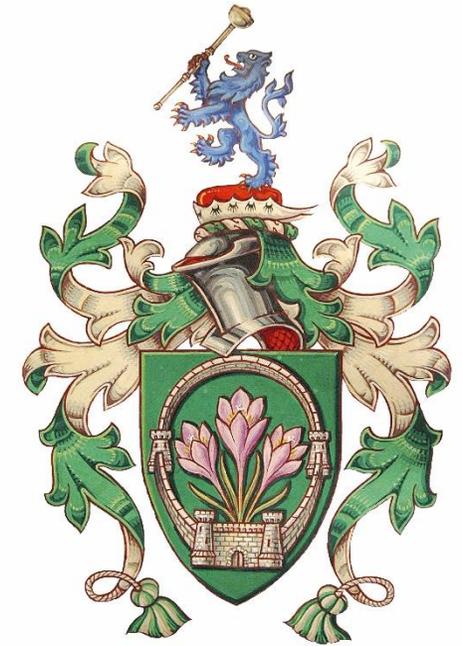




Saffron Walden Town Council  
COVID-19 Community Response Plan  
Effective from April 2020



SAFFRON WALDEN  
TOWN COUNCIL

First things first...

‘Thank you!’

Thank you to all our residents and business at this difficult time for adhering to the Covid-19 guidelines.

Saffron Walden is ordinarily a bustling, market town and we would normally encourage you all to come visit the unique shops, browse around the marvellous market and enjoy the sights and sounds.

But the message for now is different -

***Thank you for staying at home, protecting the NHS and saving lives.***

# What Saffron Walden Town Council is doing to help you

- We are supporting Uttlesford Food Bank with deliveries and purchasing food on their behalf so they may continue with the growing demand on their services
- We will be establishing a community fund to support local groups, charities and organisations at this time – please contact [townclerk@saffronwalden.gov.uk](mailto:townclerk@saffronwalden.gov.uk) for further details
- We are maintaining public services where safe and practicable to do so – this includes operating Saffron Walden market (and details of those doing online deliveries or collections are on our website), keeping our public open spaces cut, clean and tidy
- Where we can, Council business and administration continues. This includes representing residents on planning matters, looking at long-term projects and maintaining some services
- We are organising a range of stay at home activities which you can do with friends and family
- We are looking at services and support for residents post Covid-19; what help may be needed and how we can support that;
- We are sharing and sign-posting residents to available help and support

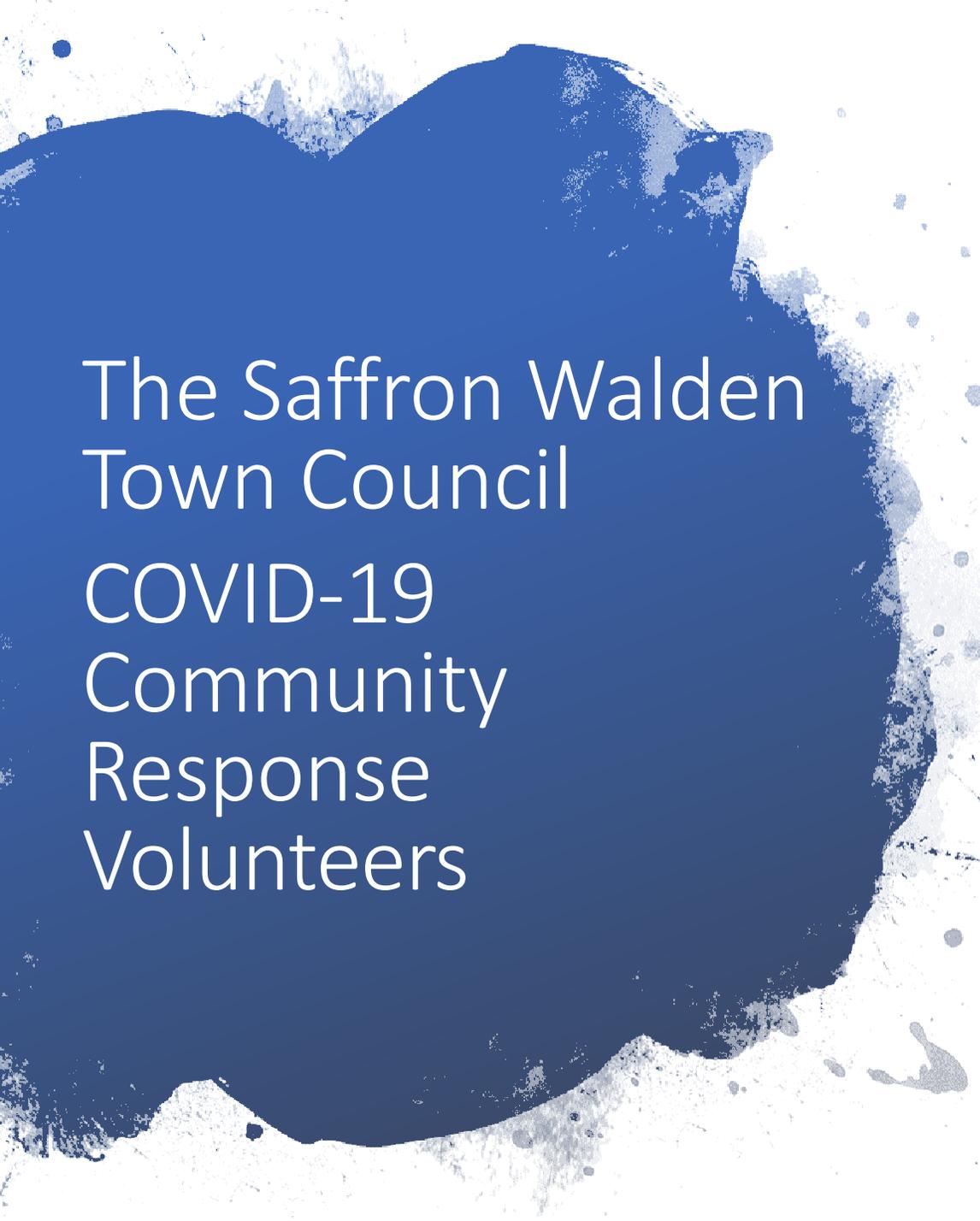
# What Saffron Walden Town Council is doing to help you

