



CORONAVIRUS UPDATE #1 - (accurate as at 1900hrs on 19.03.2020)

This is a dreadful time for our town, for our country, and indeed for large parts of the world. As we respond to COVID-19, there should be just two priorities – saving lives, and saving livelihoods.

Locally, I have been in contact with senior clinicians and hospital leaders at **Gloucestershire Hospitals NHS Trust**. They are working around the clock to ramp up capacity. More ventilators are being sourced. Staff are being reallocated. Wards are being rearranged. Heroic work is being done.

On the issue of local livelihoods, I have had helpful, cooperative, discussions with the Borough Council. I know councillors and officers are working at pace to prepare for the wave of demand for support. The Government has allocated **£500m** to local authorities to address hardship, and we need the systems in place urgently to funnel cash to those in the greatest need.

The massive volunteering appetite which is the hallmark of Cheltenham needs to be harnessed, coordinated and targeted. The **Local Resilience Forum** met by phone on Tuesday. I am assured the portal to coordinate that effort will go live by close of play **tomorrow**. Further information on what that will likely entail is set out below.

We face a great task, and we are going to be tested as a nation and a community in the coming months. But I know that we have the resilience, courage and strength to prevail.

This Update

There is a vast amount of guidance and information circulating in mainstream and social media. There is also a certain amount of unhelpful misinformation. I have pulled all the most useful information together (including the most up-to-date insights from the various MPs' WhatsApp groups) and collated it below.

This material is intended to help people in Cheltenham, whether you are an individual facing financial uncertainty, or an employer who wants to understand what support is available. It will guide you if you want to (a) volunteer (b) offer to manufacture ventilators (c) know where to shop tomorrow if you're over 70, or (d) simply understand precisely the Public Health England guidance on social distancing.

To help with navigating this necessarily long document, I have created a table of contents below:

Contents:

1. Information on COVID-19

- Frequently Asked Questions (on symptoms, social distancing and self-isolation).
- Specialist Sector Advice (expert advice for those with underlying conditions - cancer, asthma etc)

2. National Information Resource

- Support for **Businesses** and Employers (all the latest financial support available)
- Support for **Individuals** (advice for **renters, landlords**, and on sick pay, benefits, and paying bills)
- **Schools** Update - plus DfE helpline
- Protecting Prison Staff
- **Help Our NHS!** - Offer to manufacture **ventilators** or provide protective equipment for staff

3. Cheltenham-Specific Information

- Local statistics
- Assistance Form (for those who need help or can volunteer help)
- **Supermarket** opening hours for vulnerable customers
- Local Organisations and Support Groups

Ministerial Duty

I am going to be involved in the coming hours with preparing the emergency legislation that grants exceptional powers to keep our courts and coroners system working during this outbreak.

I am thinking of everyone during this grim time. And I will do everything in my power to help our town and our country weather it.

Best wishes,



Alex Chalk MP

In line with data protection regulations, Alex Chalk's office processes constituents' data for policy and casework purposes under the lawful basis of public task. In instances

where this lawful basis is not sufficient and explicit consent is required, a member of staff will get in touch with you to establish consent. You can find the full privacy notice on Alex's website [HERE](#)

GOVERNMENT HOTLINES:



Business support & ventilators:
0300 456 3565



HMRC:
0800 015 9559



Universal Credit:
0800 328 5644



School closures:
0800 046 8687



NHS:
Only call 111 if you cannot
get help online at 111.nhs.uk

VISIT [GOV.UK](https://gov.uk) FOR MORE

For more details on the tax helpline click [here](#).

1. Information on COVID-19

A lot of false information about this virus is being shared - it's very important that you make sure that the information you use comes from a trusted source - all of the health-related information below has been sourced from the NHS.

You can also find the full current NHS advice in different languages online [here](#).

Frequently Asked Questions

Please find below some commonly asked questions and the answers based on the most up to date advice from the NHS. You can watch the video by **clicking the image** below, or read on for written FAQs.



