



## **PULHAM St MARY PARISH COUNCIL would like to offer help**

Visit the parish website for additional information or to volunteer  
[www.pulhamstmarypc.org.uk](http://www.pulhamstmarypc.org.uk)

### **Local Shops**

**Bossy Boots 01379 676209** [bossyboots-shops@btconnect.com](mailto:bossyboots-shops@btconnect.com)

**Goodies Farm Shop 01379 676880**  
[foodhallgoodies@gmail.com](mailto:foodhallgoodies@gmail.com)



**If you are staying at home due to Coronavirus, we can help with;**

- **Picking up urgent supplies/prescriptions**
- **Picking up urgent shopping**
- **A friendly phone call**
- **Posting mail**

**Contact the Clerk on 01986 788048, the Parish Council Chairman on 07917 060239 or email [pulhamstmary.pc@outlook.com](mailto:pulhamstmary.pc@outlook.com)**

Advice is available if you are self-isolating, or to help prevent the spread of Coronavirus, visit; [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)  
[www.south-norfolk.gov.uk/residents/communities/coronavirus](http://www.south-norfolk.gov.uk/residents/communities/coronavirus)  
or [www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus](http://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus)

### **Top tips for staying safe**

- **Never give anyone your cash card or credit card and PIN – always give cash and ask for a receipt**
- **If someone is doing shopping for you, provide them with a list and budget, based on what you can afford**
- **It is your home and you do not have to agree to anything a visitor may ask. Never deal with unknown cold callers**
- **If you are in doubt, or feel pressurised or threatened close the door, call a friendly neighbour or in an emergency ring 999**