

<p><b>Chairman: Mr Peter Griffiths</b>  <b>017683 61944</b>  <b>Clerk: Shelagh Leyland</b>  <b>Telephone: 017683-62327</b>  <b>e-mail: clerkboltonpc@gmail.com</b>  <b>WEB-SITE: www.boltonvillage.org.uk</b>  <b>https://www.facebook.com/boltonparish/</b></p>	<p><b>BOLTON PARISH COUNCIL</b>  <b>NEWSLETTER</b>  <b>April 2020</b></p>	<p>Councillors: Roger Bird (vice chairman, 01931 714248), Alan Green 62194, 07812059575  Laura Hall 07860691250,  Peter Smith 62862,  Sheila Summerscales 62783,  Martyn Worrall 61002</p>
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A warm welcome to newcomers to Bolton. If you have not received a "Welcome to Bolton" leaflet, and/or would like to join the parish emailing list, please let me know (clerkboltonpc@gmail.com, 62327).

**COVID-19**

By the time you get this newsletter, things will have changed again. We will try to keep you up-to-date on the village web-site [www.boltonvillage.org.uk](http://www.boltonvillage.org.uk) . More information can be found on <https://cumbria.gov.uk/coronavirus/>. If you click on "Information for local communities" you can subscribe for Eden email alerts. Also <https://www.gov.uk/coronavirus>. Please pass on information to neighbours who do not have internet access.

**HOW CORONAVIRUS IS SPREAD**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

**STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS**

Stay at home for 7 days if you have either:

- A high temperature: You feel hot to touch on your chest or back.
- A **new**, dry, continuous cough and breathlessness

If someone in your home has a persistent cough or fever, everyone living there must stay at home for 14 days.

**DO NOT go to a GP surgery, pharmacy or hospital.** Read the NHS advice about staying at home: [nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)

**Staying at home means you should:**

- not go to work, school or public areas

- not use public transport or taxis
  - not have visitors, such as friends and family, in your home
  - not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- You can use your garden. You can also leave the house to exercise – but stay at least 2 metres away from other people**

**TREATMENT FOR CORONAVIRUS**

There is currently no specific treatment for coronavirus. The earliest a vaccine is likely to be available is 2021. Use Paracetamol to help with lowering a fever. Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms. Antibiotics do not help, as they do not work against viruses.

**USE THE NHS 111 ONLINE CORONAVIRUS SERVICE IF:**

- You feel you cannot cope with your symptoms at home.
- Your condition gets worse.
- Your symptoms do not get better after 7 days.
- Only call 111 if you cannot get help online.

**SHOUT CRISIS TEXT LINE**

For anyone **struggling with their mental health in isolation, or suffering from anxiety or worry**, please tell a neighbour, or text SHOUT to 85258 (this line is not for medical advice).

**HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS**

This is particularly important for people who are 70 and over, have a long term condition, are pregnant or have a weakened immune system

- Stay home where possible. Stop non-essential contact with others and non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.

- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alcohol hand sanitiser gel if soap and water are unavailable
- 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.
- Try to avoid close contact with people who are unwell.
- Do not touch your eyes, nose or mouth if your hands are not clean.

**If you have symptoms and live with a vulnerable person:**

- try to keep 2 metres (3 steps) away from each other
- avoid using shared spaces, such as kitchens or bathrooms, at the same time as each other
- open windows in shared spaces if you can
- clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- use a dishwasher if you have one – if you do not have one, use washing-up liquid and warm water and dry everything thoroughly

**How to do your cleaning and laundry**

- Use your usual household products, such as detergents and bleach, when you clean your home.
- Put used tissues and disposable cleaning cloths in rubbish bags. Then put the bag into a second bag and tie it securely. Wait 3 days before putting it in your outside bin.
- Dispose of other household waste as normal.
- Wash your laundry in the washing machine in the usual way. Laundry that has been in contact with an ill person can be washed with other people's items. Do not shake dirty laundry, as this may spread the virus in the air.
- If you do not have a washing machine, wait for 3 days after your stay at home has ended before taking your laundry to a launderette.

**BOLTON SUPPORT GROUP**

This has been set up a group of residents and local tradesmen to support anyone self-isolating or otherwise struggling: they can help with shopping, picking up prescriptions, having a chat. You will probably have been contacted by a member of the group already.

**VILLAGE EVENTS AND MEETINGS**

Unfortunately, just about everything has been cancelled or postponed until further notice, including the VE75 day celebration.

**Memorial Hall Development Project**

The plans have now been submitted to EDC. We were hoping to kickstart local fund raising with an evening of entertainment in the Hall, but unfortunately this has gone on hold for the time being. In the meantime, please think about fund raising ideas so we can resume once life has returned to “normal”.

If you have keys for the hall which you no longer need, please return to Christine Taylor or Claire Hudson.

**Bolton Educational Foundation Trust**

The Charity Commission has confirmed that the PC has authority to spend the endowment capital, and to close the charity once the funds are expended. So far, four projects to support the primary school have been approved - the “Mile a Day” track, Early Years Equipment, a projector, screen and associated equipment, and a wall-mounted interactive screen.

The PC has also agreed to consider supporting projects for post-primary children as long as a lasting collective benefit can be demonstrated. If anyone has an idea for such a project, please get in touch with the clerk to discuss.

**Litter pick**

We are still hoping to do a village litter pick on **Sunday 19<sup>th</sup> April**, I'll keep you updated on this.

**Road resurfacing**

Resurfacing work is scheduled on the Temple Sowerby Pass from mid-June to end July. There will be a contraflow in operation. We have requested the police to mount speed radar checks on the Bolton Cliburn road during busy times.

**THE ANNUAL PARISH AND ANNUAL PARISH COUNCIL meetings** are scheduled for May 18<sup>th</sup>. I will let you know if they are cancelled.

**STAY WELL**