We've answered some common questions about [#coronavirus](#) symptoms, staying at home, and what to do if you live with a vulnerable person. Visit our website for more up to date information: nhs.uk/coronavirus



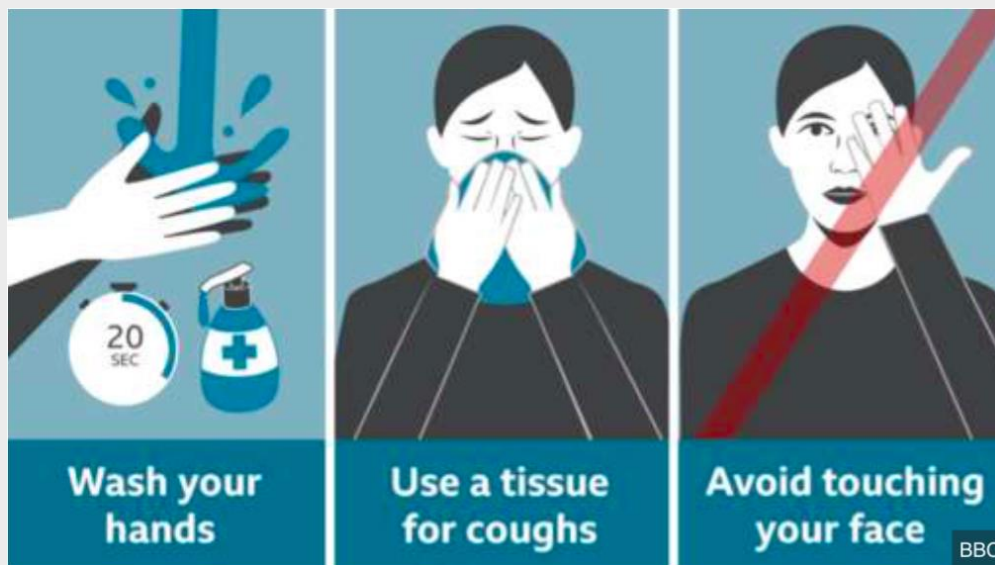
Q. How serious is COVID-19?

A. The evidence shows us that the vast majority of people who get this virus have relatively mild symptoms and make a full recovery. But in a small percentage of cases, the virus can cause more severe symptoms. This is particularly true for people with a weakened immune system, for older people and for those with long term conditions like diabetes, cancer and chronic lung disease.

Q. How can I best avoid getting and spreading the virus?

A. Scientists think the virus spreads via droplets from coughs and sneezes and we know it spreads easily and can stay on surfaces for a while. It's possible that a lot of us will get it and be affected by it, but if you follow the advice below you will reduce your risk and the risk to others.

- **Avoid non-essential contact with others** - work from home if you can, avoid pubs, clubs, theatres and mass gatherings
- **Wash your hands** - with soap and water often, for at least 20 seconds. Do this before leaving home and after returning home, before eating and drinking, and after coughing or sneezing
- **Cover your mouth and nose** - with a tissue or your sleeve (not your hands) when you cough or sneeze - tissue in the bin and wash, or disinfect, your hands immediately
- **Don't touch your face** - especially your eyes, nose and mouth
- **Clean surfaces** - disinfect surfaces around you - especially mobiles, computers, keyboards, worktops, desks, handles etc.



