

## BERGH APTON'S VIRUS-BUSTING SUPPORT

**Are you are a fit young and helpful soul?** We're now in a land of at-risk and possibly fearful or frail people who can benefit from your help.

**Are you at-risk?** There are friendly people are out there . . . and they want to help. Here's everything going on in this Coronavirus situation to help you:

**South Norfolk Council (SNC)** has set up a unit to respond to need. The phone no is **01508-533933** and it's open from **8.30 am to 5.00 pm**. For help outside those hours call **0800-3896109**. SNC has an advice website where you can tell them you need help AND a link to **Public Health England's** website to give you good advice on the virus. The website is [south-norfolk.gov.uk/residents/communities/coronavirus](https://south-norfolk.gov.uk/residents/communities/coronavirus)

**Bergh Apton Parish Council** has a page on Bergh Apton's website [berghapton.org.uk](http://berghapton.org.uk) on which, as and when information gets to them, they will publish anything that will help you. But your main information source is that South Norfolk website (above) with its connect to PHE.

Our Parish Councillors are all listed on this website in the "Parish Council" drop-down option. If you need to talk, contact details are there. Angie Tregear is our Parish Clerk. You can call her on **484133 (evenings)**. But do bear in mind that she may be very busy with all this, so do judge if that's the right thing to do.

**Our Parish Church** is closed under the present movement restrictions but its people are stil here to help you. Our Rector Chris Ellis is on **484174**. Shirley Rimmer, one of the two Churchwardens, is the main lay contact on **480576**.

**Now, how about you?** First, do a quick thought-survey of your neighbours. Who is at risk? and are you, if ready to help, in touch with them? Call them. It's the well-trodden path of people in a community getting stuck in and making a difference. Remember that you could be e a key player in a historic moment and can tell your grandchildren about it!

**Are you are at risk?** Do you have neighbours who might help you? Call them, so they know that you're OK but that you might need help at some stage.

We also have a list of **at least FORTY people** who are ready to help when they know who needs it. The home team listed in the yellow box below is in contact with them. **Call John, Christopher or Shirley** and they'll get someone on the list to respond to your need.

### CRISIS CONTACTS (LANDLINES ARE 01508):

**John Ling:** 480439 or 07900-551819  
[john.ling@btinternet.com](mailto:john.ling@btinternet.com)

**Christopher Meynell:** 558440  
[c.m.meynell@gmail.com](mailto:c.m.meynell@gmail.com)

**Shirley Rimmer:** 480576 or 07808-403364  
[sjlr10rav@outlook.com](mailto:sjlr10rav@outlook.com)