

Be Safe, Be Informed, Be Kind

Coronavirus COVID-19 Some Key Information for Congleton Residents
Congleton Town Council has taken out these two pages to inform residents, especially those without access to computers and smart phones, about key information and contacts to help you over the coming weeks. Please be aware that times given may be subject to change.



Health Matters

The health services are under intense pressure. Do not attempt to see a doctor if you have Coronavirus (COVID-19) symptoms - a high temperature or a new persistent cough. Stay at home for 7 days. If you do not recover, or your symptoms get worse, follow the advice given by the NHS 111 web site. Do not ring 111 unless you have no Internet access.

Note: Doctors will carry out phone consultations and only see patients when absolutely necessary. Visiting a surgery should be a last resort. If you do visit, you may not be admitted to the surgery but speak to a receptionist. You are asked not to bring a supporter or family member with you.

Lawton House Surgery Bromley Road, Tel 01260 275454 Open normal hours (Mon-Fri 8:00-18:00). The surgery will ring those with pre-booked appointments. Still carrying out necessary injections Prostrate, B12, Babies etc, patients are contacted first. Prescriptions: online / written only (not over the phone) - asking people to nominate a pharmacy for the prescription to be sent to for collection.

Meadowside Medical Centre Mountbatten Way, Tel 01260 272331. Open normal hours (Mon -Fri 8:00-18:30) to receive requests for repeat prescriptions. If you come to the surgery, you will need to knock on the inner door in order to speak to the receptionist.

Readesmoor Medical Centre West Street, Congleton, Tel 01260 276161. Open normal hours (Mon-Fri 8:00 to 18:30). Injections: if they are necessary then the patient is contacted by the nurse, these are carried out at the surgery, but all are triaged at the door before entry. Prescriptions: repeats through pharmacy or they can still be dropped in at the surgery there is a box outside for this.

Pharmacies

Do not visit a pharmacy if you have Coronavirus (COVID-19) symptoms - a high temperature or a new persistent cough. Ask someone to collect your prescription for you or ring and ask for a delivery where this service is available.

Boots Congleton Retail Park/Barn Rd, 01260 276977: Open Mon-Fri 8:00-midnight, Sat 8:00-18:00, Sun 10:00-16:00. Deliveries on Mon-Fri for people who are self-isolating can be arranged over the phone.

Boots the Chemist Bridge St 01260 273153: Open Mon-Sat 9:00-17:30.



Congleton Pharmacy West St 01260 277149 Open Mon, Tue, Wed, Fri 8:00-18:30, Thur 8:00-20:00 and Sat 9:00-13:00. Closed 10:30-11:00 and 3:00-3:30 for deep cleaning. Ring the bell on the back door in the yard and someone will come, take your name and return with your prescription. At busy times wait your turn in the open air. Payment is by cash or contactless only.

Lloyds Pharmacy West St, 01260 275523: Open Mon-Fri 9:30-13:00 and 14:00-17:15, and Sat 9:00-13:00.

Mossley Pharmacy Biddulph Rd 01260 275177: Open Mon-Fri 9:00-13:00 and 14:00-18:00, Sat 9:00-13:00

Salus Pharmacy Havannah Street 01260 291091: Open Mon-Fri 9:00-18:00 and Sat 9:00-13:00

Superdrug Pharmacy High St 01260 278341: Open Mon-Sat 9:00-17:30.

Tesco Pharmacy Barn Rd 0191 479 8135: Open Mon-Fri 6:30-22:30, Sat 8:00-22:00, Sun 10:00-16:00

Well Pharmacy Park Lane 01260 280810 Normally open Mon-Fri 8:45-18:30 but currently short-staffed and having to close 10:00-11:00 and 13:00-14:00. Sat open 9:00-13:00.

West Heath Pharmacy West Heath Precinct, 01260 297196: Open Mon-Fri 9:00-17:30. Deliveries can be arranged over the phone. You do not have to be an existing customer, but please say if you are self-isolating so that the driver can take precautions.

Congleton COVID-19 Information Line
Daily 11am – 7pm ☎ **01260 541 815**

Latest local and national updates:
www.congleton-tc.gov.uk

 *The little town with a big heart!* 



PROTECT THE NHS

save lives

The little town with a big heart!

