



Little Waltham Parish Council

This plan considers the work of Little Waltham Parish Council both during the current circumstances and into the future. It will be updated and amended in light of any new information, guidelines or strategic goals the Parish Council sets.

It will illustrate how Little Waltham Parish Council will consider Social Isolation, Mental Health, Learning Disability, Physical Activity and Weight Management into their vision for the Parish.

# Little Waltham Parish Council COVID-19 Support:

## **Little Waltham GP Surgery and Brook Hill Pharmacy:**

30 Brook Hill, Little Waltham, Chelmsford CM3 3LL

Surgery: 01245 360253

Pharmacy: 01245 360678

## **Government Hotlines:**

**NHS:** 111 or 111.nhs.uk

**School Closures:** 0800 0468687

**HMRC:** 0800 0159559

**Universal Credit:** 0800 3285644

**Local Coronavirus Support:** If you are a resident in self isolation or unable to leave the house, Volunteers are available to help from the following sources.

**Channels Residents' Association:** <https://channels.community/community-info/coronavirus/>

**Essex Welfare Service:** 0300 303 9988 <https://www.essexwelfareservice.org.uk/>

**Chelmsford CVS Community Helpline:** 01245 280731 <https://chelmsfordcvs.org.uk/>

**Essex Coronavirus Action:** <https://www.facebook.com/essexcoronavirusaction/>

**British Red Cross support** – 0808 1963651

As well as practical support they offer a befriending service and a hardship fund.

# Other Support Agencies

- Carers First 0300 303 1555 or email [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)
- Domestic Abuse: 03303337444 or [www.essexcompass.org.uk](http://www.essexcompass.org.uk)
- Mental Health Support: [www.mind.org.uk](http://www.mind.org.uk)
- Alzheimer's Society – 0333 150 34356 [alzheimers.org.uk](http://alzheimers.org.uk)

## **Agencies that will refer to other sources of support**

- Healthwatch Essex 0300 5001895 or [info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk) (can help people understand and navigate health, social care and wellbeing services in Essex)
- Community Agents 0800 977 5858 or [enquiries@caessex.org.uk](mailto:enquiries@caessex.org.uk) (help in finding independent living solutions)
- Connect Well Essex – [www.connectwellessex.org.uk](http://www.connectwellessex.org.uk) – a self referral tool containing over 400 local activities and services.

Areas of Support Available	Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
	<ul style="list-style-type: none"> <li>• The Parish Council manages the following areas for the use by residents:               <ul style="list-style-type: none"> <li>• The Recreation grounds</li> <li>• Mobile Goalposts</li> <li>• Tennis Court</li> <li>• Children's play area</li> </ul> </li> <li>• The Parish Council manages two allotment sites:               <ul style="list-style-type: none"> <li>• Recreation Grounds</li> <li>• Blasford Hill allotments</li> </ul> </li> <li>• The Parish Council promotes use of the PROWs.</li> <li>• For the General health and well being of the parish, the Parish Council repurposed the Red Telephone Box to house a defibrillator.</li> </ul>	<ul style="list-style-type: none"> <li>• The Parish Council promotes to residents Volunteer groups operating and the services they offer.</li> <li>• The Parish Council works collaboratively with local groups for example: to organise a VE Day social event.</li> <li>• The Parish Council provides financial support to local volunteer groups via its small grant scheme.</li> <li>• The Parish Council established a chat bench to promote social interaction.</li> </ul>	<ul style="list-style-type: none"> <li>• The Parish Council promotes awareness of the issue and signposts services.</li> <li>• The Parish Council hosted a Dementia Friends session for the community and will continue to consider hosting similar events in the future.</li> </ul>	<ul style="list-style-type: none"> <li>• The Parish Council promotes awareness of the issue and signposts services.</li> </ul>	<ul style="list-style-type: none"> <li>• The Parish Council promotes awareness of the issue and signposts services.</li> </ul>

AREAS OF SUPPORT AVAILABLE	PHYSICAL ACTIVITY	SOCIAL ISOLATION	MENTAL HEALTH	LEARNING DISABILITIES	WEIGHT MANAGEMENT
Applicable during COVID-19 Restrictions.					
	<p>Residents permitted to use open public spaces for exercise, adhering to the Government guidelines. The Childrens' play area is currently closed.</p> <p>The Tennis Court was opened on the 23/5/2020 for the use of singles tennis matches only.</p> <p>Social media platforms promoted, for example: <a href="#">Active Essex Youtube Channel</a></p> <p>The two allotment sites remain open for tenants.</p> <p>Defibrillator located in the red phone box The Street, Little Waltham</p>	<p>Local Volunteer groups have been promoted and sources of local support highlighted on the Parish Council Facebook Page.</p>	<p>Support from GPs, Local NHS and appropriate volunteer support networks promoted on the Parish Council Facebook Page.</p> <p>If you are looking for extra support with mental health you can log on to <a href="#">Sivercloud</a></p> <p>For help and support relation to Dementia including looking after someone with dementia call Essex Community Dementia Support services on 01245 260911 or log on to <a href="#">Dementia Support and information Essex</a></p>	<p>Contact <a href="#">your local Mencap</a> for advice.</p>	<p>Support promoted on the Parish Council Facebook Page.</p>

# How the Parish Council shares key information for residents/continues to operate

You can find out information and contact us as follows:

- [www.littlewaltham.org.uk](http://www.littlewaltham.org.uk)
- Facebook: <https://www.facebook.com/groups/853840378397995/>
- Email: [clerk@littlewaltham.org.uk](mailto:clerk@littlewaltham.org.uk)
- Phone: 01376 331251
- Noticeboards can be found at:
  - Ash Tree Corner
  - Brook Hill (In front of GP Surgery)
  - Chatham Green (Next to The Windmill)
- Councillor contacts can be found on the website as well.

## Work being done during COVID-19

- Council business is continuing within Government restrictions and the Clerk continues to work from home.
- All Parish Council meetings are operating through remote technology.
- All Open Spaces are being maintained and litter picking is continuing.
- Play parks, although shut are being maintained (tennis court opened on 10<sup>th</sup> July 2020 and Play area opened on 24<sup>th</sup> July 2020)
- Planning applications are still be reviewed and comments sent in.
- The usual flower planters are being maintained.
- Both allotment sites remain open for tenants, subject to social distancing restrictions that were advised to them.
- The Parish Council will liaise with community groups and organisations and in particular will use Zoom video conferencing facilities

## Work being considered for the future

- The VE Day event has been postponed.
- Consideration of improvements to play area and tennis court, including potential outdoor gym.
- Consideration of hosting events to promote health and wellbeing initiatives.
- To continue with the Parish Council organised Community Litter picks

# Dealing with money

- The Parish Council is utilising online banking facilities to continue operating during COVID-19.
- We are strongly encouraging people to make use of online payment services wherever possible in dealing with the Parish Council.
- Please be alert to any scams and report them to the police. [Police advise is available on this issue](#)

# Staying Safe!

- For those who choose to volunteer it is important to stay safe and look after both your own and your loved ones wellbeing.
- We do not want any Volunteer placed at unnecessary risk, [please observe the NHS advice](#) (it is updated daily) and follow all health and safety requirements (Eg. Washing your hands frequently and wearing a face mask if you feel it necessary.)
- The government has specifically stated that those of us who are leaving the house *“to provide care or help to a vulnerable person”* will be allowed to carry on.



The Parish Council is working hard to continue to maintain the parish at this difficult time. We are also continuously planning for the future and would welcome any suggestions you may have.

Stay Safe.