

# LINTON

## Community Help Team

In conjunction with the Parish Council, a team of volunteers has been set up to assist any villagers who are house bound and need a helping hand during the Covid-19 outbreak

Help is at hand with:

- > Picking up Prescriptions
  - > Shopping
- > Dog Walking / Pet Services
  - > Social Contact by phone
- > Concerns e.g. feeding yourself / your family
  - > Other suitable requests

Please get in touch if  
YOUR community team  
can be of any help

Email: [lintoncommunityhelp@gmail.com](mailto:lintoncommunityhelp@gmail.com)

Phone: 01223 901132

# LINTON FOOD BANK

If you need help with food during the Covid-19 outbreak because you

**cannot afford to buy food**

please contact the temporary food bank we have set up via:

[lintoncommunityhelp@gmail.com](mailto:lintoncommunityhelp@gmail.com)

If you **do not have access to email**

call Faye on 07815 608 897

9-11am Monday to Friday

Please bring donations of dry / long life goods to

St Mary's Church

Church Lane, Linton, CB21 4JX

9-11am Monday to Friday

<b>Who</b>	<b>What</b>	<b>Phone</b>	<b>Website / Email</b>
The Crown Inn	Meals Meat & Veg 50% NHS Discount	01223 891 759	<a href="https://crownatlinton.co.uk/contact-us/">https://crownatlinton.co.uk/contact-us/</a>
Linton Tandoori	Indian Food	01223 890 030	<a href="http://www.linton-tandoori.com/">http://www.linton-tandoori.com/</a>
Lol's Pizza	Pizza	Online Only	<a href="https://www.facebook.com/lolspizza/">https://www.facebook.com/lolspizza/</a>
The Three Tuns, Abington	Thai Food	01223 891 467	<a href="http://www.thethreetuns-greatabington.co.uk/">www.thethreetuns-greatabington.co.uk/</a>
The Wild Flour Kitchen	Meals	01223 891 691	<a href="http://www.thewildflourkitchen.co.uk">www.thewildflourkitchen.co.uk</a>
The Linton Kitchen	Lunches, Cake, Essentials	Online Only	<a href="http://www.store.thelintonkitchen.com/">www.store.thelintonkitchen.com/</a>
The Kitsch Hen	Sweet & Savoury Pastry Items	07971 070 829	<a href="http://www.facebook.com/TheKitschHenScotchEggs/">www.facebook.com/TheKitschHenScotchEggs/</a>
Sweet Talk News	Convenience Store	01223 893 480	<a href="http://www.sweettalkonline.com/">www.sweettalkonline.com/</a>
Dog & Duck	Meat, Veg, Essentials	01223 890 349	Email: <a href="mailto:feedme@dogduckshop.com">feedme@dogduckshop.com</a>
Wild Country Organics, Abington	Veg Boxes	Online Only	<a href="http://www.shop.wildco.co.uk/">www.shop.wildco.co.uk/</a>
Farm Shop at Old Granary	Fruit & Veg	07927 529 562	Email: <a href="mailto:jenny@farmshoplinton.com">jenny@farmshoplinton.com</a>
Tom's Fruit and Vegetables	Fruit & Veg	07510 214 046	<a href="http://www.facebook.com/Tomsfruitandveg/">www.facebook.com/Tomsfruitandveg/</a>
Jigsaw Bakery	Bakery	01223 890 113	<a href="http://www.jigsawbakery.co.uk/shop">www.jigsawbakery.co.uk/shop</a>
Boswells Bakery	Bakery	01223 890 108	Phone only
Radwinter Wild Game Company	Game Meat Boxes	01799 599 883	<a href="http://www.radwinterwildgame.com/pages/1.htm">www.radwinterwildgame.com/pages/1.htm</a>
Clark & Son Wholesale and Catering Butchers	Meat Boxes	01787 319 330	<a href="http://www.clarkandsonmeats.com/">www.clarkandsonmeats.com/</a>

# General Update of Key Points

## Linton News

- The Linton News is ONLINE ONLY at the moment.
  - <https://www.thelintonnews.co.uk/latest-news>
- Key messages have been pulled out into this flyer for you.

