



### Medical Help

If you are isolated and need medical advice or help:

- o For Medical Advice about Coronavirus symptoms visit [www.nhs.uk](http://www.nhs.uk). If you cannot get help on-line call NHS Helpline 111.
- o For non-virus related medical advice contact your own GP surgery.
- o Display a poster for anyone entering your home to remind them about taking steps to prevent infection.

### For Care at home

- o Speak to your care provider as soon as possible about contingency plans in the case of being short staffed. Ask how you will be affected if they cannot provide care due to sickness. Ask how much notice they would give you if they cannot provide care.
- o Speak to your family as soon as possible about helping you with care at home if your carers are unable to come.
- o In an emergency when no care is available, call Adult Social Care on 0300 123 2224 or call your own surgery and speak to a health coach who may be able to signpost you to further support.

### Deliveries in the town



Some shops in the town will deliver food and other supplies. Many local pubs and restaurants are able to offer a free home delivery service for cooked meals. To find

out which ones look at the town website: [www.castle-cary.co.uk](http://www.castle-cary.co.uk), or phone the Chair of the Town Council on 01963 350160.

### Medicines and Shopping Help Scheme

If you have been advised to stay at home and need someone to collect medicines or shop for you, phone 01963 351362 any day between 9.30am and 12noon

The volunteer co-ordinator answering your call will take your name, address and phone number. They will then find someone from their list of volunteers who will go to the shops for you.

The volunteer will call or ring for your shopping list and later deliver the goods to your door. They will not come into your house.

Please pay this person in cash for the shopping. If you do not have cash, do **not** give this person your bank card and PIN. If you are unable to pay they will get the money from the town charity and you will be able to pay the town charity later.

The volunteer will normally do the shopping in Castle Cary. It is possible that they will not be able to buy the same brands that you normally use and it may be that some items will be unavailable. They will do the best they can.

*The Medicines and Shopping Help Scheme is run by Churches Together in Castle Cary & Ansford: 01963 351275.*

Most **Churches** are not holding Sunday services during the epidemic but All Saints' Church, Castle Cary, and St Andrew's Church, Ansford are open for visitors every day.

Church Ministers can be contacted by phone:

|                       |              |
|-----------------------|--------------|
| Church of England     | 07483 866400 |
| Methodist Church      | 01963 351598 |
| Roman Catholic Church | 01963 34408  |



## USEFUL WEBSITES

|                          |  |
|--------------------------|--|
| <b>The Town</b>          | <a href="http://www.castle-cary.co.uk">www.castle-cary.co.uk</a>               |
| <b>Millbrook Surgery</b> | <a href="http://www.millbrook-surgery.nhs.uk">www.millbrook-surgery.nhs.uk</a> |

## USEFUL PHONE NUMBERS

|   |              |
|---|--------------|
| <b>NHS Helpline:</b>                            | 111          |
| <b>Millbrook Surgery:</b>                       | 01963 350210 |
| <b>Your GP if you are registered elsewhere:</b> |              |

**Your Care Provider** if you have one:

|  |               |
|--|---------------|
| <b>Emergency Adult Social Care:</b>        | 0300 123 2224 |
| <b>Local shop deliveries information:</b>  | 01963 350160  |
| <b>Medicines and Shopping Help Scheme:</b> | 01963 351362  |

*Churches Together in Castle Cary and Ansford,  
Castle Cary Town Council, and Millbrook Surgery*

## HELP

### during the Coronavirus Epidemic

The most helpful thing you can do during the epidemic is to stay away from other people as much as possible.

This helps to stop you catching the virus and passing it on to other people.

Unfortunately, with this virus you might be able to pass it on to other people before you actually know you have it.

Staying away from other people is particularly important if you are elderly or have a lung or heart condition because the virus might affect you very badly.

Staying away from people is hard.

But there are people who can help.

See inside for information about help with:

- medical and home care,
- collecting medicines and shopping, and
- local deliveries.

**For a large print version of this leaflet please phone 01963 351275.**