Q. What are the symptoms, and what should I do if I have them?

A. If you are infected you may have very minor symptoms, minor symptoms or more severe symptoms, but the NHS cites two symptoms to look out for as:

1. A new continuous cough
2. A fever or high temperature

If you have either of the above symptoms, please self-isolate:

- Protect others - don't call NHS 111

- Protect others - don't call, or go to your GP
- Protect others - don't go to your local hospital
- **If you live alone - isolate yourself at home immediately for 7 days**
- **If you live with others - you should all isolate yourselves at home for 14 days.**
- If your symptoms worsen during isolation or are no better after 7 days contact the [NHS online coronavirus service](#) .
- If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

If you have a  or  **stay at home for 7 days, if you live alone**
stay at home for 14 days, if you live with others, including all household members

new and continuous cough high temperature

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

You may also find the below graphic useful in relation to the timescales for self-isolation:

Stay at Home guidance for households: current guidelines illustrated

Criteria and guidance applied as known on 17/03/2020:

* Incubation period = maximum 14 days

* Symptomatic individuals stay in self isolation for 7 days from becoming ill (having symptoms). Day 1 is first day of symptoms

* Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

* Household members do **not** need to restart the clock if other members become symptomatic during the 14 days self-isolation



Q. Why should I self-isolate?

A. Self-isolation will save lives.

While 90% of people will recover from this virus - some will get seriously ill and it is these people we need to protect.

After seven days, if you feel better and no longer have a high temperature, you can return to your normal routine.

Q. How should I look after myself when I self-isolate?

A. Follow these tips:

- Get plenty of rest
- Drink plenty of water (fluids)
- Eat as healthily as you can
- To reduce pain and fever take paracetamol (if you use other medication get in touch with your care provider)
- Keep in contact with friends and family by phone, video and online.

What does the Government mean by "social distancing"?

A. You can read the full guidance [here](#). But the following may also be useful:



Working from home

Advised

For anyone aged 0-69

Strongly advised

Anyone 70+

Those with an underlying health conditions

Pregnant women



Use less public transport

Advised

For anyone aged 0-69

Strongly advised

Anyone 70+

Those with an underlying health conditions

Pregnant women



Visits from friends and family

Advised against

For anyone aged 0-69

Strongly advised against

Anyone 70+

Those with an underlying health conditions

Pregnant women



Socialising outside home

Advised against

For anyone aged 0-69

Strongly advised against

Anyone 70+

Those with an underlying health conditions

Pregnant women

Q. Why aren't more people being tested?

A. The Government is trying to delay the spread of infection so has **prioritised testing for the most at risk of severe illness** from the virus rather than divert resources to widespread testing.

As of Wednesday 18 March **over 53,000 tests have been completed**. Plans to test up to 25,000 per day have been announced. Testing currently includes people in hospital

who have pneumonia or acute respiratory illness. The reason this is being done is to make sure we are using our valuable NHS resources as well as we can. By focusing our testing on the most vulnerable we help relieve pressure on the NHS and save more lives.

Q. Do I need to wear a face mask?

A. When you're doing normal day-to-day activities face masks do little to protect people from viruses.

The best way to reduce any risk of infections is with good hygiene, like washing your hands, not touching your face and avoiding social contact (within 2 metres) with any potentially infected person.

Healthcare professionals may wear special masks if they're spending hours each day looking after people who have tested positive for coronavirus, or may have been infected. If someone has been told they have coronavirus, they may be advised to wear a mask to protect others.

Q. Are there food shortages due to people stockpiling?

A. The Environment Secretary has provided assurances that there is no shortage of food, but that the challenge has been getting food to shelves in time when people have been purchasing more.

Food stock is delivered every night, and the supermarkets are taking action to restrict the amount of goods each customer can buy to prevent shortages on the day. Read more [here](#).

Specialist Sector Advice

Specialist sector advice from trusted UK organisations

Whilst the overall NHS advice remains largely the same for all people, a range of trusted UK charities provide excellent advice for specific subject areas and COVID-19 (coronavirus). This list will be updated as more information and advice is provided.

