

The Corona Chronicle

A joint update from the High Kelling Parish Council, High Kelling Society
and High Kelling Village Hall

Issue 2

mid-May 2020



Welcome to the second edition of the Corona Chronicle - here to help you.

I hope you and yours are keeping well. Please do remember we are here to support you during these difficult times.

We have received a grant from the District Council to help us support the village. We have donated £150 of this to provide extras for patients and staff in Kelling Hospital and are looking for ways of helping villagers. Ideas welcome.

If you need some support or if you are able to offer help, please contact Gemma Harrison our Parish Clerk highkellingclerk@gmail.com

How inspiring it is to see how VE Day and the NHS have been celebrated in High Kelling and how villagers are supporting the lockdown and helping family, friends and neighbours. Once this crisis has abated, the Parish Council would like to recognise the work of the NHS, carers and key workers. This might be done by way of a gift or permanent memorial. We welcome your views on what form it should take: suggestions on spending the grant or the memorial to Gemma Harrison or myself on 01263 711745.

Keep safe.

David Carter, High Kelling Parish Council

Coronavirus

The spread and impact of Coronavirus is changing rapidly. Television, radio, many (authorised) websites, and newspapers provide the most up to date information. Local information and advice is available from the North Norfolk District Council website:

<https://www.north-norfolk.gov.uk>

The primary source of medical advice is the NHS Coronavirus website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Coronavirus remains extremely dangerous; however, in *Our Plan To Rebuild*, the Government describes a gradual easing of restrictions over the coming weeks, if conditions allow e.g.

*unlimited outdoor exercise

*encouragement to return to work

*partial reopening of schools and shops

*partial reopening of hospitality venues and other public spaces

Progress depends on controlling the virus

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/884171/FINAL_6.6637_CO_HMG_C19_Recovery_FINAL_110520_v2_WEB_1.pdf

Face Coverings

We are advised to wear a face covering in enclosed spaces where social distancing is not always possible, such as public transport or some shops. A homemade cloth face covering can help reduce the risk of transmission but is not the same as a surgical face-mask used by the NHS. It is not intended to help the wearer but to protect against inadvertent transmission of the virus to others.

For instructions on making a face covering see the BBC <https://www.bbc.co.uk/news/uk-52609777>.

The Parish Council is looking for volunteers to make cloth face coverings for villagers who have difficulty finding or making them themselves. Further details on the Parish Council website or contact David Carter (01263 711745)

Holt Medical Practice

The Practice states that where possible, consultations will be carried out on the telephone. All requests for face to face appointments will be screened by a Receptionist who will ask you questions. All patients seeking entry to the Surgery will be screened for COVID symptoms on arrival. If you feel your appointment is no longer necessary, please phone the surgery on 01263 712461, as the extra capacity would be useful.

If you have a fever or a new continuous cough you should visit 111 online and self-isolate for 7 days. Please do not come to the surgery.

The Practice has reiterated the importance of being on top of any underlying issues, and contacting the Practice if this is not possible.

Prescriptions

You can order repeat prescriptions online from the Holt Medical Practice:

www.holt-practice.nhs.uk/practice-information/prescriptions/

Dentist

Most dentists including the Compass Clinic, Cromer House Dental Practice, and Corner House Dental Practice, Cromer, continue to be closed until further notice. In an emergency call your practice for advice.

Local updates

For all local updates, visit the Parish Council website on

<https://www.highkellingpc.info> or

Village Hall website on:

<https://highkellingvillagehall.weebly.com>

The *High Kelling News* is available online via the Village Hall website. The May edition is the best issue ever with an abundance of interesting contributions from villagers and no limitation on colour. Contributions are requested for the June issue. Please send submissions to highkellingnews@gmail.com no later than 20th May.

In addition, a Village Email is being set up to speedily provide useful information on important or urgent matters affecting village life, including coronavirus. We encourage you to join by emailing Gemma at highkellingclerk@gmail.com

News from All Saints: Coronavirus & the Church

The Archbishops of the Church of England have suspended public worship and private prayer in our churches until further notice and the church buildings remain closed. However the Church is not closed! The daily prayer of the Church continues, albeit privately, and we continue to serve the community as best we can. Our priority is to keep in touch with as many people as possible.

The Church has set up a Pastoral Helpline, which is available to all who may feel isolated, anxious or alone. The phone number is 07393 559028 Please do get in touch if you or anyone you know needs any help or simply wants to talk.

The Rector, Fr. Howard Stoker is also personally available on 712048.

Local Services

Things are changing very quickly, so please check first.

1. The High Kelling Store can arrange deliveries to those most in need.

2. The Otty's stall at the end of Avenue Rd offers veg and fruit. Any profit goes to the BEAT charity.

3. Many of the food shops in Holt are open, with some undertaking home deliveries:

Budgens (01263 715895)

B&J Seafoods (710178)

Back to the Garden (715996).

4. Morrisons (0345 6116111) have a range of Food Boxes and also a home delivery service where you choose your own items www.Morrisons.com/food-boxes/boxes

5. The Ship in Weybourne has a takeaway menu and delivers to High Kelling

Your Local Hero

Thank you to the following local heroes:

Jan and Colin Kemp, Alison and Sue at the Village Store/Post Office (see HKN May issue)

Postman Pete (see HKN May issue)

Lyn and Ray Morgan (see HKN June issue)

A BIG THANK YOU

Please email the name of your local hero, your name, and why you want to thank them to highkellingnews@gmail.com.

Clap for Our Carers

Thursdays at 8pm have become our big night out in High Kelling when we see our neighbours in the flesh and show our appreciation for all the front-line workers. Let's continue doing so.

What Else Can I do?

- Missing out on your overseas travel? YouTube can provide bite-size visits to places that you may or may not have thought of.
- Visit the Corona Community on the Parish Council website
- Join the High Kelling photo competition. Email photos of your garden in bloom to patrickkelly9@btinternet.com before 30th May. The winner will receive a £20 voucher.