



BCCT News & Update

17 November 2020

**Cases of Covid-19
in BUDE
are rising**



Cases of COVID-19 in Bude are Rising

A message from Cornwall Council

Only leave your home if it is essential and follow the rules to reduce your contact with other people.

If you do leave your home:

- Please wash your hands or use hand sanitizer regularly
- Keep 2 meters apart from anyone not in your household
- Wear face coverings in public enclosed spaces such as shops or public transport.

Medical Care

If you're in need of urgent medical care and are unsure where to go for help, contact NHS 111. Make sure you get the right care in the right place as quickly as possible.

A&E is for serious and life-threatening conditions.

NHS 111 is also available online at 111.nhs.uk

Mental Health

If you are struggling with your mental health during this second lockdown, do not suffer alone. Do not put it off for another time. Find out what mental health support there is for you [here](#).

Support During Lockdown

Together with [NHS Kernow](#) and [Volunteer Cornwall](#), Cornwall Council are offering support to clinically extremely vulnerable residents during the lockdown.

Do [get in touch](#) with us if you need help with food shopping, prescriptions or if you're feeling anxious.

Parenting During Lockdown

Parenting can be difficult at the best of times and making the right decision for your children can sometimes be a challenge. Throughout 2020, these decisions have been far more difficult and the landscape of parenting has changed and become more complex.

[Cornwall Council's latest podcast](#) is designed to help support parents through lockdown 2.0 with the kids.

Business Support

Cornwall Council has set up a dedicated [Covid enforcement team](#) who are on hand to deal with Covid-related concerns and complaints seven days a week.

The team is working with businesses to ensure they're complying with the current restrictions and investigate concerns from members of the public.

[Bude Business Voice](#) is an organisation creating a focus group of businesses with the aim of helping Bude businesses, including their recovery after Corona Virus. Take a look at their website and sign up to apply to be part of their focus group.

Local Businesses

Make sure you support our local Bude businesses which are staying open throughout this second lockdown. #SupportBudeBusinesses

[Bude Coastal Community Team](#)