own arrangements for distributing vouchers to parents.

**If your child is eligible for free meals do please call your school if you haven't already been contacted by them, to make sure meals or vouchers will continue to be provided.**

**Cash from your bank accounts sent to you directly by post - NATWEST and RBS Bank Customers only.**

These banks have established special helplines for use only by those customers who are extremely vulnerable from COVID-19 and are therefore being shielded (asked not to leave their home at all) **AND** who have no means of accessing the internet. The people manning these lines will lead you through the steps needed for you to withdraw funds from your account and receive these as cash through the post.

**For NATWEST call 0800 051 4176.**

**For RBS call 0800 051 4177.**

**For those struggling to find the help they need, the Community Support Team at Lincolnshire County Council are operating a volunteer scheme to assist.**

They are currently looking for volunteers to help in providing a range of services including shopping for food and medication.

**So whether you need help yourself, or would like to volunteer to provide help to others, please call on 01522 782189.**

This information has been put together by our churches in Washingborough, Heighington and Canwick. We would particularly like to thank Washingborough Women's Institute for their contributions.

Whilst every effort has been made to verify the accuracy and currency of the information provided please do be aware that the services being offered continue to develop. We will do our best to update this document to reflect new services and changes to existing services as and when these become known to us.

Washingborough Methodist Church.  
St John's Church Washingborough.  
St Thomas' Church Heighington.  
All Saints' Church, Canwick.