## Granta Medical

- Granta Medical have set up a wellbeing team – you can call 01223 627 745 Monday to Friday 9am – 5pm, or you can use the usual phone number for the Practice.
- All those who are housebound will continue to receive their medications, and Granta are also working with Linton Community Help Team to ensure this happens.
- Granta uses SMS (text) messaging to mobile phones to communicate any urgent messages. Please let them know your current number
- Granta have postponed all face to face GP appointments and some routine nurse appointments.
- If you have access to the internet, the Granta website is updated regularly to reflect the local situation - [www.grantamedicalpractices.co.uk](http://www.grantamedicalpractices.co.uk). There is also a non-urgent dedicated email address, 8am to 6pm Monday to Friday - [capccg.covid19.gmp@nhs.net](mailto:capccg.covid19.gmp@nhs.net)

## Bins

- If you're experiencing the symptoms of COVID-19 (a new, continuous cough and/or a high temperature) please be very careful when disposing of your personal waste (including used tissues and disposable cleaning cloths/wipes) at home.
- To help keep bin collection crews safe as possible this waste should be:
  - Put in a plastic rubbish bag and tied when full
  - The plastic bag should then be placed in a second bin bag and tied
  - It should be kept separate from other waste in suitable secure place on your property for 72 hours before being placed in the black bin as normal
- Note: after 72 hours outside the body, the virus is no longer viable.

## CORONAVIRUS LOCAL HELP AND SUPPORT

### **Aged over 70 and/or with health conditions? Or with Coronavirus symptoms?**

If you should be self-isolating or shielding yourself and are in need of support;

- shopping for essential items;
- collecting medications;
- having a friendly chat on the phone to reduce isolation;

please contact your local Covid-19 Support group, details can be found here:

#### **Linton Community Help Team**

Telephone: 01223 901 132

Email: [lintoncommunityhelp@gmail.com](mailto:lintoncommunityhelp@gmail.com)

Linton Foodbank Telephone: 07815 608 897

#### **South Cambridgeshire District Council**

See <https://www.scambs.gov.uk/coronavirus/>

Telephone: 03450 455 203

#### **Uttlesford District Council**

Uttlesford Community Response

Telephone: 03333 408 218 (8am to 8pm, Monday to Friday)

Email: [communityresponse@uttlesford.gov.uk](mailto:communityresponse@uttlesford.gov.uk)

**If you feel vulnerable or you are concerned about someone who is vulnerable and you feel that you or they need further support, for example with emotional wellbeing, care needs, or financial support at this time please contact;**

**Granta Medical Practice Social Navigators, Kelly & Joanna** are available 9am – 5pm

Monday to Friday Telephone: 01223 627745 or email [granta.socialnavigator@nhs.net](mailto:granta.socialnavigator@nhs.net)

#### **Cambridgeshire County Council Covid-19 Coordination hub**

Register online for support or search for your local Community Support Group

<https://www.cambridgeshire.gov.uk/> Telephone: 0345 045 5219

**Alternatively if you are aged 18 or over, are fit and well and would like volunteer to offer your support at this time**, please contact your local COVID response group or Parish Council. Alternatively, Cambridgeshire County Council are recruiting volunteers, see <https://www.cambridgeshire.gov.uk/>

Or email [CommunityCV@cambridgeshire.gov.uk](mailto:CommunityCV@cambridgeshire.gov.uk)

Or for Volunteer Uttlesford, see <https://volunteeruttlesford.org.uk/>

Telephone: 01799 510525 or 510524

Email: [volunteer@volunteeruttlesford.org.uk](mailto:volunteer@volunteeruttlesford.org.uk)