



OWGRA

Osterley & Wyke Green Residents' Association

eNewsletter – 21st April 2020

As a nation we are now into the 4th week of the Covid-19 lockdown. As for the previous eNewsletter, this one, the 6th OWGRA eNewsletter of 2020 is dedicated to that topic.

The lockdown is hard for all of us – but continuing to follow the government instructions on staying at home and social distancing remain the best course of action to get the situation under control. To date there have been 557 confirmed cases in Hounslow (out of a population of over 270 thousand people – [source - The BBC](#)). If we all continue to follow the government advice, hopefully in the not too distant future we can start to gradually get back to some semblance of normality.

The COVID-19 pandemic has caused significant delays in getting essential Personal Protection Equipment (PPE) to our front line medical staff in Hounslow. PPE equipment required by front-line staff includes a number of items, and one of the key ones is Visors, which consist of a framework for the medical staff to then apply a clear plastic Acetane sheet over the front.

Our local Neighbourhood Watch and OWGRA have therefore decided to launch an initiative to make and deliver them. We have to date delivered 500 Visors to the NHS in Hounslow and have now substantially increased the rate of production. Please donate via the crowdfunding page set up for this (<https://www.crowdfunder.co.uk/visors-for-front-line-medical-staff-in-hounslow>). This is your chance to help the front-line medical staff in Hounslow working to save people who are ill with the virus.

In this eNewsletter we have included information related to managing during this crisis in the following categories

- **Health advice.** The official sources of information (government and NHS) for the best health advice
- **News sources.** The sources of information from major reputable news organizations on the situation
- **LBH advice.** The guidance from the council on this - and their own newsletters
- **Local services.** Any news on local shops and services that may be useful
- **Police Advice.** The Police guidance on scams and repeating our previous guidance on being alert to scams, preventing burglary and car theft, etc.
- **Community help.** Where people can go to get, or provide, community help.

We will keep sending out information as it becomes available and welcome hearing from anyone as to what more you would like from us, or any feedback (good or bad !) on the content.

Please stay safe and follow the advice from the Government – especially on social distancing – and as always we welcome offers to help with running OWGRA.

Laurence Hawcroft, (Vice-Chair), and the OWGRA Committee.

Health Advice

NHS ADVICE

The single most reliable source of health-related advice on Covid-19 is the NHS. Their website is <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Please use this as your first point of call for any health-related questions about this. It has sections covering

- Advice for people at high risk
- Symptoms and what to do
- Self-isolation and
- Other reputable links.

ADVICE VIDEOS FROM HOUNSLOW GPs



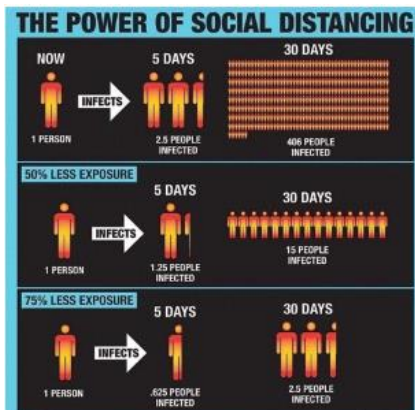
Firstcare Practice in Hounslow, also known as HIYOS (Healthy In Your Own Skin), has released [a series of videos](#) advising people on a whole range of topics to support them during the coronavirus outbreak. Topics include diet, mental health, diabetes, high blood pressure, COPD and pregnancy.

It followed a survey, responded to by nearly 2,000 people, which asked how they could support patients and what they want from them during this difficult time.

SOCIAL DISTANCING WHEN OUTSIDE YOUR HOME

Keeping a safe distance from other people and minimising the people you do have any contact with is probably the single most important action each of us can do to minimise the spread of this virus. The government provides specific advice here as to what they want us to do; we should all listen and follow that advice.

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>.



This diagram graphically demonstrates how important this is to getting this outbreak under control, and the impact we can all have on it if we do substantially reduce the number of people we have any social contact with.

While there is no advice yet from the authorities to wear masks when out, if you want to make one for yourself from material that you may already have, there are lots of videos on YouTube showing how to do that.

GOING OUT TO EXERCISE & KEEPING FIT

The government encourages us to go out once a day for exercise, provided we practice safe social distancing (i.e. stay at least 2 metres away from everyone else). Note that all the local sports clubs (Thistleworth, Wycombe House, Grasshoppers, Wyke Green Golf Club) are closed until further notice – so please do not travel to them.