- We are supporting the Uttlesford-wide Community Response, managed and coordinated by Uttlesford District Council and the Council for Voluntary Services Uttlesford (CVSU)
- Some staff and Councillors have been re-deployed to support this service – this includes helping with prescription collections and deliveries to the elderly and vulnerable
- If you need help or support, contact the Community Support Line:

**Call: 03333 408 218**  
**(8am to 8pm, Monday to Friday)**

**Email: [communityresponse@uttlesford.gov.uk](mailto:communityresponse@uttlesford.gov.uk)**

**Further details on line at: <https://www.uttlesford.gov.uk/community-support-during-the-coronavirus-outbreak>**



# The Saffron Walden Town Council COVID-19 Community Response Volunteers

Volunteers will be carrying out tasks for residents who are self-isolating or shielded at home. Working with UDC and CVSU, our volunteers will be delivering prescriptions for those who are unable to do to themselves. Safety is paramount and we ask all recipients of this service and volunteers to stay safe at all times.

## **The set-up**

- All volunteers will be volunteering via the Uttlesford Community Response process and are here to help residents.
- All items are to be left on doorsteps, no physical contact to be made.

KEY WEBSITES	PHYSICAL ACTIVITY	SOCIAL ISOLATION	MENTAL HEALTH	WEIGHT MANAGEMENT	OTHER INITIATIVES
<p>Uttlesford District Council:  <a href="https://www.uttlesford.gov.uk/coronavirus">https://www.uttlesford.gov.uk/coronavirus</a></p> <p>Saffron Walden Town Council:  <a href="https://saffronwalden.gov.uk/home/">https://saffronwalden.gov.uk/home/</a></p> <p>Saffron Walden Tourist Information Centre:  <a href="https://www.visitsaffronwalden.gov.uk/">https://www.visitsaffronwalden.gov.uk/</a></p> <p>Saffron Walden Business Support:  <a href="https://www.supportsaffronwalden.co.uk/">https://www.supportsaffronwalden.co.uk/</a></p> <p>Uttlesford FrontLine Directory of services:  <a href="https://www.uttlesfordfrontline.org.uk/">https://www.uttlesfordfrontline.org.uk/</a></p>	<p>Residents are permitted to use open public spaces for exercise, adhering to the Government guidelines <i>(NB: some gardens are currently closed but The Common remains open, excluding the play area or gym equipment)</i></p> <p>Social media platforms provide a range of general workouts of all types</p> <p>Download a copy of local walks</p> <p>“Keep Essex Active” online classes:  <a href="https://www.activeessex.org/keep-essex-active-youtube/">https://www.activeessex.org/keep-essex-active-youtube/</a></p> <p>Cycle on the quieter roads:  <a href="https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/cycling/cycle-routes-and-maps">https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/cycling/cycle-routes-and-maps</a></p>	<p>Residents can create a scheduled street dance/exercise groups adhering to Local Government Guidelines</p> <p>A large number of social media platforms are available to connect with friends/family</p> <p>Saying hi to a neighbour from a safe distance</p> <p>Town Council initiatives such as making bunting, and keep a record of what you do and how you feel. Further details:  <a href="https://www.visitsaffronwalden.gov.uk/2020/04/cv-walden-a-community-archive/">https://www.visitsaffronwalden.gov.uk/2020/04/cv-walden-a-community-archive/</a></p>	<p>A directory of help and support is available online at:  <a href="https://www.uttlesfordfrontline.org.uk/">https://www.uttlesfordfrontline.org.uk/</a></p> <p>A large number of social media platforms are available to connect with friends/family</p> <p>Saying hi to a neighbour from