Advice for people with asthma:

[Asthma UK](#)

Advice for people with cancer:

[Macmillan Cancer Support](#)

Advice for people with cystic fibrosis:

[Cystic Fibrosis Trust UK](#)

Advice for people with diabetes:

[Diabetes UK - The British Diabetic Association](#)

Advice for people with heart or circulatory disease:

[The British Heart Foundation](#)

Advice for people with lung conditions:

[British Lung Foundation](#)

Advice to help you stay mentally well:

[Mind - the mental health charity](#)

2. What Support is the Government Offering?

SUPPORT FOR SMALL BUSINESSES AND EMPLOYERS

Financial Support for Businesses - Overview:

The Chancellor has set out a package of temporary, timely and targeted measures to support public services, people and businesses through this period of disruption caused by COVID-19.

The Bank of England has temporarily reduced the Bank Rate to 0.25 per cent. It has taken further measures to help ensure that this rate reduction will translate through to the real economy and that capital will be available for new lending. As the virus progresses, and its impact understood, further updates will be provided.

The package includes measures to support businesses including:

- a statutory sick pay relief package for SMEs
- a 12-month business rates holiday for all retail, hospitality and leisure businesses in England
- small business grant funding of £10,000 for all business in receipt of small business rate relief or rural rate relief
- grant funding of £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000

- the Coronavirus Business Interruption Loan Scheme offering loans of up to £5 million for SMEs through the British Business Bank
- a new lending facility from the Bank of England to help support liquidity among larger firms, helping them bridge coronavirus disruption to their cash flows through loans
- the HMRC Time To Pay Scheme

Detailed information is provided [in this guide](#), which will be updated as new measures are introduced.

For any business queries relating to COVID-19, you can call the **dedicated hotline 0300 456 3565**.

Statutory Sick Pay (SSP) Rebates

If you are a small or medium-sized business, you may be entitled to reclaim the costs of SSP for sickness absence due to COVID-19:

- This refund will cover up to two weeks' SSP per eligible employee who are either ill or been told to self-isolate because of COVID-19. This is in line with the recommended isolation period – see here – Staying at home
- Employers with fewer than 250 employees will be eligible. The size of an employer will be determined by the number of people they employed as of 28 February 2020.
- Employers will be able to reclaim expenditure for any employee who has claimed SSP (according to the new eligibility criteria) as a result of COVID-19.
- Employers should maintain records of staff absences, but employees will not need to provide a GP fit note.
- The eligible period for the scheme began on 13 March.
- The government will work with employers over the coming months to set up the repayment mechanism for employers as soon as possible. Existing systems are not designed to facilitate employer refunds for SSP.

Business Rates Holiday

Some businesses, including nurseries, in England will be eligible for a Business Rates holiday for 1 year from 1 April 2020:

- If you are currently receiving the retail discount for your Business Rates bill, you will receive a revised bill with 100% relief shortly.

- If your business occupies a property in the retail sector with a rateable value of £51,000 or more, or if your business occupies a property in the leisure or hospitality sectors you may also be eligible for the 100% discount on your business rates bill.
- You will shortly hear from your Local Authority. If you have any questions, you should contact your Local Authority.
- If you are a nursery, you will be entitled to the 100% relief for the next year. You should contact your Local Authority for more information.
- Guidance for Local Authorities will be published by MHCLG by 20 March.
- If your business is eligible for small business rate relief or rural rate relief in England,
- you are entitled to a one-off cash grant of £10,000

If your business is in the retail, hospitality or leisure sector in England, then:

- you may also be entitled to a cash grant. If you have a property with a rateable value of less than £15,000 then you will be entitled to a grant of £10,000, whether or not you are entitled to small business rate relief or rural rate relief. If you have a property with a rateable value of between £14,999 and £51,000 then you will be entitled to a cash grant of £25,000.
- The Department for Business, Energy and Industrial Strategy (BEIS) will provide guidance for Local Authorities on how to administer these grants shortly. If you are an eligible business, your Local Authority will then be in touch in the coming weeks to provide details of how to claim this money.

