

Coronavirus Update

Getting Out & About in Epsom & Ewell as things return closer to normal

With shops, restaurants, other public places and venues, including GP surgeries now mostly reopened again, we know there are a number of people who have been shielding or staying at home to avoid the risk of infection and who may now want advice on how to go out safely to shop and for recreation.

This short information sheet is designed to point you towards a group of local organisations who have been working together during the pandemic for people locally who have not yet felt able to go out and about in the community. If you read this and you know of someone who is in this position, please do give them a copy.

All shops and restaurants are now open and procedures are in place for your safety:

-  Social distancing stickers are highly visible to ensure you can move safely around shops and restaurants
-  Sanitising stations are in all shops, restaurants and in Epsom Market Place
-  Shops and restaurants are monitoring the number of people entering to ensure shoppers can socially distance
-  Although there may be a few queues to enter shops, generally there are none or they are very short

What to do when you are out and about:



Wear a face covering

Clean hands often



Avoid crowded places

**Keep 2 metres apart
(where possible)**





If you are unsure about going out for the first time, ask a family member or a friendly neighbour to accompany you.

There is lots of advice available from local community groups to ensure that you feel safe and secure when you venture out. If you would like support and advice about going out for the first time, please contact the following organisations:

Surrey Coronavirus Helpline	0300 200 1008	www.surreycc.gov.uk	
Age Concern Epsom & Ewell (66+ years)	01372 732456 Adviceline Mon-Friday 9.30am-1.00pm	<a href="http://www.ageconcern
epsom.org.uk">www.ageconcern epsom.org.uk	<a href="mailto:info@ageconcer
nepsom.org.uk">info@ageconcer nepsom.org.uk
Chris Grayling MP	01372 271036	<a href="http://www.chrisgrayling.
net">www.chrisgrayling. net	<a href="mailto:chris.grayling.
mp@parliament.
uk">chris.grayling. mp@parliament. uk
Citizens Advice Epsom & Ewell	0300 330 1164 07517 889695 Adviceline Mon-Friday 10am-4.00pm	www.cae.org.uk	<a href="mailto:office@cae.org.
uk">office@cae.org. uk
Epsom & Ewell Foodbank	020 8786 8221 text: 07380 667995	<a href="http://www.epsomewell.
foodbank.org.uk">www.epsomewell. foodbank.org.uk	<a href="mailto:foodbank@
generation.org.
uk">foodbank@ generation.org. uk
The Sunnybank Trust (people with learning disabili- ties)	01372 732374	<a href="http://www.sunnybank
trust.org">www.sunnybank trust.org	<a href="mailto:info@sunny
banktrust.org">info@sunny banktrust.org
If you, or a friend or relative, feel your mental health is at breaking point please contact the Surrey and NE Hants Mental Health Crisis Helpline:			
NHS 24 Hour Mental Health Crisis Helpline	0800 915 4644	www.sabp.nhs.uk/help	

If you need help with shopping and prescription collections – or you'd like a telephone friend – the Councils for Voluntary Service (CVSs) may be able to direct you to services that can help: 01372 722911