If you're running, cycling or walking social distancing is relatively easy. **But please, if you're running or cycling, do respect others. We have heard from several people when out walking of runners literally brushing past them as they run past or cyclists going out in pelotons. Such people are being inconsiderate of others.** And given the roads are so much quieter, could cyclists please stay off the pavements ...?

Many people are now taking the opportunity of exercising to online classes or You Tube videos. Examples we have heard of include

- we hear children are enjoying starting the day to Joe Wicks classes. The 30-minute sessions called PE with Joe are [streamed live on Wicks' YouTube channel](#) at 9am every weekday morning, and will not require any specialist equipment or large amounts of space.
- the older age group might like [Senior Fitness with Tona](#)
- the [Green Goddess](#) is good for all ages and people can watch on TV if they don't have the internet. These exercise segments are on BBC Breakfast at around 6.55am and 8.55am on Monday, Wednesday and Friday. They are streamed, either live or pre-recorded, from her home.
- Brentford FC Community Sports Trust is offering free online fitness, yoga and Pilates classes to Hounslow residents starting tomorrow night from 6pm. [Book here](#) .
- [thisgirlcan](#) - Exercises to try at home from press ups to living room wall sits – and despite the name we're advised they're great for women and men alike #thisgirlcan @thisgirlcan
- [Superhero Fitness for 3-7yr olds](#) 15mins of fun movement every day at 3.30pm.
- [#10today](#) offers short routines for healthy activity. If you like listening to the radio why not try listening online, tune in to join many others taking part
- [NHS fitness studio](#) offers a range of online exercise videos from 10 -45 minutes.

There are numerous yoga and Pilates classes. But please note - **if you haven't exercised for a while, please seek medical advice beforehand.**

MISSING CULTURE AND TRAVEL ?

If you're someone who likes to travel to see the sights and/or enjoys cultural activities like visiting museums, then [Visit museums and landmarks](#) around the world from your own home, and take virtual tours of places like:

- The British Museum, London
- Guggenheim Museum, New York
- National Museum of Modern and Contemporary Art, Seoul
- Van Gogh Museum, Amsterdam
- The Eiffel Tower, Paris
- Stonehenge, England
- The White House, Washington

HELP KINGS COLLEGE

If you'd like to help a group including Kings College to slow the spread of #COVID19 and identify at risk cases sooner by self-reporting your symptoms daily, even if you feel well, then why not [download their app](#) and join their research effort. They state it will take 1 minute to report your health daily, even if you're well, and your input will

- Help slow the outbreak
- Join millions of people helping to fight COVID-19
- Help scientists identify high risk areas in the UK

USEFUL CONTACT NUMBERS

In these strange, uncharted times, if you need help here are some useful telephone numbers:

- Childline: 0800 1111
- Samaritans: 116 123
- Domestic Violence Hotline: 0808 2000 247
- Mind: 0300 123 3393
- Age UK: 0800 169 6565

News Services

SOCIAL MEDIA

Please do NOT use Social Media as your main source of information regarding this crisis. For every useful piece of information or advice, there are dozens of misleading, unhelpful and in some cases downright dangerous advice posted up there. Examples we have seen include

- Social influencers claiming that this is not a serious problem
- Claims you can tell if you have Covid-19 by holding your breath for several seconds and
- Numerous claims for “cures” and “ways to make you immune” which are simply not true.

Social media is good to communicate – but please don’t use it as your source of fact on the crisis. This crisis is serious and we need to follow the best and most reliable information – and on social media there are too many people who feel they are an expert on things they actually know very little about. It is one thing to pass opinions about music, or sports, or concerts in such a case – it is completely different when such opinions (not facts) could result in readers making a life or death decision.

NEWS SERVICES

The following news services have good sources of information on the latest state of play

- The [BBC has a dedicated page](#) for the latest news on the outbreak.
- [Sky](#) doesn’t have a dedicated page but does have a lot of stories and news about it.
- [ITV](#) also has a lot of information, with a number of stories under the “Health” menu option.

All the national newspapers also have a lot of information on their respective websites (Daily Mail, Daily Telegraph, Daily Mirror, The Guardian, etc.).