Pubs and Restaurants

If you own a pub that serves food or a restaurant in England, you will be able to operate a hot food takeaway to serve people staying at home, without going through the usual planning process:

- The Ministry for Housing, Communities and Local Government (MHCLG) will shortly legislate to bring forward a temporary Permitted Development Right to allow for change of use from A3 (Restaurant) and A4 (Pub) to A5 (Hot Food Takeaway).
- The intention is that once the legislation has come into force a pub or restaurant will be able to notify their Local Authority that they are now operating as a takeaway without any prior approval.

Claiming on your Business Insurance

If the only barrier to your business making an insurance claim was a lack of clarity on whether the government advising people to stay away from businesses, rather than ordering businesses to shut down, was sufficient to make a claim on business interruption insurance:

- The government's medical advice of 16 March is sufficient to enable those businesses which have an insurance policy that covers both pandemics and government ordered closure to make a claim - provided all other terms and conditions in their policy are met.
- Businesses should check the terms and conditions of their specific policy and contact their providers if in doubt.
- However, many businesses will not have purchased insurance that covers pandemic related losses. As such, any affected businesses should note the government's full package of support, including the Coronavirus Business Interruption Loan Scheme and business rates holiday.

Cash Flow

If your small-or medium-sized business in England is facing cash flow issues as a result of COVID-19, please read the following information:

- A new temporary Coronavirus Business Interruption Loan Scheme, delivered by the British Business Bank, will launch at the start of next week to support businesses to access bank lending and overdrafts.
- The government will provide lenders with a partial guarantee of 80% on each loan to give lenders further confidence in continuing to provide finance to SMEs.
- The government will not charge businesses or banks for this guarantee, and the Scheme will support loans of up to £5 million in value. The first 6 months of these loans will be interest free, as the Government will cover these payments.
- Businesses will be able to get finance under the scheme from a large number of providers, including the main high street banks, as of the week commencing the 23rd March 2020.
- Businesses will remain responsible for repaying any facility they take out.

Advice for Employers

The Government has issued advice for employers on the following:

- How to help prevent spread of COVID-19
- What to do if someone with suspected or confirmed to have COVID-19 has been in a workplace setting

- Advice for the certification of absence from work resulting from COVID-19

The full advice is provided [here](#) and will be updated as new advice is provided.



Employers and businesses guidance

If you have a  or 

new and continuous cough
high temperature

stay at home for 7 days, if you live alone
stay at home for 14 days, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

Stop the spread of coronavirus




Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food




Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



Businesses and workplaces should encourage their employees to work at home, wherever possible



Frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products



Employees will need your support to adhere to the recommendation to stay at home to reduce the spread of coronavirus to others

Those who follow advice to stay at home will be eligible for **statutory sick pay (SSP) from the first day** of their absence from work

If someone becomes unwell in the workplace with a new, continuous cough or a high temperature, **they should be sent home**

Employees from **defined vulnerable** groups should be strongly advised and supported to stay at home and work from there if possible

Support for Individuals:

Financial Support for Individuals - Overview

The Government have made a number of changes to benefits and sick pay and will likely take more steps over the coming days and weeks. The following two organisations provide detailed support and advice about your money in light of coronavirus and new government measures.

- This up-to-date guide from the [Money Advice Service](#) is easy to follow and filled with good advice about sick pay and changes to claiming your benefits during this challenging time.
- The advice and benefits and grants calculators at [Turn2Us](#) are useful to get support if the coronavirus has had a negative impact on your finances.

Renters

The Government has announced a package of protections for renters and landlords:

- Emergency legislation to **suspend new evictions** from social or private rented accommodation while this national emergency is taking place
- No new possession proceedings through applications to the court to start during the crisis.

Landlords

Recognising the additional pressures the virus may put on landlords, the Government has also confirmed that the **three month mortgage payment holiday** announced previously will be extended to **landlords whose tenants are experiencing financial difficulties due to the virus.**

This will alleviate the pressure on landlords, who will be concerned about meeting mortgage payments themselves, and will mean no unnecessary pressure is put on their tenants as a result.

