

Looking out for our neighbours at Manor Fields

Dear fellow residents of Manor Fields

These are worrying times for us all as we try to keep up with the fast-changing impact of the Covid 19 virus over the forthcoming months – both on our own lives but also the lives of our families, our friends and our community.

We are all aware that there are some who are more vulnerable to the virus than others and some who do not have easy access to support in the event that they need help or are required to self-isolate.

Within Manor Fields we each have varying degrees of contact and friendship with our neighbours. However, I would like to suggest that over the next few months we need to be more vigilant and caring of each other and be prepared to help where we can. Indeed, within each house or stairwell I am aware of instances where this is happening.

Many people are quite happy with their own company and self-sufficient, but these are different times when it is easy to feel lonely and isolated. Practical support could include the following:

- Establishing if there is anyone in your immediate vicinity/stairwell who might need help.
- Assisting with food shopping or online shopping
- Regular phone calls or a knock on the door to check on the health and wellbeing of those who live on their own.
- Picking up prescriptions or library books, the newspaper, posting mail, running local errands
- Cooking a meal
- Help with setting up Skype, WhatsApp or Facetime to enable people to talk to relatives/friends.
- Help to set up TV options such as Netflix or Amazon Prime to expand TV watching opportunities.
- Set up a chat group online
- Learning to play digital games – such as scrabble, bridge, chess or any number of digital options that are now available to play on your own or with others online.

Bearing in mind that some people do not regularly use a mobile phone or the internet, there is no one way to connect everyone. However, within our small community we must be able to keep in touch and help each other out.

Borrowing from an idea that I have seen on the internet, here is a notice that you could complete and circulate to immediate neighbours in your stairwell if you are able to offer help. I have also offered to help the office to build a master list of volunteers on the estate - if you want to be added please do email either me or the office with your contact details and house/flat number.

Equally, if you are self-isolating and need help and want to be put in touch with near neighbours, please make contact through the office or email me with the information below.

With best wishes
Cathie Sherning – 8 Selwyn House
Mob: 07454282884
Email: casatmanorfields@gmail.com

IF YOU WANT TO VOLUNTEER

FOR THOSE WHO WISH TO OFFER HELP – POST THIS THROUGH THE DOOR OF YOUR NEAREST NEIGHBOURS OR PLACE IT ON THE STAIRWELL PIN BOARD:

HELLO MANOR FIELDS RESIDENT!

If you are self-isolating, I can help.

My name is:

I live in Flat No:..... House Name:

My phone number is:.....

My email address is:

If you are self-isolating due to Covid 19, I can help with

- Picking up shopping
- A friendly phone call
- Local errands, urgent supplies, posting mail
- Digital set up assistance

Just call, txt or email me and I'll do my best to help or find someone who can

Covid 19 is contagious. Every precaution should be taken to ensure that we are only spreading kindness. Any physical contact should be avoided, and hands must be washed regularly and thoroughly. Items should be left at the doorstep.

If you want to be added to a master list of Manor Fields Covid 19 volunteers please tick the box below and advise the office or email Cathie Sherning on casatmanorfields@gmail.com

I agree to having my name and contact details added to the Covid 19 volunteers master list, held by the Manor Fields office and by Cathie Sherning for the purposes of providing assistance to Manor Fields neighbours during the Covid 19 virus pandemic. I understand that my name will be removed from this list immediately upon my request or once the pandemic has ended, whichever occurs first.

Signature of volunteer:.....

IF YOU NEED HELP

FOR THOSE WHO ARE SELF ISOLATING OR WHO NEED HELP DUE TO COVID 19 – IF YOU WANT TO BE ADDED TO A MASTER LIST PLEASE COMPLETE THE FOLLOWING AND ADVISE THE OFFICE OR EMAIL CATHIE SHERNING AT casatmanorfields@gmail.com

I am self-isolating and would love some help from a neighbour.

My name is:

I live in Flat No:..... House Name:

My phone number is:.....

My email address is:

My preferred method of contact is:

Covid 19 is contagious. Every precaution should be taken to ensure that we are only spreading kindness. Any physical contact should be avoided, and hands must be washed regularly and thoroughly. Items should be left at the doorstep.

I agree to having my name and contact details shared with a Manor Fields Covid 19 volunteer and for my information to be held by the Manor Fields office and by Cathie Sherning for the purposes of providing assistance to Manor Fields neighbours during the Covid 19 virus pandemic. I understand that my name will be removed from this list immediately upon my request or once the pandemic has ended, whichever occurs first.

Signature of Manor Fields resident requiring help: