

## Useful links for support

Some local shops are offering volunteer delivery services for those in social isolation. Please contact the shops directly to find the most up to date advice.

**Wedmore Pharmacy: 01934 712266**

**Axbridge Pharmacy: 01934 733230**

**Touts Pharmacy Cheddar: 01934 743991**

**Winscombe Boots Pharmacy: 01934 843168**

**Wedmore Community Support:**

**Cheddar Valley Food Bank: 07922309369 or 07922308254**

**Co-op Store Axbridge Square: 01934 732228**

**Wedmore Stores: 01934 712545**

## Wellbeing Support

**The Samaritan:** Contact a Samaritan phone 116 123 or email [jo@samaritan.org](mailto:jo@samaritan.org)

**Somerset Mindline:** 01823 276 892

**Axbridge and Wedmore Medical Practice Health Coaches:** 01934 732464

**Village Agent Covering Axbridge and Wedmore:** 07746 332897

**Wedmore Parish Council:** 01934 713087

**Axbridge Town Council:** Town Clerk 07884264033

*There are individual community support initiative happening in your local towns and villages. Please ask within your community for any details.*

## *Do I need to self-isolate?*

## *How do I keep at a social distance?*



## Axbridge and Wedmore Medical Practice

### **Cornavirus (COVID-19) Support**

*The practice guidance for accessing local support and guidance on how to maintain wellbeing.*

Axbridge Surgery, Houlgate Way, Axbridge, BS26 2BJ and

Wedmore Surgery, St. Medard Road, Wedmore, BS28 4AN

Axbridge Surgery Tel: 01934 732 464

Wedmore Surgery Tel: 01934 712 774

Advice and guidance written 20th March 2020

Access the practice website for regular updates on COVID-19.

[www.axbridgeandwedmoremedicalpractice.nhs.uk](http://www.axbridgeandwedmoremedicalpractice.nhs.uk)

## What is Social Isolation?

Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus, or might have been exposed to it, limits the number of people they come into contact with for 14 days. This is the most effective way of preventing the coronavirus from spreading.

If you have been told to self-isolate, you will need to get to the place you are going to stay using your normal mode of transport, once there remain indoors and avoid contact with other people. This will prevent the spread of the virus.

In practical terms, this means that once you reach your residence you must

Stay at home.

Do not go to school, work or public places.

Do not use public transport like buses, trains, tubes or taxis.

Avoid visitors to your home.

Ask friends, family members or delivery services to carry out errands for you - such as getting groceries, medications or other shopping.

## What is social distancing?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are:

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
- Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
- Work from home, where possible. Your employer should support you to do this. Please refer to employer guidance for more information
- Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

Are over 70

Have an underlying health condition

Are pregnant

This advice is likely to be in place for some weeks.

## 5 WAYS TO MAINTAIN WELLBEING DURING THE PANDEMIC



**Connect:** Even during periods of social isolation and social distancing it is important to have social connection. Pick up the phone and talk to friends, family or contact a local charity like the Samaritans.

**Be Active:** Physical activity has been shown to be linked to better health outcomes, longevity and increased wellbeing. Try and go out for a walk, but keep a distance of 2 meters between you and others outside your household. Try a DVD home workout, get up and walk around the home and try and get out in the garden. We live in an area of outstanding natural beauty, enjoy it (at a distance from others)

**Take Notice:** When you are in the same space all day, it can feel like nothing changes, but in fact things do change, you just have to notice them. Becoming aware of what is happening around you and appreciating the present moment can increase your wellbeing and help you enjoy.

**Learn:** There are many benefits to learning, it can help you feel motivated, engaged and boost your self-esteem, as well as add to your skillset. Try reading a new genre of book, learn a few phrases of a new language or improve on existing skills.

**Give:** Small acts of kindness can improve your wellbeing and will also likely improve the wellbeing of the person you help. If you are not self-isolating, why not try and help out a neighbour or isolated member of your community, at a social distance.

***Also, remember to wash your hands as much as possible!***