At the end of this period, landlords and tenants will be expected to work together to establish an affordable repayment plan, taking into account tenants' individual circumstances.

Claiming Sick Pay

For the Government's latest advice on Statutory Sick Pay, please click [here](#).

Frequently Asked Questions:

Q. Will my employer be obliged to pay me while I stay at home?

A. Statutory Sick Pay will be paid from day 1 instead of day 4 for those affected by the virus. You can get £94.25 per week Statutory Sick Pay (SSP) if you're too ill to work. It's paid by your employer for up to 28 weeks.

If you are self-isolating because of COVID-19: From 13 March, you can now claim SSP. This includes individuals who are caring for people self-isolating in the same household and therefore have been advised to do a household quarantine. To check your sick pay entitlement, you should talk to your employer.

Q. Do I need a sick note if I have COVID-19 or have been advised to self-isolate?

A. From Friday 20 March, you'll be able to get an "isolation note" by completing a form on NHS 111 online – you do not need to visit your doctor. You will not be required to provide a "fit note" after 7 days of sickness absence, isolation notes will be accepted by Jobcentre Plus as evidence of inability to attend.

Q. What if I have a 'zero hours' contract?

A. You may be entitled to Statutory Sick Pay. Check with your employer in the first instance and if you're not entitled to Statutory Sick Pay, you may be able to apply for [Universal Credit](#) or [Employment and Support Allowance \(ESA\)](#).

Q. What if I'm self-employed?

A. You can [apply for Universal Credit](#) - the Government have changed certain rules governing this benefit during the coronavirus period.

Q. What if the whole family has to stay at home so we have no income?

A. If no one is getting Statutory Sick Pay, the family can [apply for Universal Credit](#) - the Government have changed certain rules governing this benefit during the coronavirus period.

Energy Bills Relief

The Government has agreed measures with the energy industry to ensure that vulnerable customers who may fall into debt remain supplied with energy while in self isolation. Full details [here](#).

Paying Loans and Credit Cards

The Financial Conduct Authority (FCA) has **called on lenders to use flexibility** built into their rules to support consumers, taking into account customers' individual circumstances - many major lenders have already made statements to this effect.

In the first instance you should talk to your lender. If you agree a **payment holiday** with your lender, they should record these in such a way that will not impact on your credit score.

Local Authority Hardship Fund

You may be entitled to support from the £500 million Hardship Fund:

- Most of this funding will be used to provide more **Council Tax relief**, either through existing Local Council Tax Support schemes, or through similar measures
- The Ministry for Housing, Communities and Local Government (MHCLG) will set out more detail on this funding, including allocations, shortly.

SCHOOLS UPDATE

Gavin Williamson, the Secretary of State for Education, has announced that from the end of **Friday 20 March, schools will be closed, except for:**

- The most vulnerable children (those who have assigned social workers)
- Children of key workers (including NHS staff, police and delivery drivers - more details to follow soon)
- Children with particular health or learning needs (those with EHCPs)

Further measures include:

- Schools being given provision to **continue to offer meals to children who are eligible for free school meals**. Find out more [here](#).
- Schools to be asked to **remain open over the Easter holidays** for those children identified above.
- **Cancellation** of public **exams** this year
- **Cessation of Ofsted inspections** and there will be no publication of performance tables.

- the Government working with exam boards, UCASA and Ofqual to ensure that **children are awarded qualifications**.

Actions like these are unprecedented and complex further details will be provided as soon as they are announced but the press release from the Secretary of State can be read [here](#).

If you have any urgent questions, call the helpline below...



 HM Government 

**DEPARTMENT FOR EDUCATION
CORONAVIRUS HELPLINE**

0800 046 8687

8am to 6pm (Monday to Friday)

DfE.coronavirushelpline@education.gov.uk

Protecting Prison Staff

Alex outlined this week the MOJ's plans to safeguard prison staff during the outbreak.

