UPDATE FROM YOUR ASHBURY19/06/2020

PARISH STREET COORDINATOR

**Contact Tracing Advice**

Public Health England have signposted the following websites for guidance.

NHS Website:

[www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/)

Government website:

[www.gov.uk/guidance/nhs-test-and-trace-how-it-works#the-nhs-coronavirus-app](http://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#the-nhs-coronavirus-app)

How NHS Test and Trace will contact you:

* You'll be contacted by email, text or phone. Calls will come from 0300 0135000. Text messages will come from the NHS.
* Children under 18 will be contacted by phone wherever possible and asked for their parent or guardian's permission to continue the call.
* You'll be asked to sign in to the NHS Test and Trace contact tracing website at [contact-tracing.phe.gov.uk](https://contact-tracing.phe.gov.uk) If you cannot use the contact tracing website, they will call you.

IMPORTANT: The NHS Test and Trace service will not:

* ask for bank details or payments
* ask for details of any other accounts, such as social media
* ask you to set up a password or PIN number over the phone
* ask you to call a premium rate number, such as those starting 09 or 087

**Home Exercise Sessions**

Age UK Oxfordshire has published 12 online exercise sessions for older people to do at home, focusing on strength and balance, Tai Chi, pilates and hands and wrists. They are available at:

[www.generationgames.org.uk](http://www.generationgames.org.uk)

or on their YouTube channel:

[www.youtube.com/channel/UCmrTWqBkGvP5NTtjFTzimMQ](https://www.youtube.com/channel/UCmrTWqBkGvP5NTtjFTzimMQ)

They also offer free home exercise DVDs which they can send to you – just use the link in the website above.

**Care2Share Virtual Support Group**

Dementia Oxfordshire would like to invite you to join them for a fortnightly meeting online. This virtual support group is for people diagnosed with dementia and the friends/family that support them. The support group will allow face-to-face contact online, fun discussions as well as support from a Dementia Adviser. To join them you will need internet access. For more information, contact Taqwa Galpin at:

07584148509

[taqwagalpin@dementiaoxfordshire.org.uk](mailto:taqwagalpin@dementiaoxfordshire.org.uk)

Dementia Oxfordshire Support Line: 01865 410210 (Mon to Fri – 9am to 6pm)

[www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk)

**Ashbury Tearoom and Shop**

The Ashbury Tearoom and Shop has now closed their online store. They wish to thank everyone who has used this temporary service since they started it back in March due to the Coronavirus pandemic. Most people have now switched back to coming in-store for their shopping and they are open with all the necessary precautions in place. Deliveries are on schedule and stock levels are more consistent and higher than ever. Please feel reassured that they will continue to supply everyday essentials and general goods to the community.

For those who are shielding and cannot visit the store, you can still email or call with your shopping list and they will deliver it to you:

01793 710068

The store is currently open Tuesday to Saturday, 11am to 2pm.