

# Fulking COVID-19 Action Plan

Dear Fulking Resident,

Fulking Parish Council and other local volunteers are keen to help people during the current COVID-19 pandemic. Our aim is to initially provide shopping and prescription help for those residents who are self-isolating, are over 70 or are otherwise vulnerable.

We are aware of a significant amount of help already being given by neighbours to each other, however, we want to ensure that no one is overlooked. Please reach out to neighbours whom you feel may need help connecting into a support network. We are creating two lists:

1) those needing help 2) those ready to volunteer. This will be a fluid situation, as you are aware. You may volunteer today, but need help too at some stage and vice versa.

## 1) If You Need Help please let us know

- a) Call our Parish Clerk Trevor on 07767 422733 or Mark Hind on 01273 857049, or
- b) Email [parishclerk@fulking.net](mailto:parishclerk@fulking.net) or
- c) Fill out the form at the bottom and deliver by hand or post it to us

Please advise the reason for your need i.e self isolation, over 70 or medical condition and what help you are looking for: Shopping, Prescription or other (please specify)

If you are comfortable with technology you can also request help via the Community Skill Swap WhatsApp Group. Call Samantha Leader 07479 458323

## 2) If you are prepared to volunteer

Please e-mail Trevor, our Parish Clerk on [parishclerk@fulking.net](mailto:parishclerk@fulking.net) . Please advise your name, address and the nature of the help you are able to offer and any restrictions you may have.

We will match up those needing help with volunteers.

Also please see over the page for some useful information.

Mark Hind and Samantha Leader  
Fulking Parish Council  
20<sup>th</sup> March 2020

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**Deliver by hand or post to:**

**Fulking Parish Council, c/o Customary Cottage, The Street, Fulking, BN5 9LU  
(opposite the village hall)**

**Your name:**

**Your address:**

**Contact: Phone**

**Email**

**Reason for help: Self Isolation / Over 70 / Medical condition (delete as appropriate)**

**Help Required: 1) Shopping 2) Prescriptions 3) Other (be specific below)**

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## Useful Information

### Fulking.net

For email updates subscribe to the village email list (<https://fulking.net/join-the-village-mailing-list/>).

Our website [www.fulking.net](http://www.fulking.net) has launched a COVID-19 support page (top of the 'About Our Village' menu in the left sidebar) which will be updated with the latest information on a regular basis.

To get email alerts of new posts on the website as they appear, enter your email in the box found at the bottom left of the home page and click the 'Subscribe' button.

### New Local Home Delivery Services

Residents may be interested in some local businesses who now provide new services:

Rushfields Farm Shop, Poynings – food – plants - home delivery

Food - 01273 850015 Plants 01273 857445 email: [enquiries@rushfields.com](mailto:enquiries@rushfields.com)

Shepherd and Dog, Fulking – food and household essentials – collection and delivery  
01273 857382

Truffles Bakery, Small Dole (Head Office) – food and household essentials – home delivery  
01273 492687 <https://www.facebook.com/trufflesbakery/>

### UK Government Health Advice\*

We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures. This group includes those who are: aged 70 or older (regardless of medical conditions) and under 70 with an underlying health condition.

### What is social distancing?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19) They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
3. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media. If you do meet someone, keep a distance of 2m apart.
6. Use telephone or online services to contact your GP or other essential services

**\*Please be aware that this health advice is likely to change so keep up to date with the latest advice**

<https://www.bbc.co.uk/news/av/health-51966112/coronavirus-what-is-social-distancing>