In a debate in Parliament on the **health and safety of prison staff**, Alex paid tribute to the courage and professionalism of those working in the prison service, and outlined the **contingency planning** that has been underway in order to support them in the midst of the COVID-19 outbreak.

Measures include isolating, where necessary, those who have contracted the virus, making more staff available as replacements if current staff have to self-isolate and cannot work, and ensuring that both staff and prisoners are kept updated through regular communication.

Watch his full speech by clicking the image below.



Helping Our NHS

Testing Capacity

We are increasing our testing capacity to 25,000 hospital patients a day. The Prime Minister and Health Secretary have promised industry leaders that they would be given whatever support they need to help government increase testing capabilities across the country. The **increased capacity is expected to be ready within 4 weeks**, with highest-priority cases being tested first.

Building More Ventilators

Any business that can support the construction of more ventilators, please get in touch, through this dedicated hotline: ventilator.support@beis.gov.uk, or you can call 0300 456 3565.

Other Support

There is also a separate mailbox to help facilitate any offers for help from business aside from ventilators, such as property, logistics, food supply, or other equipment. The email address is gfcovid19enquiries@cabinetoffice.gov.uk. If you or your business can offer any kind of support, please do get in touch.

Protective Equipment for Staff

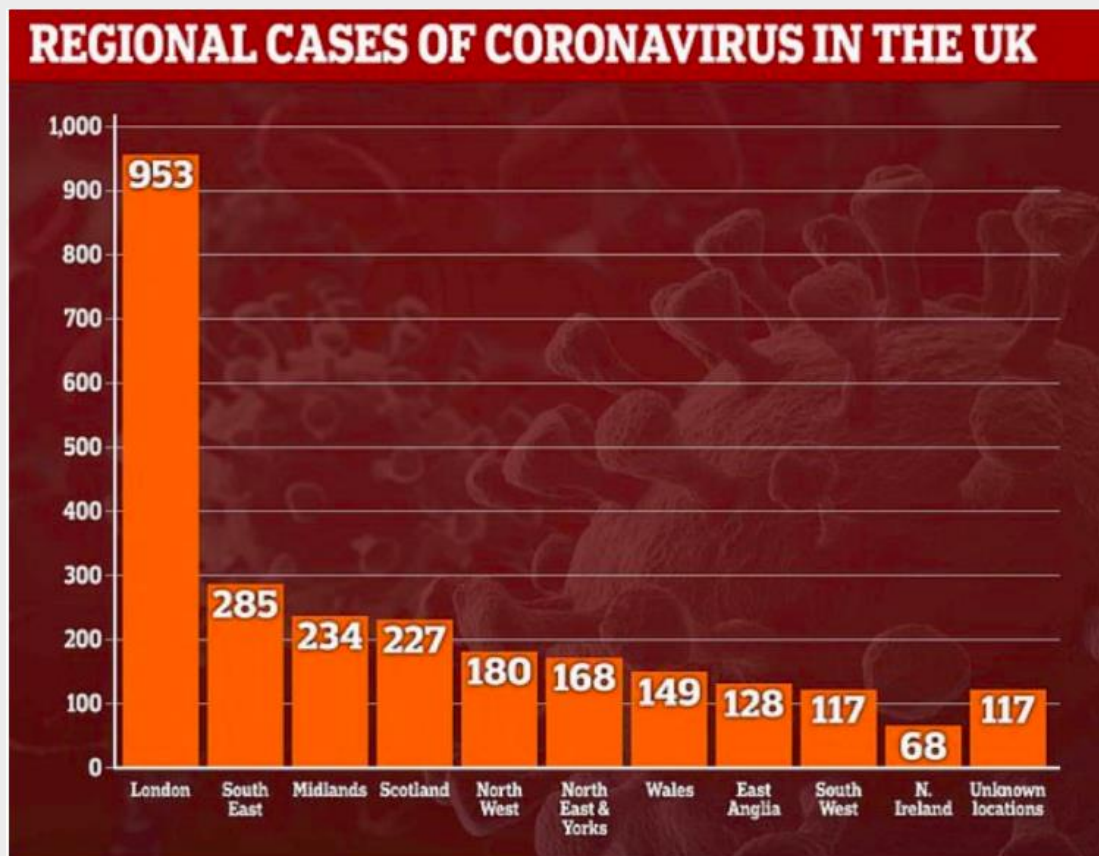
The Department of Health and Social Care is working with wholesalers to ensure a long-term supply of all aspects of personal protective equipment, including gloves aprons, facemasks and hand sanitiser.