a safe distance</p>	<p>Residents are advised to eat healthily (plenty of fresh fruit &amp; vegetables ) and limit sweet items to a small daily amount</p> <p>Try to limit your alcohol consumption</p> <p>See the Town Council’s website for details of market details where you can pre-order fresh food and veg or for details of traders offering home deliveries</p> <p>Visit the SW Business Support page for details of food retailers who are open or delivering food</p>	<p>Get to know your town better (virtually). Browse the new SW Tourist Information Centre’s website:  <a href="https://www.visitsaffronwalden.gov.uk/">https://www.visitsaffronwalden.gov.uk/</a></p> <p>Lockdown TV for youngsters:  <a href="https://www.youtube.com/channel/UCInE14LgXQOwgR3hpEzji3w/featured">https://www.youtube.com/channel/UCInE14LgXQOwgR3hpEzji3w/featured</a></p> <p>Activities for Young People:  <a href="http://www.uttlesford.gov.uk/article/6660/Activities-for-young-people">www.uttlesford.gov.uk/article/6660/Activities-for-young-people</a></p>

# How the Town Council shares key information for residents/continues to operate

- Latest information on [www.saffronwalden.gov.uk](http://www.saffronwalden.gov.uk) or [www.visitsaffronwalden.gov.uk](http://www.visitsaffronwalden.gov.uk) (TIC site) or see our Face book pages
- Follow us on Twitter: @swtic (Tourist Information Centre account)
- Visit [www.Uttlesford.gov.uk/coronavirus](http://www.Uttlesford.gov.uk/coronavirus) for information for residents, businesses and volunteers
- The Town Council is hosting Committee and Council meetings virtually using the “Zoom” Platform. Details can be found on the Town Council website – Zoom links given in the agenda

## IDEAS FOR COMMUNITY ENGAGEMENT DURING COVID-19

- VE Day Friday 8<sup>th</sup> May 2020 – suggest residents to display Union Jack, bunting/flags.  
More details on line at: [www.saffronwalden.gov.uk](http://www.saffronwalden.gov.uk)
- Join in with bunting making – see our website for details
- Keep a diary and contribute to the Covid-19 Diary project
- Share interesting information and tips which you have learnt during lockdown
- Share funny stories, good videos or details of new skills learnt
- Take part in on-line surveys about Covid-19 and its impact on you and the community

## IDEAS FOR COMMUNITY ENGAGEMENT POST COVID 19

- The Town Council is working with a number of voluntary groups, making plans for a Post-Covid 19 Community Party to celebrate life, to remember those lost and to thank the emergency and key workers during the Covid-19 pandemic. No date has been set yet but it will likely be spring/summer 2021.
- Develop this community resource as a permanent facility.
- Consider starting a weekly/monthly walking group to engage the community

# Staying Safe!

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- Perhaps the most important thing for everyone, and especially all volunteers, is to stay safe and look after both your own and your loved ones wellbeing.
- If you are volunteering, do not place yourself at unnecessary risk - [please observe the NHS advice](#) (it is updated daily)
- The government has specifically stated that those of us who are leaving the house *“to provide care or help to a vulnerable person”* will be allowed to carry on.
- However, if you are likely to increase contact with others – for example by more frequent trips to the shops – then we advise that only the physically fit and healthy undertake these roles.
- If you have any underlying health issues or live with those at risk but you still want to help; other roles are available that pose no risk.
- Please stay safe.

