



FODSENEWS NO 46

CORONA VIRUS – COVID 19

Viralkindness

The events of the past few weeks have been unprecedented, and it is clear, there is going to be quite a few difficult months ahead. However, there is much we can do to help the situation and in particular, to relieve the suffering of those who due to age or underlying health issues have been forced to self-isolate.

Those considered most at risk are:-

- aged 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

If you know of someone who is self-isolating, why not print off and post one of these Viralkindnessforms through their door? Often, it is the simple act of kindness that can lift the spirits and, in these times when person to person contact may not be encouraged, interaction by any other means will remind folk that they are not forgotten.

We are fortunate to live in an area with a strong community spirit and by working together, supporting each other and following sensible guidelines, we can emerge from this crisis as an even stronger and even more close-knit community.

Latest NHS Advice for Avoiding Coronavirus

Do:-

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, online services, or apps to contact your GP surgery or other NHS services

Don't

- touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

VE Day Celebrations – 8th May

In light of the latest government guidelines, FODS has taken the decision to postpone our planned VE Day celebrations.

The Senior Citizen Tea Party that was to be held at the Social Club will be rearranged for a later date when we should be able to celebrate two victories - VE Day and victory over the Coronavirus! Also, our celebrations which were to be held in the morning on the memorial green have been cancelled as has the St Peter's Church coffee morning. However, the church will remain open as a 'prayer station' and FODS will continue with a poppy display around the memorial area so please do take a look when passing.

Obviously, this is disappointing but under the circumstances, we are sure you will agree that to go ahead would not have been in the best interest of our community.

There are sunnier days ahead so let's look forward, 'spread kindness instead of virus' and help where we can.

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