



Covid-19/Coronavirus

We know that residents in our town will be very worried about the coronavirus and taking their own action during this extremely difficult time. It is heartwarming that many residents have spontaneously started to support their own local neighbourhood and vulnerable people, by providing assurance and practical support where needed.

LRA remains your residents association and contactable, however please realise that we are all volunteers and some of us will have to self isolate.

We are doing our best to keep up with what is happening locally, so can share the following local information and updates that we know about with you. Please remember that things can change, so do check directly with the organisation concerned if need be.

You can also follow our updates on [Twitter](#) and [Facebook](#). *You don't need to register or follow us for these - just click on the links.*

Government and NHS Advice

The Government ([Latest updates here](#)).

- Stay at home
- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

The NHS ([Latest updates here](#)).

Use the [111 online coronavirus service](#) to find out what to do if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Instead of going to your GP surgery, take control of your healthcare with Patient Access (an NHS partner) which connects you to local health services when you need them most. Book GP appointments, order repeat prescriptions & discover local health services for you or your family on a mobile or computer. [More](#)

Helping Others

There are many voluntary organisations that will support our local community. These are many and varied and too numerous for us to track and report on.

- The County Council has also launched [Essex Coronavirus Action](#) where volunteers can sign up. You should read the important information before doing so regarding your personal safety and wellbeing of others. All referrals going through to Essex that are local will be passed down to [Voluntary Action Epping Forest](#)
- The Epping Forest Food Bank continues to operate but are running a reduced service due to measures put in place to slow the spread of infection. If you can donate, [please check first what is needed](#), and that they will only be accepting food donations into the warehouse (Unit-D8 Seedbed Centre, Langston Road) Wednesdays and Fridays 10am -12noon. [More](#)
- Support groups on Facebook have been set up around the country including for [Loughton](#). This is a private group which anyone can join. It provides a forum for people to ask for help, offer help, and share Covid-19 information. There is also a Facebook group focusing on [services and food locations](#).
- Volunteering and supporting others at this time will make a difference, however be aware of [warnings](#) of fraudsters.

Supermarket Opening Times

These details could change. Check the websites for [Sainsburys](#), [M&S](#) and [Morrisons](#) for the latest updates or if your shopping visit is important. **Please respect the special opening hours below for those in need.**

M&S Food, High Road

Open for vulnerable and elderly customers ([More](#)): Monday and Thursday 8am to 9am

Open for NHS and emergency service workers ([More](#)): Tuesday and Friday 8am to 9am

[General opening hours](#)

Monday to Saturday 8am to 9pm

Sunday 10am to 4pm

Morrisons, High Road

Open for NHS and social care workers ([More](#)): Monday to Saturday 7am to 8am

[General opening hours](#)

Monday to Saturday 8am to 8pm

Sunday 11am to 5pm

Sainsburys, The Broadway and Station Road

Open for elderly customers, disabled customers and carers only ([More](#)): Monday, Wednesday, Friday 8am to 9am

Open for NHS and social care workers ([More](#)): Monday to Saturday 7:30am to 8am

[General opening hours](#)

Monday to Saturday 8am to 8pm

Sunday 10am to 4pm

Sainsburys, Church Hill is open Monday to Sunday 7am to 11pm, however it is not clear whether the hours for special groups of people as above apply.

Sainsburys Home Delivery

Priority access for home delivery and access to Click & Collect services is being given to certain online customers. This includes those who are over 70 years of age, vulnerable, or who have a disability. [More](#)

Transport

From Transport for London ([Latest updates here](#))

In line with Government advice, please do not travel unless your journey is absolutely essential.

- TfL needs even more of you to stop travelling. This is critical to fighting the spread of COVID-19, protecting the NHS & maintaining safe & reliable transport for health, logistics and other critical workers. If you must travel, always check Journey Planner & TfL's travel tools.
- From Monday 23 March, all road user charging schemes are suspended to help critical workers including the Congestion Charge, Ultra Low Emission Zone and Low Emission Zone. Keep roads clear for emergency services/critical workers. Only travel if your journey is essential.

