

BIDDENDEN PARISH COUNCIL



In these difficult times, we want to ensure that all our parishioners keep safe and no one is forgotten or overlooked. This is where Biddenden social media followers can really help as not everyone is on Facebook or Twitter. Here are some ways we can reach out and make sure everyone is kept safe. Many of you will be doing this already. Know your neighbours. You should ensure that all of your Neighbours, particularly those that are elderly or vulnerable, are aware of the help and support that is available to them.

1. Be sure to let your neighbours know **your phone numbers**, land and mobile.
2. Be sure, that if you're not able to help, you have the local numbers to hand, which summon **assistance in Biddenden**:
 - Support for shopping: Tom Claykens and his team Tel: **07494 870911**
 - Food bank: Bobbie Hewitt and her team Tel: **07507 566759**
 - Neighbourhood Watch: Adrian Lidgett Tel: **01580 291931**
 - Biddenden Transport: Tel: **07884 425781**
 - Age Concern Ashford: **01233 668765**
 - General moral support, comfort and advice: Revd Alex Bienfait Tel: **01580 291454**
 - Biddenden Parish Council matters: Clerk Alison Swannick tel: **07783 223450**
 - Ashford Borough Councillor: Neil Bell **01580 291400**
3. **Pass these local emergency numbers to your neighbour.** Write them in large print on a piece of card.
4. If possible obtain an emergency phone number in order to **contact a family member if necessary.** Check up on them regularly, perhaps every few days or so.
5. If you are planning a shopping trip why not **ask your elderly or vulnerable neighbour if they need any items.** If you can't provide, perhaps you can ask a friend.
6. You can help everyone by **keeping well yourself.** Follow **the social distance** guidelines and encourage all of your family to do the same be **careful indoors and in the garden, you don't really want to end up at A and E.**
7. **Keep up to date** on the latest government guidelines. The rules are simple: **Stay at home**, unless you need to go to work, are shopping for essentials like food or medicines or taking a once daily stroll/jog/dog walk for exercise. Save car trips for essential journeys just like everyone else, and please drive extra carefully.