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PEMBROKESHIRE COUNTY COUNCIL: LEADER'S CORONAVIRUS UPDATE, THURSDAY, 16th APRIL

Pembrokeshire County Council Leader, Councillor David Simpson, has provided a further coronavirus update for Thursday, 16th April, as follows:

'I hope this newsletter finds you all well and healthy and that you are staying at home, keeping safe and most importantly listening to the advice regarding Covid-19. We all have a role to play in tackling this pandemic

'I appreciate that my updates do repeat the key Covid-19 messages. However, I do not apologise for reminding you all of the importance to adhering to the Government advice and guidance.

'Our key role is to preserve lives. It's simple: we need to stay at home to take the pressure off the NHS and ensure we all stay safe. Tragically, people are dying from the virus and anyone who feel they are immune to it needs to reconsider their view.

'Living in Pembrokeshire, a fantastic county, does not give us immunity. I appreciate we are a rural area but please remind yourselves daily: "anyone can spread or catch this virus, so stay at home and stay safe."

'I also appreciate that staying at home can be challenging. We are though currently blessed with good weather, so go outside, stretch your arms and keep mobile.

'I would like to highlight and thank our leisure centre staff who have created videos to help everyone of all ages and abilities to keep active at home during the lockdown.

'Videos cover general fitness, yoga and core exercises plus specific videos for those recovering from illness or injury.

'As Charlotte Armstrong, the Pembrokeshire Exercise Referral Co-ordinator, explained: "It's a difficult time and we really wanted to do something to help everyone feel positive and motivated at home.

“Even if you exercise for just ten minutes a day, it will release endorphins which help with anxiety and make you feel happier, which is really important at the moment.”

‘The Pembrokeshire Leisure YouTube channel is free and available for anyone, so please have a go.

‘It can be viewed at:

<https://www.youtube.com/channel/UC5pvN2D0m28eZMnrmfm7zAw/featured>

‘Or search *Pembrokeshire Leisure* on YouTube.

‘Over the Easter weekend our officers worked alongside Dyfed-Powys Police to tackle non-essential travel. This joint operation will be featured on *Wales This Week* on ITV Wales tonight at 7 pm. Please tune in.

‘I’m aware that our Community Hub is very popular and we have now received and responded to over 1,300 calls since it opened on 26th March thus highlighting that the demand is there and growing.

‘Within the Hub the team are dealing with outbound calls to those who have received the shielding letters. We have now made contact with 1,140 people and, of these, 314 have registered for food parcels.

‘Capacity is being increased with a new set of redeployed staff from our leisure services division joining the call-handling team. I want to thank everyone within the Hub for their efforts to support our communities.

‘I also want to share with you some feedback we have received regarding the Community Hub. The following comments are very much appreciated and emphasise the importance of keeping in touch and the strength of togetherness:

- *I just wanted to say a huge thank you for my food box that has just been delivered – amazing.*
- *I don't perhaps fit into the typical expectation of someone who has to follow the shielding guidance ...so it feels very unusual to receive such unprecedented support from strangers. You also helped put me in touch with my dog walker!*

- *In these strange and scary times, knowing that there is a wonderful community out there, willing to help everyone and anyone in whatever way they can is the most heart-warming and reassuring response anyone can receive. Thank you!!*
- *Please do pass on my gratitude - everyone I've spoken to have been so helpful and upbeat. Just what you need when you spend all day on your own with just a snoring dog!*

'The Pembrokeshire Community Hub contact information is:

- website: <https://www.pembrokeshire.gov.uk/coronavirus-covid-19-community-information/community-hub>
- e-mail: communitycovid19@pembrokeshire.gov.uk
- telephone: 01437 776301

'Press releases issued since my last update are:

- New Fitness Channel Launched:
<https://www.pembrokeshire.gov.uk/newsroom/new-fitness-channel-launched-by-pembrokeshire-leisure>
- Follow Lockdown Rules Urge
Councillors:<https://www.pembrokeshire.gov.uk/newsroom/coun-ty-councillors-who-contracted-covid-19-urge-residents-to-follow-lockdown-rules>
- Community Thanks:
<https://www.pembrokeshire.gov.uk/newsroom/dyfed-powys-local-resilience-forum-thanks-communities-for-playing-their-part-in-tackling-the-current-health-crisis-on-the-bank-holiday-weekend>

'Public Health Wales is updating and adding to their resources regularly. Please find all assets here:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/>

'Also, please keep an eye on our newsroom at:

<https://www.pembrokeshire.gov.uk/newsroom>

'And to get daily email updates, log onto our website and sign into My Account at:

<https://myaccount.pembrokeshire.gov.uk>

'Remember: stay strong, stay at home and stay safe. Thank you.'

Useful links:

- www.pembrokeshire.gov.uk/coronavirus
- www.sir-benfro.gov.uk/coronafeirws
- <https://phw.nhs.wales/>
- [Iechyd Cyhoeddus Cymru - Coronafeirws Newydd \(COVID-19\) - Cyngor hunan-ynysu](#)
- <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

For the latest advice and press releases relating to coronavirus, please view: www.pembrokeshire.gov.uk/coronavirus
For press queries, please email: presspublicrelations@pembrokeshire.gov.uk