



COLLIER STREET PARISH COUNCIL

Important Newsletter



Dear Resident

There is a lot of fantastic community support going on at the moment, all around the country and our village is no exception, and we would like to thank all of you for everything you are doing to help each other.

Like all parish councils, we are concerned about everyone but particularly our vulnerable residents who are in the 'at risk' groups – specifically older people and those with chronic medical conditions – who are now isolating themselves at home.

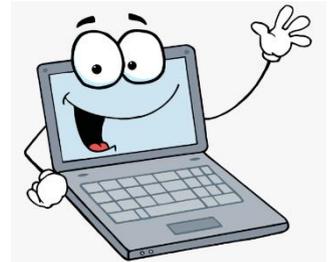
We understand that most, if not all, people in Collier Street currently have their own support group of family, friends or neighbours who are helping with shopping and medical supplies. However, if things change and you no longer have such support available (or indeed do not currently have such help), then please let our Chairman, David Goff, know on **01892 730512**. Please feel free to contact us as well, if you would like us to arrange for someone to call you on a regular basis just to have 'a chat'. In these times, a simple phone call can help greatly if you are alone and isolated.

Also, if you know of someone who may need help, please encourage them to contact us as we can only arrange help for people if we know who they are and have their consent to do so.

We already have a large list of residents who have volunteered to help, but if you would also like to volunteer, then please contact David on the above number. If you are vulnerable yourself but would like to help by offering to provide a friendly voice at the end of the phone to help others, then please let us know. We will then match up those that need help with volunteers so that they can contact each other and agree how best to help over the coming months.

Websites to View (NB: This letter and all links are on our website)

The Collier Street website www.collierstreetpc.kentparishes.gov.uk has information you may find helpful during the current situation. May we draw your attention to the information relating to the local businesses, pubs and shops which are offering home deliveries of meals or groceries. This list is surprisingly large for our small area and we recommend you take a look, especially as the list is growing as new suppliers are added. If you do not have access to the internet, please contact David on the above number and we will get a paper copy delivered to you.



The Maidstone Borough Council website www.maidstone.gov.uk provides further information on the current situation, and has details of how the **Maidstone Community Hub** works, including how to register for support and claim benefits. Here, you can also volunteer to help in the wider Maidstone Borough. Vulnerable people who have an urgent need that cannot be met by family, friends or the Parish Council, may register for any assistance they require. They are identifying the most vulnerable through a triage system, and signposting to the nearest volunteer group to provide support and help. You may also register by phone on **0300 303 1650 (Mon-Fri 8.30am to 5.00pm only)**.

If you know of residents who are unable to use the above methods, and you have their contact details, please email their triage team who will make arrangements to call them back – triagecovid@maidstone.gov.uk

The requests for help now needed to respond to are focused around three main areas:

- Food and care packages (food boxes, hot meals and household and hygiene items)
- Collection and delivery of medicines (prescriptions)
- Providing social contact (ringing those who are isolated)

The Kent Government website <https://www.kent.gov.uk> is another website that you might be interested in checking out, which once again gives further information and has a section of Frequently Asked Questions which may be of help, as well as the latest NHS advice.

Kent Together – Helpline launched by Kent County Council

If you are vulnerable and have an urgent need that cannot be met through any of the above routes, then a **24 hours a day** helpline is provided by Kent Together on **03000 41 92 92** or you can contact them via their website at www.kent.gov.uk/KentTogether.

The helpline provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak. It is a collaboration between KCC, central Government, District, Borough and local councils, the NHS, emergency services and other partners to provide help for vulnerable people. It is also the place to report your concerns about the welfare of someone else.



Yalding Foodbank

A foodbank is available for residents of Yalding, Laddingford and Collier Street. If you require basic essential items, then please email support@yaldingchurches.co.uk or call David Goff.

COVID-19 Scams, Advice and Guidance

Remember, never assume a caller, email or text is genuine. You should always confirm by contacting a trusted number, family member, friend, bank or police to check if it is genuine. See: https://www.highland.gov.uk/info/20000/trading_standards/900/covid-19_scams_advice_and_guidance

Marden Medical Centre & Yalding Surgery

Current advice to patients is to self-isolate at home for seven days if you have a high temperature or a continuous new cough. It is important that you do NOT go straight to your GP surgery, local pharmacy or hospital.

All patients will need to go through a phone triage with their GP before attending their GP Practice. If in doubt, please ring your GP practice. You do not need to inform the NHS of going into self-isolation, but if your symptoms get worse, then contact **111**.

DO NOT go to the surgeries to book appointments. Repeat prescriptions can be taken by phone or left in a box outside. They each have their own volunteers for delivery of medications.

For relevant information on each surgery please visit the relevant site:



<https://www.mardenmedicalcentre.nhs.uk>

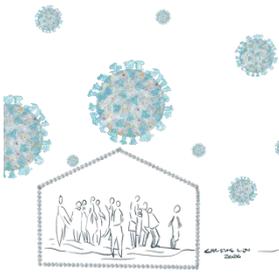
<https://www.yaldingdoctors.nhs.uk>

Data Protection

Please note that any personal information obtained by the Parish Council during this process will only be held for the duration of the crisis and will be deleted once it ends.

