



What can we do in our local communities . . .

. . . to help and support each other, especially our more vulnerable residents? Please help us to set up a network of local help and support in each street.

What can we do to help? Many residents have already decided to self-isolate themselves so as to shield themselves and their families from the Coronavirus which has spread across the world in the space of just three months, and is now spreading so quickly across this country. Government has identified 1½ million people who are at greatest risk, and will be contacting each one individually to advise them to isolate themselves for a period of 12 weeks, and not leave their houses.

Many others who are at lower risk but are self isolating may have problems shopping for essentials such as food, collecting prescriptions and medicines, walking dogs, or posting mail etc. or carrying out other routine day to day tasks. Many may not have family or friends to support them.

With many of the regular activities on which we depend to keep busy closed down, and changes to regular television schedules etc., many of our residents will be subject to loneliness and isolation and anxiety, and would appreciate help and contact from a local “buddy”.

Whilst many people have computers and smart phones and have access to information and advice and entertainment on the web, a large number of our neighbours will not have such access, and would appreciate a friendly telephone call.

Can you please help to set up a network of support on a street by street basis. Could you act as a street contact / co-ordinator? - even if you are self isolating?

Please let me know if you or anyone you know requires additional help, or contact me to tell me what you or your neighbours are able to do to help others in your locality, or to act as a street co-ordinator - on Wrexham 352879, or by e-mail on r.alun.jenkins@virgin.net, so that we can set up a support network to help others in your street.

**From Alun Jenkins, Wrexham County
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. . . to stop the spread of Coronavirus, to protect the NHS so that our Hospitals can deal successfully with the crisis and help save lives.

We are all aware of the spread of the Coronavirus across the world in just three months, and the huge impact this is already having on our lives, with a sharp increase in the number of cases in many countries such as Italy and Spain, leading to a frightening number of deaths, and with so many other countries just weeks behind them.

The seriousness of the risks to us all in Britain has become much clearer with the decision to close schools, pubs and restaurants, and all places where we could gather together and spread the virus from one to another. Many shops and places of work are now closing too.

SOCIAL DISTANCING

Government advice is very clear. If we are to bring the outbreak under control within the next three months, we will ALL have to accept some very major changes to our lives. We are fighting an invisible enemy. Although the impact is greatest on older people and those with underlying health problems, or those that are pregnant, this is an illness that can affect all of us. No-one knows, whether we are younger or older people, if we have the virus, and whether we are spreading it to others, so we need to distance ourselves either as individuals or as family units as far as possible from everyone else - we should keep a distance of at least 2 metres - that is more than 6 feet - between us and others.

This will be a difficult time for young people, with the closure of schools and youth activities, and separation from their friends. It is essential that groups of young people should not congregate together. They need to stay indoors as much as possible, and should keep contact with their friends through e-mail and Skype etc.

Those of us who can, need to work from home, we should all avoid unnecessary travelling, and should separate ourselves as much as possible from others. Unless we ALL work together to achieve this voluntarily, much more stringent controls will have to be imposed on us. We all need to be able to get out and about for the good of our health and mental and physical wellbeing, ensuring of course that we heed all the advice.

Sue and I are self-isolating ourselves as much as we can, but are available by phone and by e-mail to offer all the help we can. I will pass on any requests or information to others that can help. If we can work together during these difficult times, especially to protect those more vulnerable members of society, we can get through this in due course - so

keep safe - stop the spread of the virus - keep your distance
- protect the NHS so they can save lives - so we can all keep well.

VOLUNTEERS NEEDED:

Stretched Health and Social Care services, and others providing essential services will need additional support during the coming weeks, as demand increases, and more essential staff have to self isolate due to illness. There will be numerous roles that volunteers can undertake. If you would be able to offer such help, AVOW (Association of Voluntary Organisations in Wrexham) can provide all the information you need - AVOW.org or e-mail on COVID19@AVOW.org, or telephone 01978 312556.

Medical Information about Coronavirus can be obtained on the NHS website - www.nhs.uk

Briefings from Wrexham County Borough Council, as well as contact details and emergency numbers can be found on the wrexham.gov.uk website.

Other sites that can offer support: Age Cymru Advice on 08000 223 444 or e-mail advice@agecymru.org.uk or North East Wales MIND on newmind.org.uk.