



### **CORONA VIRUS**

With advice changing on a daily basis, many of us have been thinking about how we might help neighbours and relatives if they should need to self isolate. Now many of us are being advised to restrict our contact with others, often to the bare minimum, especially if we have underlying health conditions or are over 70.

### **Do you need support?**

If you, or one of your neighbours, is going to need to stay indoors in the coming weeks, please do **let us know**. Many of us are able to offer support and practical help, or even just moral support!

### **Can you help?**

Please **contact us** if you'd be willing to help with tasks like collecting and delivering shopping, prescriptions, library books etc, or perhaps by offering support with phone calls or front-garden conversations with people who may feel lonely.

This is undeniably a worrying time for all of us, but we believe that we'll be a stronger community if we all work together.

Thank you!

### **STAY IN TOUCH!**

As you're probably already aware, HPERA is the residents' association for the Hurst Park estate. We aim to make sure that residents are aware of, and consulted about, things that might affect us, and we support positive community initiatives like the street party and carol singing that help make our area a great place to live.

Almost all of our communications are by email which allows us to reach residents quickly and economically, rather than printed newsletters like this one. However only 50% of households currently receive our e-bulletins.

### **Don't miss out!**

If you'd like to receive *all* the news, please sign up. Just visit our website ([www.hpera.co.uk](http://www.hpera.co.uk)) and click 'Subscribe' on the homepage.

If you don't have an email address but would like to receive the e-bulletins, please get in touch and we will try to deliver a print version to you.

With best wishes from all at HPERA

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