



Trunch Parish Council & Trunch Village Society

Telephone: 07818 026809 or 720252

CORONAVIRUS

STAY ALERT
CONTROL THE
VIRUS
SAVE LIVES

Email: clerk@trunchparishcouncil.co.uk or brianboughton@btinternet.com

A huge 'thank you' to all the residents of Trunch for following the coronavirus guidelines and keeping the village safe during the past nine months. Also, a special thanks to those who have respected the rules at the shop, pub, village hall and social club. Whilst the guidelines are being relaxed so that we may see family and loved ones at Christmas please be mindful that this wretched virus is still with us. We appear to be on the verge of a major breakthrough in the fight against COV 19 with the development of vaccines but in the meantime remember

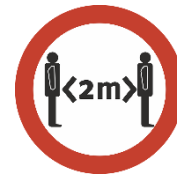
wash hands



cover face



make space



The spread of COV 19 has increased recently in North Norfolk. The rate currently stands at 90 cases per 100,000 per head of population. We are now in **Tier 2** High Alert which means you cannot socialise with anyone you do not live with who is not in your support bubble in any indoor setting whether at home or in a public place. You must not socialise in a group of more than six people outside, either in a garden or in a public space (Rule of 6). All shops can open and businesses can continue to operate. Children and young adults can continue to go to school and university. Some sporting activities can open with a limited number of spectators. Only pubs with restaurants serving substantial meals can open until 11pm with last orders at 10pm; the Crown pub will be open for serving meals. For details of arrangements for the Village Hall contact Mike Tyler (Tele: 720728 or Email: mikerobtyler@gmail.com) St. Botolph's Church will be open Wednesdays and Sundays for individual prayer. There will be services on Christmas Day, 10th Jan, 31st Jan and 17th Feb but please pre-register with Tim Payne (Tele: 01692 402624 or Email: timpayne@mac.com). In addition the Trunch Group will continue to hold weekly services by Zoom. The Methodist Church will be open for services, for details contact John Jones (Tele: 07751 277930). Gyms and sports centres can remain open. You may be requested to wear masks, follow specific safety and hygiene instructions and obey the social distancing rules of keeping 2 metres apart. Please follow the measures that have been put in place by the shops and organisations, they are for our benefit and to protect the NHS. Avoid public transport if at all possible. For more information go to www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know

TEST and TRACE

If you have symptoms of the coronavirus (Covid19) you must self isolate and have a test. You can arrange to do this online by going to www.nhs.uk/coronavirus or by telephoning 119. For further guidance visit www.gov.uk/guidance/nhs-test-and-trace-how-it-works. You may also be contacted by a member of NHS 'test and trace' team to inform you that you may have been in contact with someone with the virus. If so, you and members of your household must self isolate for 14 days. You can also download the NHS app onto your mobile phone, this is a valuable means of guidance and information and helps with contact tracing. The app notices and logs other nearby users. If any of them test positive you will receive an alert with advice.

AT YOUR SERVICE

Here are a few reminders about things which may help you during these uncertain times

WELFARE FUND

If you are experiencing problems or struggling with your finances, due to cash flow please don't worry help is available to provide support for you. If buying food and essentials is a problem or if you know of a neighbour in a similar situation, then please contact :-

David Burns at **07831 394346** / davidburns@dbaconsulting.co.uk

Chris and Jenny at **01263 722072** / trunchcornerstores@yahoo.co.uk

GREEN HOMES GRANT

Trunch Parish Council wants to make you aware that the Government are offering significant grants of 66% up to 100% to improve home insulation (cavity and roof) as well as energy efficient heating (such as air and ground source, and biomass). It's a fantastic offer but has a limited availability, so please act quickly. Details can be found on what is available and how to access it via: <https://greenhomesgrant.campaign.gov.uk>

If you do not have access to a computer with an online facility please contact David Burns or Brian Boughton both of whom would be pleased to assist or ask a neighbour/friend to help you.

Hurry don't miss out! It could help save you up to £600 a year on energy bills

TRUNCH CORNER STORES

We must thank Chris and Jenny at the Corner Stores for providing great selfless support to the village and maintaining essential supplies during the lockdowns and beyond. The shop offers a full range of groceries, fruit and vegetables, wines, beers, spirits, stationery and newspapers. Open daily between 8.00am and 5.00pm except Sunday 8am -11.00am. Also make use of the Post Office open Monday, Tuesday, Thursday and Friday between 8.30am -3.00pm and 9am-12noon on Saturday.

THE CROWN PUB

Despite the restrictions due to coronavirus the Crown will be open to serve a simplified menu including scampi with chips and salad, home made pie with veg, spaghetti bolognese, lasagne and chips, sausage and mash, home made chilli con carne, chicken curry and rice and ham egg and chips. Freshly cooked takeaway food is available between 5pm and 9.0pm on Tuesday until Saturday each week, the pizza's are great! Give Iain a call on **01263 722341** to place your orders. Bottled wines and beer also available and delivery can be arranged. For £2 you can purchase a 4 pint reusable takeaway ale cask. **Please support your local pub!**



TRUNCH TRADES

Considering starting your own business and not sure how to start and need help.

A Group of local business people can give you guidance in developing a business model, building a business plan, marketing support, ongoing coaching /mentoring and provide a mini start up grant.

If you have been affected by the COV 19 situation and considering a new venture or a career change give David Burns a call at Tele: 07831 394346 Email: davidburns@dbaconsulting.co.uk

The service is FREE for local people who would like to provide services locally



We wish you a very Happy Christmas and hope that together we can beat the virus COV 19 and celebrate in the New Year