GOVERNMENT

The government has a very comprehensive website here <https://www.gov.uk/coronavirus> . This has a wide range of information about the crisis and the actions being taken by the government. This is the “official” site to use if you want non-health-related official guidance, with topics covered including, as examples

- School closures
- Employment and financial support and
- Travel
- Plus a number of other areas.

MAYOR OF LONDON

The Mayor of London also has [a website here](#). It essentially provides links to other websites we have already referenced elsewhere (the government, NHS, etc.). The information unique to this site are statements as to what the Mayor is doing specifically, updates on planned major events in London (all cancelled or postponed), and information for non-UK nationals.

LBH Advice

LBH WEBSITE

Hounslow Council is maintaining a very useful and comprehensive website (<https://www.hounslow.gov.uk/coronavirus>) on the Covid-19 epidemic detailing their advice and a summary of the help they can provide. This is a comprehensive website for you to access if you need any information.

LBH NEWSLETTERS

The council are also sending out daily eNewsletters providing useful guidance to Hounslow residents. You can sign up to receive this newsletter at the website in the article above. The only information you need to provide is an email address.

USING COUNCIL PARKS

Council-run parks remain open, but people are strongly advised to practice social distancing when using them, and to only use them for their daily exercise. However all playgrounds and play areas within them have been closed, to support social distancing. Further details are here ; [playgrounds and play areas within parks have been closed](#).

Patrols of parks have found several instances of people ignoring the notices that play grounds, outdoor gyms and sports courts were closed, and entering the facilities to play in groups. The council advice on using parks is given below

" Please be considerate, think of others, and follow these rules so everyone can safely benefit from our parks:

- Stay local. Don't drive out – many car parks will be closed.*
- Stay 2m apart from people not in your household.*
- Keep dogs on a lead at all time.*
- Playgrounds, sports courts and outdoor gyms are all closed – don't try to use them.*
- Don't meet up with friends – you could catch it off each other then spread to vulnerable members of your family.*
- Don't gather in groups – you will be dispersed.*
- Keep moving – don't sunbathe, have a picnic, barbecue or play games. The reason for this is we need a steady flow of people in and out. The more people who take up space for longer, the harder it is to keep 2m apart, and the fewer people can use the park. It's about being fair and considerate of others.*
- If the park's very busy, give it a miss."*

HOUNSLOW COMMUNITY HUB

Hounslow Council has launched a [Community Support Hub](#) to ensure the most vulnerable residents get the support and help they need throughout the coronavirus pandemic.

They state that "The priority of the Hub for now is to protect the most isolated and vulnerable individuals identified and contacted by the NHS to be 'shielded'. These residents have serious long-term health conditions and it is vital that we ensure there are support networks in place to make sure they're looked after. The Hub is also there for anyone else vulnerable and isolated who may not have been contacted by the NHS.

Working with voluntary and community partners, businesses and local volunteers, the Hub will connect people with each other and ensure food, supplies and other support reaches those most in need. "

The Hub can be contacted on 020 7084 9697 or email hub@hounslow.gov.uk. The Hub is also the place for people, community groups and businesses to volunteer to help, and there's an online form to register.

COUNCIL ADVICE IN ACCESSIBLE FORMATS AND DIFFERENT LANGUAGES

It is important that everyone knows what to do in order to protect themselves and others during the coronavirus outbreak.

On the Hounslow Council website you can find links to documents and resources in different languages and formats, including accessible guides for people who are registered as deaf, blind or visually impaired.

The following information is available in the following languages: Arabic, Bengali, Traditional Chinese (Cantonese), French, Gujarati, Polish, Portuguese, Punjabi, Urdu, Welsh:

- Staying at home guide is available in easy-read format
- Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults.
- Guidance for households with possible coronavirus infection.
- Guidance on shielding and protecting people defined on medical grounds as being extremely vulnerable.

You can access the information from the following link:

https://www.hounslow.gov.uk/info/20210/coronavirus/2135/accessible_formats_and_translated_materials

Local Services

TESCO EXTRA OSTERLEY

Tesco now report that, thankfully, most of the panic buying seems to have eased, and a new, more normal, pattern is emerging. In particular

- In fresh food they report stock levels almost back to normal levels, with plenty of fruit and vegetables available. In packaged groceries, most stores will have stock of just about everything, but in a few product areas, there may still be some gaps.
- The store-wide limit of 3 items per customer on every product line remains.
- To get the supply chain running smoothly again, they are focusing on simple pricing for single products, and have removed multi-buy promotions.
- They have extended their shopping times for NHS workers, and continue to hold priority hours for elderly and vulnerable customers.

