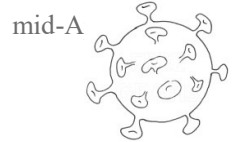


The Corona Chronicle

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

Issue 1



Welcome to Issue 1 of the Corona

Chronicle, a joint publication issued by the High Kelling Parish Council, High Kelling Society and High Kelling Village Hall to keep you updated on all that is Corona in our area.

We would also love to hear from you: Is there something you know that we don't? Do you have a suggestion for our entertainment?

And also we want to hear who your local heroes are. Who has gone that extra mile to do something for you. We here at the Chronicle and HKN would like to thank them.

Please contact the Chronicle at highkellingnews@gmail.com or drop in the box at 44 Pineheath Road.

Meanwhile, keep healthy and safe.
From all of us at the Corona Chronicle

Coronavirus

The spread and impact of Coronavirus is changing on a daily basis. Television, radio, websites and newspapers provide the most up to date information.

By Easter more than 350 people were diagnosed with covid-19 in Norfolk, and over 60 deaths were reported. The peak of the pandemic could hit Norfolk between mid-April and the start of May, the county's director of public health has said.

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:

Holt Medical Practice

The Practice has stated: "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."

Prescriptions

You can order repeat prescriptions online from the Holt Medical Practice: <https://www.holt-practice.nhs.uk/practice-information/prescriptions/>

Dentist

The Compass Clinic is closed until further notice. In the event of emergencies, patients should phone the Clinic and leave their telephone number and a message, and they will be contacted.

Similarly, the Corner Dental Practice in Cromer is closed until further notice. In an emergency call the practice for advice.

Local updates

For all local updates, visit the Village Hall website on: <https://highkellingvillagehall.weebly.com> or the Parish Council website on <https://www.highkellingpc.info>.

In addition, you can sign up for the Village Email. We're setting up an e-mail list to speedily provide useful information on important or urgent matters affecting village life, including coronavirus.

We encourage you to join by sending an email to the Parish Clerk at highkellingparishclerk@gmail.com

What's (Not) Happening in High Kelling

1. **The High Kelling News WILL be issued** but will be digital and appear on the PC and VH websites – see posters around the Village
2. The Village Hall is closed until further notice
3. The High Kelling Society lunches are suspended until July at the earliest
4. Parish Council meetings and the Annual Parish Meeting are cancelled. Normal business is being conducted by email
5. The Village Litter Pick planned for April has been cancelled
6. All Norfolk Libraries are closed
7. Church Services have been suspended until further notice, but the St Andrew's & All Saints website has information and prayers: <http://www.holtchurch.org>

Community Support

Please do keep in touch with your family, friends and neighbours, particularly those who are the most vulnerable, and offer assistance.

- a. If you are self-isolating and require some support, or
- b. If you are able to offer support, please register your phone number with the Parish Clerk, Gemma Harrison on 01263 513269 or email: highkellingparishclerk@gmail.com.

A community hub is being set up at the Holt Community Centre where the focus will be on supporting those groups at high risk who have been told to isolate for 12 weeks.

Some villagers have already offered support and may be able to help with e.g. picking up shopping, posting mail, dog walking, collecting urgent supplies, or simply a friendly chat over the phone. But more are needed. Contact Gemma above.

Local Services

Things are changing very quickly, so please check first.

1. High Kelling Store can arrange deliveries to those most in need.
2. Marriott Coaches has offered to deliver repeat prescriptions to those who DON'T already have them delivered. Let the

pharmacy know when you order your repeats.

3. Supermarkets seem to be managing stock, queues and social distance, and many are offering a delivery service, though booking a slot can be difficult.
4. Local shops doing home delivery with card payment over the telephone include:
Budgens of Holt (01263 715895)
Back to the Garden (01263 715996)
The Ship in Weybourne is offering a takeaway service, and is willing to deliver to High Kelling.
5. Morrisons have a dedicated help line for the elderly and vulnerable. They can order for delivery a Food Box of 45 essentials or a Door Step Delivery where you choose your own supplies. Check out their web site for details of the contents of boxes available www.Morrisons.com/food-boxes/boxes. Telephone for either: 0345 611 6111 option 4 for Food Box, option 5 for Door Step Delivery
6. The Otty's fruit and veg stall is located at the junction of Avenue and Pineheath Rds. Good range, profit goes to the BEAT charity.

Competition

Many of us are spending time in our gardens. Email photos of your garden in bloom to patrickkelly9@btinternet.com before 30th May and the winner will win a £20 voucher.

Your Local Hero

We would like to thank anyone who has gone the extra mile to help you. Please email their name, your name, and why you want to thank them to highkellingnews@gmail.com.

Clap for Our Carers

High Kelling is very quiet on Thursdays at 8pm. Why not join in with the national appreciation of the NHS, who are putting their lives on the line, and other workers who are keeping our lives running, by coming out into our front gardens every Thursday at 8pm, and clapping or making any other noise.

What Else Can I do?

- Museums may be closed but Google Arts and Culture has content from 1200

museums at

<https://www.artsandculture.google.com>

- Catch a free opera on <https://www.metopera.org>
- Enjoy the treasures of the National Trust <http://www.nationaltrustcollections.org.uk>
- Visit the Corona Community on the Parish Council website for more ideas