

We are urged to rally together as local COVID-19 app is launched to connect volunteers and people who need help.

A new Suffolk-focused community service has been set up to support people who need help during the COVID-19 pandemic.

Called '**Home But Not Alone**', the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

The service will mean willing volunteers, charities, town and parish councils, community and religious groups can all log their details and offers of support on an app, while people who need help can phone to request support.

As the number of offers and requests grows, they will be matched so that the right help can be given where it's most needed. This support could include delivering groceries, medication or essential household goods, in line with Government social distancing guidelines.

Download the free **app**, called Tribe Volunteer from [Apple App Store](#) and [Google Play Store](#).

The telephone number for those in genuine need of help is freephone **0800 876 6926** and will be staffed from **9am to 5pm**, seven days a week.

WestSuffolk MarketTraders who are taking orders and delivering to your area. Lots of different foods, ingredients and more. Take a look at:

<https://www.westsuffolk.gov.uk/coronavirus/covid-19marketdeliveries.cfm>

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Updates from Suffolk Police

[Suffolk-Poster-WhyAreYouHereTodayV3.pdf](#)

[FOR-PARENTS-when-child-is-ill2.pdf](#)

[Domestic-Abuse2.pdf](#)

Update from West Suffolk Council

[Parish-and-town-councillor-update-160420-FINAL.pdf](#)

Update from Suffolk County Council

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

- Shopping for basic necessities, infrequently and only one person
- One form of exercise a day, alone or with members of your household and from home
- Any medical needs, or to provide care or to help a vulnerable person
- Travelling to and from work, but only where this absolutely can't be done from home

Current UK Risk Level: HIGH

As of 13 Mar, UK is in the 'delay' phase of the government's action plan to limit the spread of the virus.

Current UK Situation

- UK wide: Full details on latest numbers are available [here](#).
- Suffolk: You can view the latest UK dashboard of cases by local authority [here](#).
- Press conference slides with the latest data from COBR coronavirus fact file (transport use, new cases, hospital admissions, deaths) and datasets available [here](#).
- View past press conferences on [YouTube](#).
- Increase to Working Tax Credits - The government has announced that Working Tax Credits payments will be increased from 6 April 2020
- Coronavirus: MOTs due from 30 March 2020 - Your car, van or motorcycle's MOT expiry date will be extended by 6 months if it's due on or after 30 March 2020 - but you must keep your vehicle safe to drive.
- NHS army of volunteers to start protecting vulnerable from coronavirus in England - Thousands of approved volunteers will be offered tasks from 7 April via the GoodSAM app and will start helping people safely, with more expected to get requests over the coming weeks as referrals ramp up. Health professionals, pharmacists and local authorities can upload requests for help on the NHS Volunteer Responders referrer's portal and volunteers pick the job they want to do that day and close the task once complete.

Suffolk Public Rights of Way advice for landowners: As more people are venturing outside to enjoying their daily exercise, the county council has produced an advisory notice for land owners and residents who have a public right of way running through their garden or workplace. The notice is downloadable [here](#) for placing at the entry points into a garden, farmyard or other operational part of a farm where there may be other people around. The notice asks members of the public to be sensible and consider the health and wellbeing of those living or working close by adhering to the government advice on social distancing.

Home Learning Resources: The government has brought together an initial list of online educational resources to help children to learn at home. These websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for pupils of all ages. The resources which include subject specific resources for English, Maths, Science, PE, Wellbeing and SEND can be found here: <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Hope you and family are well,
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