For the very latest local and national updates: visit www.congleton-tc.gov.uk



Staying Safe and Supporting Each Other in Congleton

Communities working together with Congleton Town Council

Thank you to everyone who has volunteered to help their neighbours, volunteered with Cheshire East Council's People helping People, or the NHS. Congleton Town Council has been working with community organisations across Congleton on four main projects

- **A new telephone information line for Congleton** – especially aimed at those who can't access online information. This will be staffed from 11am – 7pm seven days a week. The telephone number is **01260 541 815**. This is a very local service and our aim is to put you in contact with the group, organisation or individual who can help. This line will work closely with Cheshire East Council's People helping People.
- Providing the admin support for a new facebook group 'Congleton Coronavirus (COVID-19) community support'. This group is checked from 8am – 10pm and already have over 2000 members.
- Has created a number of pages on the Town Council website: www.congleton-tc.gov.uk about COVID-19 with links to national or local organisations that offer support, guidance, advice or services. There are pages on health, finance, shopping and deliveries, hobbies and staying in contact while isolated, church services and bereavement.
- Helping to support a pop-up food bank in the Town Hall. This is an additional facility, which is working closely with Congleton's permanent Storehouse Foodbank at New Life Church, and addressing separate needs to the referral foodbank. A big thank you to the volunteers and donators to this service.

What you can do to Help:

Individuals:

If you are already acting as a volunteer street or road co-ordinator and are happy to give the Town Council your details this would be really helpful so that we can contact you if we get a request for help in your road. Please fill in the details on www.congleton-tc.gov.uk

If your street doesn't have a volunteer co-ordinator and you are prepared to help please also let us know.

Services

The Town Council would also like to hear from Community groups and organisations who are offering services in some shape or form and any businesses that either offer a home delivery service, or are planning on offering this service. Those that we are aware of have been added to the Website on the COVID-19 pages.

Please contact us via **01260 270350** or info@congleton-tc.gov.uk

Neighbours

Are your immediate neighbours OK? Do you already have their telephone number. Do they have yours? Now may be a good time to exchange details! If you already have their telephone number why not give them a ring and check everything is OK. If you don't have their number, and are able to get out – you could put a copy of the form below through their door. Hopefully they will do the same for you!

If you receive a card through your door, copy the details down from it if you want them, wash your hands and dispose of the card. It might be a good idea to phone the person to tell them you have received it.

Congleton Storehouse Foodbank

The Storehouse Foodbank, based at New Life Church, is still in operation on Monday to Friday from 10am – 3pm. It operates a referral system and can be contacted on 01260 297961. Please leave a phone message if no answer. The email contact: thestorehouse@nlchurch.org.uk or mail@nlchurch.org.uk

Food and financial donations are being accepted and the store is grateful to all donors for their support. Donations of food can be brought to New Life Church during opening hours.

Financial donations can be made by bank transfer, call the office on 01260 297961 for bank details.

Donors who are tax payers can Gift Aid support by sending a short email to advise of this, including address and postcode to mail@nlchurch.org.uk.

Blood Donation

Congleton Town Hall is working with the NHS and the Town Hall will continue to be offered for blood donating sessions as managed by the NHS. You are still allowed to travel to donate. Giving blood and platelets is essential to the NHS and vulnerable patients. The next planned sessions at the Town Hall are Tuesday 14th April, Friday 15th May, Friday 29th May. If you are well and wish to give blood book a time with the NHS at www.blood.co.uk.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household. This should be from your house, do not drive out to local beauty spots.
- any medical need, or to provide care or to help a vulnerable person.
- travelling to and from work, but only where this absolutely cannot be done from home.

You should be minimising the time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

DO NOT LEAVE THE HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

To avoid spreading the Virus, DO:

- wash your hands with soap and water often – do this for at least 20 seconds.
- use hand sanitiser gel if soap and water are not available.
- wash your hands as soon as you get back home.
- 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.

DON'T:

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

Hello Neighbour!

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

Shopping and Deliveries in Congleton

As everyone is aware, life is far from normal at the moment. Many shops have needed to change their normal business operations to adapt to the current social distancing climate.

Many of us will need to pick up deliveries for vulnerable or poorly neighbours, friends and families. When doing this kind act, it is important that you protect yourself and the person you are delivering to.

Some of the supermarkets offer home deliveries, however getting a slot is difficult. This is a recognised problem and it is hoped some national solutions will be found. Many people are fortunate to have friends, families or neighbours who are able to shop for them. Many stores have introduced rationing for some items..

Below is a list of shops and takeaways that we are aware of in Congleton that are still opening due to selling essential items. Some of the larger stores have set times for those who are elderly or for NHS and Key Workers. We have tried to capture as much as possible. If people know of more please tell info@congleton-tc.gov.uk and we will add to the online list.

Shops – Opening Hours and Delivery options

Supermarkets & General Stores

Pound Stretcher, High Street, 01260 273644. Mon-Sat; 9am-5.30pm, Sun; 10am-4pm

B&M, High Street, 0330 838 9173. Mon-Sat; 9am-5.30pm, Sun; 10am-4pm

B&M, Retail Park, Barn Road, 0330 838 9075. Mon-Sat; 8am-6pm, Sun; 10am-4pm

Superdrug, Pedestrian Area, 01260 278341. Mon-Sat; 10am-5pm.