In addition they now have a full set of changes in place to enforce social distancing.

SUPPORT YOUR LOCAL SHOPS

I'd encourage you to also consider your local shops for some of your needs. I've found them to be far less busy, whilst also being better stocked. Many of them do home delivery. Ones I have tried (and there are others just as good) include

- A traditional greengrocers ([Isleworth Greengrocers](#)) in the small square off South Street in Isleworth which has an excellent range of fruit and vegetables. They also do home delivery (see link for contact details).
- [Kind Juice](#) is a fresh juice business that operates from within the Isleworth Greengrocers store, with a home delivery service, with juices freshly made and delivered the same day.
- [Tuppers](#), the butchers, opposite the Woodlands pub in St John's Road, has been in Isleworth for over 60 years and stocks a wide range of quality meat and meat products. They open from 7am weekdays, until 5pm, but close 1pm Wednesdays, and Saturday 6am -2pm. Telephone 020-8560-4959 for home delivery.

Others we are aware of (but have not tried yet) include

- Cost Cutter in St. John's Road, Isleworth. They offer a home delivery service - contact them on 0208 568 0623 for details. There is no charge for delivery.
- Daves Dairy is still taking new customers and can also deliver eggs, bread etc. Phone 07970 535157 or email davesdairy@yahoo.co.uk
- [The Gluten Free Kitchen](#) can deliver Gluten free meals, they also have Vegan and Vegetarian options.
- [New Covent Garden Market](#) is the main wholesale market of fresh fruit and vegetables, but are now doing home delivery.
- [The Kings Produce](#) based in Sheen, offer a doorstep delivery service of fresh fruit & vegetables, meat, groceries and cases of wine in our area. Deliveries are scheduled on Monday, Wednesday and Friday. Order by 5.30pm for next days delivery. All fruit and vegetables are sourced from Nine Elms, Covent Garden Market and meat sourced locally.
- [Fruit4London](#) do free delivery of fresh fruit and veg inside the M25.
- [Natures Choice](#) deliver fresh fruit and veg. 4 different sizes of box to choose from. Delivery 2-3 days.
- [Detox Kitchen](#) deliver healthy meals direct to your door. 10 meal plans to choose from.
- [Wiltshire Farms Foods](#) have over 300 different meals to choose from delivered to you. They are ONLY accepting new customers who have received a letter from the NHS putting them on the high risk list, If this is you then could be worth checking out.
- [Marie Cooks](#) are doing home delivery of meals especially for the elderly and vulnerable.
- [The Ethical Butcher](#) deliver a wide variety of meat and as the name implies pay particular attention to how the meat is produced.
- [The Crosstown Collective](#) delivers a range of products including fresh doughnuts; if you have a sweet tooth this might be for you.

There are also a number of [Isleworth-based businesses](#) in this listing that do home deliveries.

SUPPORT YOUR LOCAL RESTAURANTS

In closing all restaurants, the government has allowed them to provide a takeaway service instead (normally this requires a separate licence). So if you would like a meal from one of our local restaurants, see whether they are offering this. Ones we are aware of include

- Memories of India on Thornbury Road (deliveries via UberEats and Deliveroo)
- Tiger Lily on Thornbury Road (the same)
- Burchells cafe in Isleworth is offering ready meals delivered in our area, menu changing every week. Two of our committee members have tried them and were impressed by the quality. Contact details are info@burchells.co.uk
- [La Rosetta](#) in Brentford is open for Call & Collect - on 020 8560 3002
- [Holy Spice](#) in Brentford is open for takeaway and delivery - on 020 8230 1117
- Galata Pera is open for takeaway and delivery on 020 8560 1798 (or via deliveroo, UberEats and Just Eat)
- [Pizzaiolo](#) on Windmill Road in Brentford, located just off the A4, for fantastic Italian pizzas (recommended by one of our committee members...), available for delivery or collection.

In addition we hear that Lam's Kitchen Chinese takeaway on Thornbury Road also do fish and chips !