If care providers have immediate concerns over their supply of PPE, there is now a dedicated line for the health and social care sector (this will be manned 24/7):

The National Supply Disruption line
Tel: 0800 915 9964
Email: supplydisruptionservice@nhsbsa.nhs.uk

3. What is the Situation in Cheltenham?

How many cases are there in the area?



Cheltenham falls into the South-West

- Public Health England (PHE) has formally confirmed that of those 117, there are 12 cases in Gloucestershire.
- Of those 12 cases, there have so far been 0 deaths.

Volunteer Portal Coming Soon

An online portal for people to volunteer to help others, or to upload details of vulnerable people who need help, is expected to go live by close of play tomorrow.

Local Resilience Forum

Locally, planning within **Gloucestershire's Local Resilience Forum (LRF)** is well underway to deal with the outbreak in the county.

LRFs have been established by central Government, and are **multi-agency partnerships** made up of representatives from local public services, including the emergency services, local authorities, the NHS, the Environment Agency and others. Their role is to identify potential risks and produce emergency plans to either prevent or mitigate the impact of any incident on their local communities. Read more [here](#).

Alex has been in regular contact with Cheltenham Borough Council and the LRF in planning to mitigate the impact of the virus in our county.

ASDA to open early for Elderly and Vulnerable Customers

Tomorrow, ASDA's larger stores will be **prioritising elderly and vulnerable customers, and their carers**, from opening until 9am. They are asking other customers to leave their shopping until later in the day, allowing those who need essentials to be able to get them first thing.

Other measures ASDA have announced to combat the crisis include:

- Customers are now able to **buy only up to three of any product** across all food items, toiletries and cleaning products, to help everyone get what they need
- They are temporarily **closing non-essential services**, such as rotisserie and pizza counters, to free up space and time for colleagues
- They are temporarily **limiting the opening hours of some stores** to ensure they have time to restock and thoroughly clean
- They are also asking online customers to **advise us when ordering if they are self-isolating** so we can make adjustments to their deliver.

Local Organisations and Support Groups

Gloucestershire County Council have published some useful advice online, see [here](#).

Gloucestershire Gateway Trust have been suggesting ideas on how communities can work together during the outbreak. Some very good ideas suggested [here](#).

GlosLive have published a list of **all the restaurants in Gloucestershire offering takeaway food**, and their contact details, see [here](#).

Gloucestershire Self Harm Helpline are offering advice and support for those suffering from mental health problems who may have difficulty dealing with this stressful time. Find out more [here](#).

If you have Facebook, you may want to join the **Cheltenham Noticeboard group**, which many local residents use to offer each other advice. Find it [here](#).

Pet Owners of Cheltenham are another Facebook group, sharing ideas on how to take care of their pets during the period of social distancing (and possibly self-isolation for many). Find out more [here](#).

Goff Brewery, a small, family-run business, are offering free home delivery on their beers. You can call on 01242 603 383 or email sales@goffsbrewery.com.

If you have a local business or initiative that needs Alex's support during this time, get in touch by emailing alex.chalk.mp@parliament.uk and we'll try and get it into the next update!



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