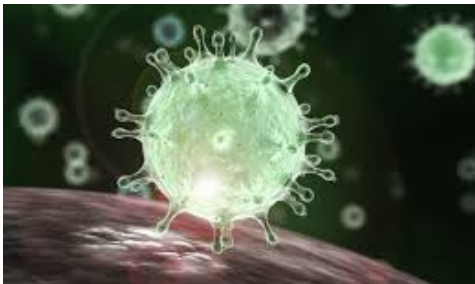


# In times like these community matters

## PETRA News

Parkhill Estate Tenants & Residents Association

Number 167 April 2020



**This edition of the newsletter is given over to Coronavirus disease (COVID-19) and the impact this global pandemic is having on us all here on the PETRA estate.**

### The facts

Let's start with some facts, most of which we are all know, but they're worth repeating.

Most people infected with the COVID-19 virus will experience mild to moderate Respiratory illness and recover without requiring special treatment.

Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily

through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

At the time of writing (mid April), the Government has just extended the lockdown for another three weeks. The speculation is that children will be allowed back to school by mid May, and that a gradual undoing of the lockdown will follow that.

### Advice

Inside, you will find useful information and advice, most taken from or signposting to the the Government's ( [www.gov.uk](http://www.gov.uk)) and Havering's ( [www.havering.gov.uk](http://www.havering.gov.uk)) websites.

### What next?

It is unlikely that we shall go 'back to normal' any time soon. Those particularly at risk may need to remain 'shielded' for some time to come. We may all have to continue with some degree 'social distancing'. Perhaps the wearing of masks on public transport will become compulsory.

Only time will tell. In the meanwhile, as a community, let's try our best to stay safe, and look out for one another.



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## Play your part

A crisis like this brings out the best and the worst in people.

For goodness sake, please follow the guidelines on social distancing and only go out for the prescribed reasons.

For those of you who are following the rules and staying at safe distances, we thank you for your consideration. For those of you who think it is clever to ignore the Government advice and gather in larger numbers 'cos you're bored' please think again.

This virus does not discriminate whether young or old or if you are fit or frail. We can all catch it, and though some are more vulnerable to it than others, we all have a part to play in stopping the spread.

It came home to us last week when Caroline's father suddenly died of Covid19. Caroline had not seen her father for a long time, so this came as a terrible shock.

I would like to personally thank Caroline for her dedication to work, going far and beyond her normal work remit. Fielding phone calls, cleaning where necessary, emptying bins, shopping for vulnerable residents and generally being there in our time of need.

## PETRA's working arrangements

**We are doing everything we can to keep you safe while having to adjust the things we do, and the way we do them.**

Our office phone will be answered between 8.30am to 4pm, Monday - Friday.

These jobs are being regularly done:

- Daily cleaning of lifts inside and out.
- Daily cleaning of door handles top to bottom of the blocks.
- Cleaning of ground floor entrances.
- Bins being moved around to give ample capacity.
- Litter picking on a daily basis.
- Emptying of dog waste bins on a regular basis.

However, both members of our caretaking staff are on lockdown as they have underlying health issues, so we have brought in a contractor to carry out the cleaning of the estate.

Thanks also to Brendan for his offer to shop for people unable to go out, his efforts are greatly appreciated.

In the meantime stay safe and have consideration for your neighbours and the estate.

Regards, Jan

Unfortunately, at this time no grounds maintenance will be carried out as per Council instructions, as they do not regard this an essential role.

We have had to close the chute rooms as people have continued to put all manner of stupid things down them, thereby blocking them. Spending time and money repeatedly unblocking them, in these times of emergency, is simply not justifiable. We apologise to our many responsible residents, and especially our older and more frail residents, for this inconvenience.



## Spare a thought for Caroline

Estate manager Caroline has 'held the fort' for much of the time during this crisis, with, as our Chair, Jan says, 'Dedication to work, going far and beyond her normal work remit'.

'Keep Calm and Carry On!' seems to be our Caroline's motto, and we are lucky to have her. Thank you, Caroline.

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## **PETRA'S VISION**

A safe, pleasant neighbourhood where people want to be part of a vibrant, caring community

## **Support for you on the phone**

If you are needing support during these uncertain times and would like to talk to a friendly voice on the end of the phone, please contact

**Havering Volunteer Centre**  
on 01708 922214



## **Advice from Havering**

[www.havering.gov.uk](http://www.havering.gov.uk)

The Havering Council website has a comprehensive range of information and advice on all aspects of life during this coronavirus pandemic. So if you want information on any of the following, please visit their site.

### **Havering coronavirus helpline**

If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call our free to use helpline: 0800 368 5201

Monday to Friday 8.30am to 6pm.  
Saturday and Sunday 11am to 4pm.  
[covid19support@havering.gov.uk](mailto:covid19support@havering.gov.uk)

### **Business helpline**

0345 017 0743

Monday to Friday 9am to 4pm. (Line not open on bank holidays)  
[businessdevelopment@havering.gov.uk](mailto:businessdevelopment@havering.gov.uk)

### **Help out in your community**

If you are needing support during these uncertain times and would like to talk to a friendly voice at the end of the phone please contact Havering Volunteer Centre on 01708 922214.

If you would like to get involved and support your community please contact [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk) or call 01708 922214 and they will do the rest. Once all checks have been completed and you are registered, you will be matched to a

Havering resident who will benefit greatly from a daily call from you to check they are okay.

