

# HELP IN THE COMMUNITY

At the time of going to print, we are all under strict instruction to "stay home". Only go outside for food, health reasons or work (where this absolutely cannot be done from home). Stay 2 metres (6ft) away from other people & wash your hands as soon as you get home.

There are several community groups that are offering support with collecting shopping, prescriptions, posting mail, and making phone calls.

## **Follow our community page on Facebook:**

<https://www.facebook.com/Community-Task-Force-News-103525201293384/>

If you would like to help with the Community task force, please contact Lorraine Hearn on [lorraine.hearn1@btinternet.com](mailto:lorraine.hearn1@btinternet.com) or 07999 862705

**Asplands Medical Centre** - is operating a mainly telephone or video consultation system to limit the risks for those patients who need to come in. Unfortunately we have had to close our Woburn Surgery for the time being.

Please book an appointment by speaking to reception on the telephone. You can contact us through the practice website [www.asplandsmedicalcentre.co.uk](http://www.asplandsmedicalcentre.co.uk) or <https://systmonline.tpp-uk.com> or the NHS app to discuss issues and to order medication. It helps us if patients can use the online options so the phone lines are open for the more vulnerable. We ask that you do not attend the practice for queries but phone or contact us online through your SystmOnline account.

It is very important that you do not enter the surgery if you have a fever or new cough – this would put other patients and our staff at risk. Use the 111 online service <https://111.nhs.uk/service/COVID-19/> or ring 111 if you are not online for advice about a fever or new cough.

If you or a friend or family member has internet access the most up to date information is on <https://www.nhs.uk/> and our new Facebook page @asplandswoburnmedicalcentres

The Dispensary window is now in the car park and repeat requests can go into the main postbox at the front of the building. We would be grateful if you could respect the opening hours of 8:30 -1pm and 3pm-6:30 for dispensary as they need protected time for safe dispensing. Please, wherever possible, try not to call to check on prescriptions as the phone lines are constantly busy and they need to be clear for patients in need.

**Love Woburn Sands** are providing and managing volunteers for prescription collection and delivery. This is being controlled through a central point.

Asplands and the chemist are issuing patient requirements to Amanda. i.e. Love Woburn Sands is not a patient request service. As the crisis develops, we will consider any form of support. Social prescribing/befriending seems a strong possibility for the lonely and isolated.

Lynne Simons  
Clerk for Aspley Guise Parish Council  
[clerk@aspleyguiseparishcouncil.gov.uk](mailto:clerk@aspleyguiseparishcouncil.gov.uk)  
07579 809474

## **Council Contacts**

Lynne Stapleton  
Clerk for Woburn Sands Town Council  
[l.stapleton@wstc.org.uk](mailto:l.stapleton@wstc.org.uk)  
Up to date information can be found at:  
<http://www.woburnsands.org.uk/>

We encourage people to make contact safely with their neighbours and set-up a local support networks through email, WhatsApp or other methods ensure support is throughout the community. Some people are new to the area, some don't use social media and some may have a support network who are self-isolating. You never know when someone may need your help, or simple reassurance they are not on their own.

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## **Helping Hands & Good Neighbour Scheme (part of Bedfordshire Rural Communities Charity)**

Aspley Guise: 07923 490001

Aspley Heath & Woburn Sands: 07934 287255

Volunteers are local, DBS checked residents who can help with lifts, shopping, befriending or other small tasks. We do not carry out tasks usually done by professionals.

Clients are those needing assistance locally. One of The Helping Hands Team will call you back to talk about your needs and offer help where we can.

Please call the number appropriate for your area to register as someone needing assistance, or as a volunteer. We are all volunteers, including those at the end of the phone and will do our best to help.

## **Woburn Community Support**

We have a number of local volunteers who can assist with the following:

Collecting shopping • Collecting prescriptions and medication • Household & maintenance emergencies • Posting Letters • Pet care • Urgent errands

We can collect from: Woburn Village Store (please give your list to the primary or secondary contact numbers above, the store will pick it and call you for payment) • Click & Collect from MK based supermarkets

Please place your orders first and then contact the primary or secondary contact numbers to arrange collection.

Primary Contact: Gill & John Green - 01525 290631 (available 9am - 6pm)

Secondary Contact: Geoff & Laura Souster - 01525 290388 (available 9am - 6pm)

**Age UK** have a crisis line and can deliver food packages. contact 01908 550700

**St Michael's Church Woburn Sands** is closed We are regularly posting on our website and Facebook page:

Website [www.stmichaelsws.org.uk](http://www.stmichaelsws.org.uk) or Facebook page St Michael's Woburn Sands

The Vicar – Revd Diana Young, can be contacted on 07887296588 or

01908 584598 at any reasonable time

Or by email to [revdianay@gmail.com](mailto:revdianay@gmail.com)

**St Mary's Church, Wavendon** - In light of the government's advice on 16th March, we are cancelling all public events in church, including our popular coffee morning and Sunday services for the time being. The website [stmaryswavendon.co.uk](http://stmaryswavendon.co.uk) will have weekly Church services being uploaded.

The Vicar – Revd Matt can be contacted on email is [matt.trendall.mk@gmail.com](mailto:matt.trendall.mk@gmail.com) or

The Rectory number is 01908 582839