

# ABERMULE COMMUNITY CENTRE

## Notice to residents of Abermule and surrounding areas:

Abermule Community Centre is co-ordinating a service to ensure that all members of our Community are able to access support throughout the following weeks.

Are you experiencing loneliness?  
 Are you having difficulties getting provisions?  
 Do you need help to get your prescription?  
 Are you having difficulty accessing services?  
 Do you have pets that need looking after?

Local volunteers are ready to help you, please contact Abermule Community Centre using the details below or if you are in need of URGENT support, contact 07977283110

**ABERMULE COMMUNITY CENTRE**  
[info@abermule.cymru](mailto:info@abermule.cymru) | [www.abermule.cymru](http://www.abermule.cymru) | 01686 505 103



### Outreach Support Project

Abermule Community Centre will co-ordinate community based support for those in need.

Please get in touch if you feel you are able to support others in our Community using the details below. You will be asked to give contact details to be added to a list of community volunteers. If you have restrictions on your availability, please let us know for consideration.

## How to Get in Touch

1

ONLINE

[info@abermule.cymru](mailto:info@abermule.cymru)

[www.abermule.cymru](http://www.abermule.cymru)

2

CALL

01686505103

07977283110  
(for urgent support)

3

EMERGENCY

Please dial **999** in the event of an emergency

Catch It



use tissues to trap germs when you cough or sneeze

Bin It



bin used tissues as quickly as possible

Kill It



wash your hands often with warm water and soap for at least 20 seconds

**HOW TO AVOID COVID-19**

Latest Government Advice as of Wednesday 18th March 2020

**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 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)

**Other Contacts:**

Abermule with Llandyssil Community Council | [llandyssilcommunitycouncil@yahoo.co.uk](mailto:llandyssilcommunitycouncil@yahoo.co.uk) | Cllr. Jane Rees: 01686 630623  
 Powys County Council | Cllr. Gareth Pugh: 07976 928109 | [cldr.gareth.pugh@powys.gov.uk](mailto:cldr.gareth.pugh@powys.gov.uk)



Group/ Action	Wash hands more often	Household isolation for 14 days*	Self-isolation for 7 days**	Social mixing in the community***	Having friends and family to the house	Use remote access to NHS and essential services****	Vary daily commute and use less public transport	Home working
0 – 69	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age Member of vulnerable group with an underlying health condition†	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will be provided by the NHS next week							

**Information from Montgomery Medical Practice**

Please avoid coming into the practice premises to minimise risk of infection to members of the public and staff and to cope with unprecedented demand

If you have a fever or a new continuous cough, you should self-isolate for 7 days. Members of your household should self-isolate for 14 days from the onset of your symptoms.

All routine GP appointments will be converted into telephone consultations.

If you wish to cancel your appointment, please leave a message on Cancellation Line – 01686 669019.

For urgent appointments or visit requests please telephone the practice. Please assist by giving the receptionists clear information on your symptoms.

Order your repeat prescriptions by using My Health Online or Dialling: Montgomery: 01686 669036  
 Ladywell: 01686 669029

To access the building to collect repeat prescriptions. Please wait in the foyer where a member of staff will come to you. If there is already more than two people waiting, please wait outside or wait in your car.