

Action Plan for a Westleton Community Care Network (v2: 20 March 2020)

Background: The coronavirus outbreak has now become an epidemic, which will probably be worse than winter flu before vaccines were available (e.g. the Asian Flu epidemic in 1957/8). The Westleton Village Hall, Parish Council, Women's Institute and Parish Care team are collaborating to set up a Westleton Community Care Network, and have prepared this Contingency Action Plan for the village.

Purpose: To ensure, so far as possible, that the village is well prepared to offer help to those who are affected by the coronavirus epidemic, particularly for vulnerable residents and especially those living alone, who may become ill and/or have to self-isolate without anyone realising or being able to help.

Preparatory Action

- 1) Set up and maintain lists of residents who are
 - a) known to be vulnerable and/or living alone who have requested or may need help
 - b) fit & active and willing to act as helpers
- 2) Get addresses & phone numbers for as many people in these two groups as possible
- 3) Circulate potential helpers to recruit as many volunteers as possible
 - a) liaise with First Responders & other organisations as necessary
- 4) Set up an organising team to develop & implement this joint contingency plan
- 5) Print & prepare to distribute leaflets to all households (draft attached)
- 6) Get protective gear for volunteers (gloves, masks, sanitiser etc) as soon as possible

Possible Actions for implementation as and when necessary

- 1) Identify appropriate neighbourhoods and at least two coordinators to act as primary contacts for each neighbourhood
- 2) Collate & update lists of those actually or potentially in need of help
- 3) Coordinators will (as & when necessary)
 - a) make routine friendly phone calls (every 2 or 3 days ?) to those who have requested this, or are living alone or thought to be vulnerable, to check whether they're OK (unless requested not to).
 - b) Check homes in their neighbourhood each day for any "Help please" notices in windows
- 4) If necessary, organise appropriate help e.g.
 - a) getting shopping and/or medicines (door-step delivery)
 - b) contacting friends & relatives
 - c) calling for medical assistance
 - d) preparing and supplying meals (door-step delivery)
 - e) caring for pets ? (this may not be possible because of possible contact)

Costs & Resources Required

- 1) Sufficient volunteers to help (about 20 or 30, since some will probably get sick...)
- 2) Little funding required unless meals are required (see below), assuming that volunteers are willing to pay for phone calls, fuel etc
- 3) For provision and delivery of meals, it would be desirable to have a fund (~ £500 ?) available to pay for purchase of ingredients, etc, to avoid any need for any physical payments at time of delivery. Arrangements could be made to recover costs later if necessary (but it would be simpler and much less trouble if this were not required).

Next Steps

See notes of inaugural organising committee meeting (17 March 2020)

John Shepherd (for joint organising committee)