

NEWS BULLITEN from Shopper-Aide Week 1

Due to this virus (Covid19) which is sweeping across the world we are all having to make some changes about how we live just now and we want to assure you we will continue to get you your shopping but some changes will have to be made to make sure we are being fair and also be able to do so.

Some of these changes are beyond our control and we have to obey them as well to make sure we are all safe – that is you are safe and our staff and volunteers are safe too.

This last week has been difficult mainly due to the panic buying by many people and we have often been unable to get your usual groceries or the amounts you ask for. You will no doubt have seen the pictures on the TV and papers of empty shelves and this has been happening here in Campbeltown as well.

This situation is going to last for some time and changes every day but overall the advice is that those over 70years of age should 'self isolate'. This means not mix in large groups, which is why we had to stop the Elderberries, Garry's Gang and other activities.

You are best to stay at home but you can go out in your garden if you have one or for a short walk, however you need to keep a distance from others. They will be doing the same so we just have to learn new ways of keeping active.

Lots of places have closed now – cafes, the cinema, Community Centre, Library and swimming pool, schools and the pubs.

How we can help each other.

- Everyone will get **one** shop a week and we do our best to get what you want
- Paying for your shop – to keep you safe we are advised not to be too close (best at least 6 feet apart) and **exchanging money will** be a problem and if you cannot get out to get money we do not want to leave you short.

Therefore we will set up an account and every 4 weeks and we can arrange to then collect the money, or you can post a cheque. For those already using the Standing Orders there is no problem.

- When your shopping is delivered please stay well away from the person delivering and for those who have underlying conditions we are happy to leave the goods just inside your door (or where you would like) and let you know we have been.
- We are planning to let you all have someone call you regularly to see how you are and have a chat about how you can keep safe and active.
- At the moment you or a carer can phone with your shopping list but we may change this to us phoning you as it depends on the demand and what staff we have available.
- Be wary of people you do not know offering to help – they maybe genuine as many different people are trying to help but they may not be genuine. **DO NOT GIVE MONEY OR BANK DETAILS TO ANYONE** or you are unsure of. If you are concerned contact, family or friends by phone or tell the caller from us what has happened.

Keeping Safe and active

If you feel unwell you can contact your Doctor or phone 111 or if you do go on line you can use the 111 helpline.

Keep in touch with friends and family via the phone or using social media if you have access to it.

Depending on your own ability try to keep active with some stretching exercises, walking round the house (and garden), doing some housework or sitting in a chair.

Set yourself a timetable as when to do things, read a book or magazine (you can order new ones with your shopping), dig out the old photos to look at, tidy out that drawer you have been meaning to do.

Remember – wash hands often and learn to distance yourself from others to keep you and everyone else safe from this virus.

Keep up to date on our Website: www.shopper-aide.org.uk or

Our Facebook Page:

<https://www.facebook.com/shopperaidecampbeltown>