### **The Havering website also includes links to:**

- Do you have symptoms? Go to the NHS 111 website
- Changes to our services because of Covid 19
- Financial advice for you
- Business support
- Report a social distancing concern
- Trading standards - Raise a concern about a business
- Tell the police about a breach of Covid 19 measures
- Social Care Providers
- Childcare for Havering key workers
- Covid 19 related news from us
- Sign up to Central Government Covid 19 emails
- Sign up to Living in Havering news for updates



## **Letterbox Lotto!**

Did you know that every month we give away three gift vouchers each worth £25 PETRA residents! Go online to find out more.

[www.Petratmo.weebly.com](http://www.Petratmo.weebly.com)



## **Thanks Micky**

Micky Hughes, our repairs and ground maintenance officer, is due to retire at the end of May.

In accordance with the advice around self-isolating, Micky has been off work these last few weeks and is now unlikely to return to work. We want to thank Micky for his service over the last four years, and wish him well for the future.

Before too long - we trust - he will be able to pop by from time to time for a cuppa with his old PETRA chums..

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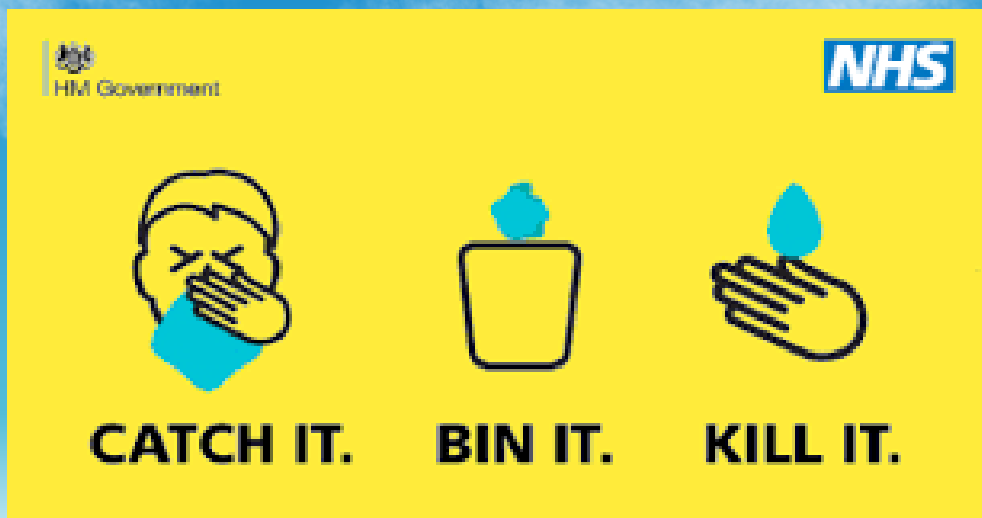
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**save lives**

# Do help Yourself

There are things we can all do to stay safe



- Make sure you take your rubbish down regularly and DO NOT leave it on your landing. Please call office if you are unable to do so.

- Please make sure that not more than one household uses the lift at the same time to maintain the social distancing instruction of 2m/6ft.

- Keep all fire exits clear – no items should be left on landings.

- Please don't put bulky items down by the green containers as they are now full and the Council are not providing their usual service to clear them at this time.

- We do realise that at this time you have time on your hands and want to have a clear out. If you could store these items until the lockdown is over when normal services resume. These can be stored in your home or the playroom.

- Keep the estate clear of litter, please dispose of your rubbish in the bins provided or take it home with you.

- We appreciate that it is difficult to keep your children entertained in these difficult times but please try to keep their noise to a minimum as there are people trying to work from home.

- Remember that not everyone appreciates your choice of music so please keep it at a reasonable level, especially if you have the windows open.

- Please pick up your dog's poo and place it in the appropriate bins, and remember that dog faeces can cause diseases and in some cases loss of sight.

- Watch out for scams as these are rife at the moment - don't give out personal banking details without checking first (Banks won't ask you for your PIN number). If in doubt there are a couple of websites you can check [cyberprotect@met.police.uk](mailto:cyberprotect@met.police.uk) or [www.takefive-stopfraud.org.uk/advice/](http://www.takefive-stopfraud.org.uk/advice/) or phone 0207 230 8129.

- There is also a Coronavirus helpline you can contact:

## Events

### Coffee mornings

Cancelled until further notice. We know how much residents appreciate these coffee mornings, and we hope to resume them as soon as possible.

### Committee meetings

Formal meetings have been cancelled until further notice. In the interim, committee members will be contacted by Chair Jan Davis by phone or letter.

### Office hours

We are working regular hours, but the PETRA office is not open to visitors. Please phone if you need to talk to us.

[COVID19support@havering.gov.uk](mailto:COVID19support@havering.gov.uk)  
Alternatively, ring the helpline on 0800 368 5201 Mon-Fri 8.30am – 6pm  
Sat/Sun 11am – 4pm

- If you are feeling lonely or anxious there is a Volunteer Service you can phone: 01708 922214 and they will connect you to a befriender.

- The Security contract is currently ongoing.

## CONTACTS

### PETRA

Opening Hours: 7.30am - 1600pm  
(Closed 12pm - 13.00 for lunch)  
Jan Davis, Chair  
Caroline Edwards, Estate Manager  
Bradley Pavey, Repairs and  
Grounds Maintenance Officer  
Micky Hughes, Repairs and  
Ground Maintenance Officer

All based at the PETRA office

Tel: 01708 475358

Email: [petratmo@aol.com](mailto:petratmo@aol.com)

[www.petratmo.weebly.com](http://www.petratmo.weebly.com)

Homes and Housing,  
Havering Council. Tel: 01708 434000

Email: [homes@havering.gov.uk](mailto:homes@havering.gov.uk)

Website: [www.havering.gov.uk](http://www.havering.gov.uk)

Out of Hours Emergency telephone  
number: 01708 756699

(We answer the PETRA office  
phone up until 5pm.)

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