



OATEN HILL & SOUTH CANTERBURY ASSOCIATION

BULLETIN #4 April 27

Dear OHSCA members,

At a time when people are shielding or self-isolating, it can be difficult to get the food and supplies you need – especially when home delivery slots at supermarkets are so hard to come by. Many local independent businesses are now offering a delivery service on a wide range of products, from fresh fruit, vegetables and meat, through to fish, dairy goods and takeaways. Canterbury City Council have sent this message and created a list of local companies that are offering this service, which you can search by product type and area. Find a local delivery service at <https://www.canterbury.gov.uk/delivery>

Mental Health Matters, a national charity which supports people with mental health and emotional welfare needs has opened from 6pm to 11pm, 365 days/year. MHM runs four Safe Havens, including one in Canterbury, for residents who “are feeling distressed, overwhelmed, or that things are too much, and don’t know where to turn to get support in the evening.” The charity offers a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community. One-to-one emotional support is offered from trained mental health professionals.

During the coronavirus emergency, the MHM Safe Haven is accessible only by telephone, 6-11pm.
Telephones: 07876 476703 or 07483 163953

More information from MHM will appear in the Summer newsletter.

KCC Trading Standards has issued a warning about COVID-19 scams:

Beware of:

- Miracle cures or vaccines for coronavirus – there is no specific treatment for coronavirus (COVID-19).
- Home cleaning services.
- People impersonating healthcare workers, claim to be offering ‘home-testing’ for coronavirus – this is a scam and these kits are not currently available to buy.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and bank details.
- Fake cures for coronavirus – there is no cure for coronavirus at this time. These will not help and are designed to take your money.
- New mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom. The UK Government has launched a Coronavirus Information service on WhatsApp To use the free service simply add 07860 064422 in your phone contacts and then message the word ‘hi’ in a WhatsApp message to get started.
- Your bank or the police will never ask for your bank details over the phone.
- People offering to do your shopping or collecting medication and asking for money upfront and then disappearing.

If you think you’ve been scammed, report it to the Citizens Advice Consumer helpline on **0808 223 1133** where you can also get advice. If you are in immediate danger, contact the police on 999.

Contact your bank if you think you have been scammed.

Keep well, keep safe!