

## Covid-19 - Request for Volunteers to Help with Shopping

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golden ridge

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Posted in group: **GRNW Alert Mailing List**

### **GOLDEN RIDGE NEIGHBOURHOOD WATCH**

The Government's recent announcement about our response to the Covid-19 outbreak means that large numbers of our community will be following the guidelines for 'social distancing'. The guidelines can be found on the website <https://www.ridgehill.uk/grnw/> under the title 'Social Distancing' Advice (UK Government).

This large increase in the numbers of people called upon to be involved in social distancing means that we may need more volunteers - people willing to shop for food or to collect medicines for the people staying indoors. At present we have had a number of volunteers, following the email request, but these volunteers are mainly those aged 70 and over, who now are the ones affected and unable to help!

If you are not in one of the groups listed below (taken from the Government's website), please would you consider offering to help anyone who is having serious problems with shopping and/or collection of medicines.

To volunteer, please respond to this message and thank you for any help you can offer.

Joan Daniels, Coordinator, 7 Ridgehill, BS9 4SB  
Golden Ridge Neighbourhood Watch website: <https://www.ridgehill.uk/grnw/>

**Extract from the Government website explaining the people who are at increased risk.**

**Please note: Those at particular risk due to complex medical problems, and who will be contacted by the NHS next week, are shown at the end of the list:**

**We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.**

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
  - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)

- chronic heart disease, such as [heart failure](#)
- [chronic kidney disease](#)
- chronic liver disease, such as [hepatitis](#)
- chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
- [diabetes](#)
- problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- **those who are pregnant**

Note: there are some clinical conditions which put people at even higher risk of severe illness from COVID-19. If you are in this category, next week the NHS in England will directly contact you with advice on the more stringent measures you should take in order to keep yourself and others safe. For now, you should rigorously follow the social distancing advice in full, outlined below.

People falling into this group are those who may be at particular risk due to complex health problems such as:

- people who have received an organ transplant and remain on ongoing immunosuppression medication
- people with cancer who are undergoing active chemotherapy or radiotherapy
- people with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment
- people with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)
- people with severe diseases of body systems, such as severe kidney disease (dialysis)