**If you have any queries on any of the above information, please call:
Parish Council Chairman David Goff 01892 730512**

Self-Isolating



More and more people are required to stay in home quarantine or in isolation with possible or proven corona-infection. Many are concerned about whether they have infected others or are infected themselves. Studies on the psychological consequences of such quarantines show significant negative consequences in the form of fear, anger, intrusive thoughts, etc. (Brooks and co-workers, 2020). The stress factors in this situation include boredom, inadequate information, problems with access to household goods, financial loss and stigma. Here is some advice on how to deal with the psychological stress of isolation.

Remember that you are performing a service to society

Quarantining helps others. You help reduce the possibility of others getting sick. You show collective social responsibility through your altruistic actions. If you think this way, you will be more able to maintain self-respect and to prevent stigma. When the quarantine period is over, other people should keep this in mind and not keep away from those of you who have performed this duty.

Stay active, establish routines

Activities, routines and structure give the day shape and predictability, and discourage helplessness. In an uncertain situation, it provides stability and security. Physical exercise, personal hygiene, meals at regular times and other regular activities contribute to order and structure in a new and unclear situation.



Social contact is an important activity

Social media allows you to chat and see others via Facebook, Skype and other social media. This social contact becomes especially important during quarantine. «Stay in touch»! Make sure this is a fixed point in your daily schedule.

Take control of worrying thoughts it is normal to have worrying thoughts about one's infection status. If such thoughts take up a lot of space, you can try to control them better. Distraction brings down the turmoil. Watch movies or series on tablets or TV, play video games, do crosswords, Sudoku etc., or use Facetime / Skype to talk to others without letting the coronavirus be the main topic.

You can also postpone your worry. Make room for a set time (10-20 minutes) where you can worry as much as you want. When worries emerge outside of this time, you can say to yourself, "This is something to think about in my worry time, not now." If this is repeated often enough, this thought process becomes automatic. Do not schedule your worry time late at night. If worries appear, do not get annoyed at yourself, just repeat that you will think about them in your worry time.



A few news updates a day are enough

We know from those who experience tragedy that spending too much time watching or reading news afterwards affects them negatively. If you shield yourself from constantly checking the media for news about the virus, you will find it easier to remain calm. A regular daily update from a reliable source is enough.

CORONAVIRUS UPDATE

The Local Authorities and Police and Crime Panels (Coronavirus) (Flexibility of Local Authorities and Police and Crime Panel Meetings) (England and Wales) Regulations 2020.

The Parish Council is busy coordinating the help needed within the parish, working with both County and Borough Councils. To ensure that we progress in a democratic and transparent way we will continue to fulfil our statutory obligations to you our residents.

Owing to the self-isolating instructions issued by central government, MBC letters regarding planning applications are not being sent out to near neighbours regarding new planning applications. Forthwith, we will be displaying planning applications within the parish on the parish website www.collierstreetpc.kentparishes.gov.uk If you have any comments that you would wish to make please email planningcomments@midkent.gov.uk

Councillors will continue to review these applications and The Clerk will collate comments and their voting preference electronically. The uploaded comments can be viewed on <http://pa.midkent.gov.uk/online-applications>

Parish Meetings

The Parish Council Adopted the Model Standing Orders 2018 which states:

“In addition to the annual meeting of the Council, at least three other ordinary meetings shall be held in each year on such dates and times as the Council decides.”

In view of the social distancing ruling by central government, it has been decided that we will be cancelling the next two scheduled meetings and will review the situation going forward. The annual parish meeting will also be cancelled in view of:-

Regulation 2 Coronavirus Act 2020 – the 2020 Regulations apply to local authority meetings that are required to be held, or held, before May 2021. The date could be brought forward if Government rules are relaxed.

Regulation 3 Coronavirus Act 2020 – parish councils in England are included within the definition of ‘local authority’ and the 2020 Regulations. Parish meetings are not included within the definition and, as such, there is nothing permitting them to meet remotely. In NALC’s view, the current Government guidance means that **parish meetings should not take place in person**, including the annual meeting of electors.

Existing elected members will for the time being continue in their existing roles. The government will review the situation in due course.

Audit Dates

Following NALC’s engagement with government around local council audit timeframes, final regulations are due to be made the week commencing 6th April which will extend the statutory audit deadlines for 2019/20.

It is proposed that the publication date for final, audited, accounts for local councils will move from 30th September to 30th November 2020.

To give local councils more flexibility, the requirement for the public inspection period to include the first ten working days of July has been removed. Instead, local councils must commence the public inspection period on or before the first working day of September 2020. This means that draft accounts must be approved by 31st August 2020 at the latest, or maybe approved earlier where possible.

NALC has been working with the Crown Commercial Service to allow local councils to access a discounted rate for using **Zoom**, an online meeting platform. More information on this discount and how to access it will be available in the coming days.

Alan Crocker
Clerk to Collier Street Parish Council

8 April 2020