SUPPORT YOUR LOCAL GARDEN CENTRE

Osterley Garden Centre is now offering a local delivery service. They state *“GREAT NEWS....Osterley Garden Centre is now offering a Local delivery service! Everything in the centre is available for local delivery.... plants, garden goods, bulbs, furniture, BBQs, bird care and so much more!! We are currently delivering within a 10 mile radius. You must email your order to us and we will ring back to confirm the details. YOUR Personal Shopper is waiting!! Local, safe deliveries from your favourite garden centre! Please place your order in an email to Osterley garden Centre: osterley@britishgardencentres.com . You can also follow us on Facebook using the link :<https://www.facebook.com/osterleygardencentre/>.”*

They have provided us with a number of pricelists for their products (Bird Food & Care, Compost & Mulch, Furniture, Hozelock, Fertilizers & Chemicals, Post & Planters), but as these are large we have not added them. Email us if you want them. Plants are unfortunately not included in these pricelists. However if you go to their Facebook page (link above) and scroll through the posts, they have started posting up plant prices (when we looked there were posts for Orchids, Roses and Tomato Plants). Or if you know what you want, email them with your requirements.

SUPPORT YOUR LOCAL PUBS

Some local pubs have started up a home delivery service. We haven't tried these (but may well do in the near future !)

- The Express Tavern, Kew Bridge. This seems to be offering home deliveries of beer via [Deliveroo](#) and via [The Big Smoke BrewCo.](#)
- [The Griffin](#) in Brentford. They are offering takeaway food – details on the link.
- [The Globe](#) in Brentford. If you're interested contact them (see contact details on link).

We have also heard that The Rising Sun in Isleworth is doing food via UberEats but have not been able to confirm this.

NEED SOME URGENT DIY PARTS ?

Guidance from the government is that you can go out for DIY parts for urgent repairs (e.g. to repair a broken fence) but not for non-urgent work (e.g. to repaint a kitchen). If you need any such DIY materials, our local Seccombes is open. You can buy materials from them in one of two ways

- Order [from their website](#)
- Phone them on 0208 560 2246 and place your order directly with them.

Your order will either be delivered to them or you can pick it up from the gates of their site. If you do go to pick it up, if it is small you park at the gate and they will bring your item(s) to you. If it is large / bulky your order will have been laid out at a separate location in the yard. They will direct you to that location and you will have to load up your vehicle yourself (their staff cannot help you due to social distancing rules).

PINING FOR A PINT ?

If you're really missing visiting a pub for a pint or two, who not get some beer delivered to your home ? Ones we are aware of include

- [Wierd Beard Brewery](#). If you've had enough of ordinary beer from the off licence/ supermarket, then [Wierd Beard](#) can deliver their craft beers directly to you. Based in Hanwell delivery is free within two miles with a small charge further afield.
- Fullers. Missing a pint of Fullers ? You can have Fullers beer delivered to your home from their [online shop](#). And if it's Real Ale you're missing, and London Pride, then they even have a Mini Barrel (18 pints). And I can vouch for it being just as good as that in a pub... ☺
- Want something different. If you want a range of different beers, then [Real Ale](#), based in Richmond, is now doing home deliveries. And if you're really thirsty, they have a Polypin (36 pints....) of Twickenham Grandstand available for home delivery.

OSTERLEY, SYON AND GUNNERSBURY PARKS AND KEW GARDENS

Unfortunately Osterley Park, Syon Park and Kew Gardens have closed.

- Osterley Park state that *"All our houses, gardens, parks, toilets, cafes and shops are closed from Sunday 22 March to further restrict the spread of coronavirus. Osterley Park and House is closed, please do not travel here."* We hear reports this could be for at least 12 weeks.
- Syon Park state that *"We have made the decision to close Syon House and the gardens to the general public as of Friday 20th March."*

We understand that Gunnersbury Park is still open. The management of the park state that *"Gunnersbury Park will remain open 7 days a week for the community to exercise walk the dog and enjoy the spring flowers. Our partners at Benugo will also be keeping the cafe open for all visitors. Please enjoy the Park responsibly, following Government guidance at all times. Do check our website and Twitter to keep up to date with Park news"*. Please note that their car park is now closed until further notice.

