

# HANDS + FACE + SPACE

## STAY SAFE



Earlier in the year our communities came together to help each other in the early stages of this pandemic. Thank you to everyone for following national guidance to stay safe.

Communication during this Coronavirus pandemic is very important in our communities. To be sure everyone is aware of support available from different agencies, as we go into what will be a very different winter, Brixton Parish Council is issuing this notice to residents across Brixton Parish including those in Carrollsland and in Sherford.

### **Social Contact**

If you can access the internet you will see community support in action on ***Love Brixton Devon Facebook, Brixton Village Facebook*** and ***Sherford Community Facebook***. Local people are quick to help or offer advice in response to requests for support or information.

For parishioners who do not use computers, a smart phone or a tablet, Brixton Parish Council will post information on **notice boards** in Brixton Village, Sherford and Carrollsland.

**Dementia Friendly Parishes around the Yealm** can provide advice and information to support people living with dementia and their families. If you need help, or know someone who might need help, please contact **Maxine on 07450 206312**.

**NHS Volunteer Responders** will offer support until at least December 2020. Visit the NHS Volunteer Responders website or **call 0808 196 3646 8am-8pm** to arrange support.

**Citizens Advice - South Hams** provides free, confidential and impartial advice if you are experiencing difficulties/hardship to help you find a way forward, whatever problem you face during COVID-19. Contact: **Phone: 03444 111444 (Mon-Fri 9am-4pm)**. WhatsApp: **07497 758779**. Email: [www.southhamscab.org.uk](http://www.southhamscab.org.uk) – use contact pages, select 'Email', click 'Use our online form'. Write: to Citizens Advice, Follaton House, Plymouth Rd, Totnes TQ9 5NE.

**Brixton Feoffee Trust** will consider applications for financial help from residents of Brixton Parish. For an initial confidential discussion contact the Clerk to the Trust, Sally Axell, on **01752 880262** or use a confidential application form on [www.brixtondevon.org.uk](http://www.brixtondevon.org.uk) website.

**Foodbank** Brixton Parish residents in need of Foodbank support should contact Ivybridge Food Bank to obtain food vouchers - **07706 457336** or email [info@ivybridge.foodbank.org.uk](mailto:info@ivybridge.foodbank.org.uk)

**Mental Health** The effects of the pandemic on daily life can be especially hard for people with depression or dealing with other mental health conditions. The following organisations really can help if you or someone else needs it.

**MIND (UK)** helpline: **0300 123 3011 Mon-Fri 9am-6pm** Email: [info@mind.org.uk](mailto:info@mind.org.uk)  
Text: **86463**

**First Response** is a 24/7 support and signposting service provided by mental health specialists - available to people experiencing a mental health crisis - **01752 434922**.

**Samaritans** 24/7 call: **freephone 116123**.

**Scams & frauds** Currently there is an increase in reports of people being defrauded or scammed by phone, letter, online and on the doorstep. Double check anyone who contacts you - they may not be who they say they are. Scammers may spend ages getting your trust to con you out of savings and pensions - or may try to try to bully or rush you into making payments urgently.

Trustworthy organisations never rush you, never ask you to transfer money in a hurry, and never ask for your banking details. Please look out for neighbours, friends or relatives who may not realise they are being targeted as victims.

If you are concerned about a **scam** contact Citizens Advice consumer service **08454 040506** or get online consumer advice and information at: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk). Report scams/suspected scams to **Action Fraud 0300 123 2040** [www.actionfraud.police.uk](http://www.actionfraud.police.uk) Action Fraud is the UK's national reporting centre for fraud and internet crime. If debit cards, online banking or cheques are involved in the scam, the consumer's first step should be to contact their bank or credit card company.

**Other support** If you have concerns about the **health and well being of an adult**, older person or a person with learning disabilities contact Devon County Council Care Direct on **0345 1551 1007** for advice and information.

If you are concerned about **a child or young person** and want to speak to someone contact Multi-Agency Safeguarding Hub (MASH) at Devon County Council on **0345 155 1071** or email [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk) and give as much information as you can.

**Brixton Local Leaders** and **Call for help**. Earlier this year local leaders volunteered across Brixton Parish to help look out for their neighbours in their area. Households in Brixton received a note from Local Leaders with their contact details and everybody was asked to signal if they needed help - by **flying a pillowcase or tea towel from their letter box or window**. **Do this if you need help**. If you would like a contact reminder, email [helen.deaswilliams@brixtonparishcouncil.org.uk](mailto:helen.deaswilliams@brixtonparishcouncil.org.uk) or phone **01752 975141**.

**Severe weather conditions** In the event of severe weather further information will be issued via Brixton Parish Council in collaboration with the Devon County Council using Facebook and other social media and websites.

**Keep in touch:**

Apart from noticeboards, you can get regular email updates from Brixton Parish Council by contacting: **Brixton Parish Council** - website [www.brixtonparishcouncil.org.uk](http://www.brixtonparishcouncil.org.uk) or email [clerk@brixtonparishcouncil.org.uk](mailto:clerk@brixtonparishcouncil.org.uk) phone **07890 945785**.

**COPIES OF THIS NOTICE** are in the Post Office shop, Chip shop, Rogers Garage, Foxhound, outside 3 Peartree Cottages – contact Helen **01752 975141** for more copies.

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**KEEP BRIXTON PARISH SAFE**