From Essex County Council ([Latest updates here](#))

- Several bus companies will be running Saturday services on weekdays, from Monday 23 March.
 - Essex County Council has agreed with bus operators that holders of Essex concessionary bus passes will be able to use them to travel free all day instead of after 09:00 as at present. This will start from Saturday 21 March 2020 and will continue until the government relaxes the current restrictions.
 - As the availability of bus services is likely to change over the coming weeks, you are strongly advised to check on your bus operator's website, social media and phone apps to see what bus services will be running before starting your journey.
- [Arriva](#), [Epping Forest Community Transport](#), [First Essex](#), [Trustybus](#)

Our Local Businesses

Many businesses are locally family owned businesses and need support, or they may not survive. Although restaurants and cafes have closed their doors some will still be doing takeaway business, so please consider using them if you're short of food or want to support your local businesses.

***Please feel free to forward this email to anyone.
Remember not everyone has email, so you can print it out (with any useful web pages we link to) and pop it in the letterbox of neighbours
We also have all this information on [our website](#).***

Councils

From the Town Council

Following the latest Government advice, all Loughton Town Council staff will be working from home.

Loughton Library and Town Hall and all Loughton Town Council playgrounds (including Traps Hill, Colebrook Lane, Oakwood Hill, Newman's Lane, Hillyfields, Westall Road, Felstead Road and at Roding Valley Recreation Ground) will be closed until further notice. All outdoor gym equipment should not be used, as per Government directive.

All scheduled Council Committee Meetings are now cancelled until further notice.

Council Officers will have access to their emails. You can continue to contact the Council for **urgent** business on contact@loughton-tc.gov.uk or via the contact page on our website. You may experience some delay in responses.

Updates will be posted on the [website](#) and [Facebook page](#).

Your co-operation and understanding during this difficult period is much appreciated. Please heed the Government advice and take care of yourselves and each other.

District Council - [Latest update](#)

- [Frequently Asked Questions \(FAQs\)](#)
- You can call the District Council helpline on 01992 564088 but if possible please try to use the website to reduce the pressure on the helpline.
- Refuse collections are scheduled but could be delayed. Although recycling centres are closed, the facilities that deal with kerbside rubbish collections remain open. Please help by splitting your recyclables from your residual rubbish.

County Council - [Latest update](#)

The County Council has also [written to residents](#).

Councillors will remain contactable, but please realise a substantial number may have to self-isolate.

Warnings

The District Council are warning that fraudsters are using the pandemic to target elderly, vulnerable people already worried about their health and future. [More](#)

There are reports of:

- Fraudsters posing as NHS doctors to gain entry to peoples' homes
- People offering to do shopping for those who cannot get out, and disappearing with the money
- Emails claiming to be able to provide a list of coronavirus infected people in their area and when they click on a link it leads to a malicious website.

Please beware, and please also let your elderly friends and neighbours know about it.



LRA's Farmers' Market
We anticipate a decision by the organisers to cancel the next market on Sunday 12th April (Easter Sunday)

Thank you for being an LRA member, Our next Loughton News email is due to be issued Saturday 11 April 2020, although that date could change.

Get more from LRA and keep up with what's happening between issues of Loughton News



Visit LRA on Twitter

Twitter is where we have all our latest news. You don't need to be signed up to Twitter to see this



Visit LRA on Facebook

Facebook is where we have selected news. You don't need to be signed up to Facebook to see this



Visit LRA's Website

All our Tweets, past issues of Loughton News and Loughton Life, and more

1. If you find any links not working or anything else is wrong let us know at loughtonnews@LoughtonResidents.co.uk Links on other websites are beyond our control and may not work over time.
2. LRA gives no warranty about, and will take no responsibility for, items or services offered – purchasers/users should make their own enquiries, and will be acting at their own risk.

We can be contacted at contact@LoughtonResidents.co.uk

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