GETTING CASH TO PAY SOMEONE

If you're self-isolating at home, and want a friend to get some cash for you from your account, giving them your bank Cash Card and telling them your Pin Number is placing a lot of trust on the strength of your friendship. If you have a Natwest bank account, a far safer way is to use the Get Cash feature of their mobile phone banking app. This allows you to enter how much you want to draw out from a cash machine, and then get a secure Cash Code (valid for 3 hours). This can then be used by anyone at a NatWest cash machine. All they need to withdraw the amount of cash you decided is the Cash Code; they do not need your Cash Card or the pin number to your account.

CAN'T GET TO THE BANK ?

If you're self-isolating at home, and can't get to the bank to pay bills and or pay money in, the standard solution is to do all this via Internet Banking and/or mobile banking using your mobile phone. But if you're not set up for this, both Nationwide and Natwest (and probably a number of other banks and building societies) offer a service called a Third Party Mandate. This allows you to give a trusted friend or family member temporary access to your account, allowing them to pay in and withdraw money and pay bills. If using this, please make sure they are trusted.

Police Advice

BEWARE OF SCAMS

The Police, Hounslow Council and the National Trading Standards Scams Team advise that even during this crisis fraudsters are trying to exploit it for their own gain. Examples include; people offering miracle cures or vaccines for coronavirus, people impersonating healthcare workers or claiming to offer 'home testing' for coronavirus, or people offering to do your shopping and asking for money upfront and disappearing.

Tips to avoid being scammed:

- Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door.
- Take your time; don't be rushed. Check with family and friends before accepting offers of help if you are unsure.
- If you are online, be aware of fake news and use trusted sources such as .gov.uk or NHS.uk websites. Make sure you type the addresses in and don't click on links in emails.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Protect your financial information, especially from people you don't know. Never give your bank card or PIN to a stranger.

Contact information:

- If you think you've been scammed, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133. If you are in immediate danger, contact the police on 999.
- Contact your bank if you think you have been scammed.

To learn more about different types of scams and how to protect yourself and others, visit www.FriendsAgainstScams.org.uk

THEFT FROM MOTOR VEHICLES

Many of us will not be using our cars much now, and leaving them unattended for many days. Unfortunately this is making it easier for thieves to target them. Police have advised us of a theft from a car on the Great West Road. The victim had unfortunately not used their vehicle for 10 days and came back to their vehicle where they noticed that their glove compartment was open and an untidy search had been conducted in the boot of their vehicle whereby a foot pump and boots were stolen.

Please ensure you keep your vehicles secure at all times and do not leave anything in the vehicle (whether on display or hidden away), especially if you are not using it much at this time.

THEFT FROM HOMES

Police have also advised us of a burglary from a house on the Great West Road close to the junction with Wood Lane. The perpetrators gained access via an insecure door at the rear of the property and stole a quantity of copper piping and electrical cables.

Please ensure that the rear of your property is secure from access (garden fence secure and in good condition, sides gates locked) and that anything of value in the garden (e.g. bicycles) is locked away in a shed with secure locks / padlocks at night. Freezers packed with food and housed in sheds or garages are at risk, and a particular target, if doors are not securely locked.

PEOPLE NOT OBEYING SOCIAL DISTANCING

If you witness or observe people or groups of people blatantly flouting government guidelines around social distancing to avoid the spread of the coronavirus, please report this to the police

using the 101 non-emergency number or online as Anti-Social Behaviour to the [Met Police](#).
For the guidelines for staying safe, click -> [Here](#).

SIGN UP TO OWL

[OWL](#) helps to keep communities safe, reduce crime and keep people informed of what's going on locally. It's a shared, secure platform for the public, police and local authorities to maximise the potential of Neighbourhood Watch, Rural Watch, Business Watch and dozens of other schemes. OWL sends you the latest local crime alerts and provides management tools for maintaining and expanding watches. **We recommend local residents sign up for it; you will then receive regular emails from the police with information on crimes in the area, crime prevention advice, and more.**

Community Help

VISORS FOR FRONT-LINE MEDICAL STAFF AND KEY WORKERS IN HOUNSLOW



The COVID-19 pandemic has caused significant delays in getting essential Personal Protection Equipment (PPE) to our front line medical staff in Hounslow. PPE equipment required by front-line staff includes a number of items, and one of the key ones is Visors, which consist of a framework for the medical staff to then apply a clear plastic Acetate sheet over the front.