Pharmacy- Mon-Sat; 9am-5.30pm, Sun; closed.

Boots, Pedestrian Area, 01260 273153. Mon-Sat; 9am-5.30pm, Sun; closed.

Boots, Retail Park, Barn Road, 01260 276977. Mon-Fri; 9am-8pm, Sat; 8.30am-6pm, Sun; 10am-4pm

Tesco, Barn Road, 0345 677 9196. Mon-Sat; 6am-10pm, Sun; 10am-4pm

Tesco Express, West Rd, 0345 6102826. Mon-Sun; 6.30am-10pm

Morrisons, Town Centre, 01260 298225. Mon-Sat; 8am-8pm, Sun; 10am-4pm

Home Bargains, West Heath Shopping Centre, 01260 297625. Mon-Sat; 8.30am-8pm, Sun; 10.30am-4.30pm

Iceland, West Heath Shopping Centre, 01260 408239. Mon-Sat; 8am-7pm, Sun; 10am-4pm

Aldi, West Heath Shopping Centre, 0800 042 0800. Mon-Sat; 8am-10pm, Sun; 10am-4pm

Aldi, Town Centre, 0800 042 0800. Mon-Sat; 8am-10pm, Sun; 10am-4pm

Holland & Barrett, Pedestrian Area, 01260 408672. Daily 10am-6pm. Online deliveries available.

Marks & Spencers Simply Food, Retail Park, Barn Road, 01260 278032. Mon-Fri; 8am-8pm, Sat; 8am-7pm, Sun; 10am-4pm.

Jolleys Pet Superstore, Retail Park Barn Road, 01260 290871. Mon, Tues, Thurs; 9am-6pm, Weds, Fri; 9am-7pm, Sat; 9am-6pm, Sun; 10am-4pm. Click & collect service available.

Convenience Stores

Co-op, Bromley Road, 01260 279956. Mon-Sun; 6am-10pm

Hightown Post Office, Biddulph Road, Mossley, 01260 272997. Mon-Fri; 8.30am-5pm, Sat; 8.30am-1pm

Huub Store- Londis, Manchester Road, Lower Heath, 01260 281800. Mon-Sat; 7am-9pm, Sun; 8am-8pm

Londis, Padgbury Lane, 01260 281659. 7am-10pm

McColl's, Buglawton, 01260 297147. Mon-Sun; 7am-10pm

McColl's, West Heath Shopping Centre, 01260 272984. Mon-Sat; 6am-8pm, Sun; 7am-8pm

Premier, Hightown Mossley, 01260 271969. Mon-Sun; 7am-9pm

Spar, Canal Road, 01260 281498. Mon-Sun; 6.30am-9pm

Spar, West Street, 01260 273224. Mon-Sat; 7am-9pm, Sun; 8am-9pm.

Independent Food

Butters Family Fruit & Veg, 07783 603038, open 7am-10pm

Congleton Kitchen, Lawton Street, 01260 277545, Hot meals and range of takeaway meals. Delivery available

Crema, Pedestrian Area, 01260 270511. Open daily, orders by 2.30pm. Delivery available.

Glebe Farm, Peel Lane, Astbury, 01260 274015. Lines open 9am-4pm. Card payments and delivery available.

P&A Carters Fresh Produce, Congleton Market.

RJ & J Moore Greengrocers, Mill Street, 01260 273249, Fruit & Veg. Delivery available. Mon-Sat; 9am-3.30pm, close 12.30pm on Weds. Sun; closed.

Wild & Wild, Pedestrian Area, 01260 409327. Online service, with delivery available in Congleton on order £15 or over.

Independent Others

Bare Health, High Street, 01260 408413. Online or over the phone. Delivery available for Congleton & Biddulph on orders £15 or over.

Beartown Brewery, Spindle Street, 01260 299964. Phone orders, delivery within 6 miles of Congleton

Chelford Farm Supplies, Knutsford Road, Chelford, 01625 861588. Mon-Fri; 9am-4pm, closed weekends.

Compusat, Lawton Street, 01260 290400. Mon-Fri; 10am-5pm. Help over the phone or a pick-up and delivery service for computer repairs.

Congleton Chronicle, High Street, 01260 273737. Order via PayPal, deliveries available in core circulation.

Direct Bottled Gas, Havannah Street, Buglawton, 01260 271371. Mon-Fri; 8.30am-5pm, Sat; 8.30pm-1pm

Grace Brown Interiors, West Street, 01260 273194. Online only.

HJ Lea Oakes, Biddulph Road, Mossley, 01260 299889. Mon-Fri; 8.30am-5pm. Phone orders with collection from store with allocated time slots.

R & E Malkin Newsagents, Willow Street, 01260 273654. Mon-Sat; 6am-8pm, Sun; 7am-8pm