OWGRA and our local Neighbourhood Watch and OWGRA have therefore launched an initiative to make and deliver them.

We have to date delivered 500 Visors (the picture shows some Hounslow NHS staff wearing them) and have now substantially increased the rate of production. Please donate via the crowdfunding page set up for this (<https://www.crowdfunder.co.uk/visors-for-front-line-medical-staff-in-hounslow>). This is your chance to help the front-line medical staff in Hounslow working to save people who are ill with the virus.

EALING AND HOUNSLOW VOLUNTEER CENTRE



Ealing and Hounslow Volunteer Centre is now the official volunteer centre for the London Borough of Hounslow, providing services across the whole borough. It helps volunteers and organisations in

all areas of the volunteer recruitment and management process. From tailored guidance and training to opportunity promotion and online resources it provides the help you need so that all parties are supported; with the aim of benefitting communities through inclusive volunteering opportunities.

If you would like to offer your time to a local charity, voluntary organisation or community group to provide Covid-19 support but are unsure who to talk to, info@ealingcvs.org.uk

LOCAL COVID-19 MUTUAL AID SUPPORT GROUPS

There are also some local support groups that have been set up on Facebook - so you need a Facebook account to access them. The ones covering this area are

- Osterley Area (from the junction of Osterley Road and The Grove northwards).
Name – Osterley COVID-19 Mutual Aid.
Contact details www.facebook.com/groups/OsterleyAid/ .
Email : Osterley.Aid@gmail.com
- Isleworth Area (covering Isleworth and Osterley & Spring Grove).
Name : COVID-19 Isleworth Helping Others Group.
Contact details www.facebook.com/groups/3604442796294359/
- Hounslow borough-wide Group.
Name – Hounslow Covid-19 Mutual Aid.
Contact details www.facebook.com/groups/HounslowMutualAid/ .

- Email: hounslow.covid19.aid@gmail.com.

COVID-19 MUTUAL AID UK
Local organising to support the most vulnerable in our communities

Hello! If you are self-isolating, we can help!

We are a group of local people who are co-ordinating help for anyone who is self-isolating due to COVID-19 (Coronavirus).
How can we help?

• Picking up shopping/medications	• Urgent supplies
• A friendly phone call	• Dog walking
• Posting mail	• Other (we will try to help)

If you require support or are able to volunteer please fill in a form on our Facebook page "Hounslow Covid-19 Mutual Aid".
This will allow us to keep a record of all requests. For further help and support please use the details below.

Join our Facebook group: "Hounslow Covid-19 Mutual Aid"

Phone: (leave a message or send a text to 07967 329334)

Email: hounslow.covid19.aid@gmail.com

Coronavirus is contagious. We will be taking every precaution to ensure that we are spreading only kindness. We will follow NHS and government advice. We will avoid physical contact (2m distance). Any items delivered will be left on your doorstep.

#ViralKindness

We have no specific information about these groups e.g. what checks they carry out on volunteers and/or what safeguarding controls they have in place.

SEWING SCRUBS FOR FRONT-LINE STAFF



If you have any experience of sewing, have a sewing machine, and have some time, you might want to help with a nationwide effort to provide scrubs for front-line staff. There seems to be a shortage in places like hospices, GP practices, etc. See scrubhub.org.uk and you can contact the North London group which covers our area on northlondonscrubs@gmail.com.



DONATE TO YOUR LOCAL HOSPITAL

Our local hospital, the West Middlesex, is run by the Chelsea & Westminster and West Middlesex Hospitals Trust. If you would like to make a donation to them to thank them for the great work they are doing, you can do so via the [COVID-19 Rapid Response Fund](#).

DONATE TO YOUR LOCAL HOSPITAL - 2

We understand from one of our Committee members that a local womens charity, [Trinjan](#), have collected and donated £2,500 to the West Middlesex hospital. Contact them if you want more details.

DONATE TO A LOCAL FOOD CHARITY

If you want to make a donation to a local charity that provides emergency food and support and advice to those who are in need and live in the London Borough of Hounslow, then consider [Hounslow Community Foodbox](#). Their appeal for funds [can be accessed here](#).

NATIONAL COVID-19 APPEAL

There is also a national appeal underway for funds to help those most affected by the epidemic. Further details are here <https://nationalemergenciestrust.org.uk/coronavirus/>