

'We are here to help our community however we can'

A TEACHER is reaching out to her neighbourhood in support of those struggling with social isolation during the coronavirus lockdown.

Cristin Casey is director of performing arts at the BMAT group of primary and secondary schools in Harlow, Epping, Stansted and Newham. Now, with schools closed to most students, she is finding herself in isolation at home while her husband works at school.

As a resident of Newhall in Harlow, she is a member of the Newhall Social Club, set up to host events in the community.

With all events cancelled, Mrs Casey and the club members are coming together to offer support to those who are socially isolated. Mrs Casey, whose focus in the group was events for youth engagement, said: "Social distancing is very uncomfortable for people who are used to being busy and engaging with people on a daily basis.

"There is a sense of vulnerability and insecurity, so I am finding ways I can help people in a similar position. I have a partner who is out working but I can speak with him every day; I worry about those who do not have people to lean on at this time.

"We are spreading the word to our community that we are here to help however we can; if people need shopping collecting, someone to talk to on the phone or a face to face conversation over FaceTime."

As a teacher, Mrs Casey is looking to supply resources to parents and children in the community to help keep them occupied. She added: "Everyone is feeling isolated and vulnerable and so I just want to reach out. We are a social club and so need to keep being sociable, at this time more than ever."



Cristin Casey pictured with members of Newhall Social Club

INSIDE THIS WEEK

Freetime

How fitness guru Joe Wicks is getting the nation's children moving



Page 19

Sport

Leyton Orient offer free tickets to NHS



Page 32

Freetime	19
Opinion	22
	23
	32

READERSHIP

TOTAL COMBINED AUDIENCE Source: Telmar

133,596 online and local print readership April 2016

READERS Jicreg

40,066 people read **11,496** Circulation the Guardian Series every week Jan 2015 - Dec 2015

WEB AUDIENCE Omniture

347,563 unique users visit the site every month. Jan 2016

1,328,823 unique users visit the site every month. Jan 2016

RECYCLING

Read us, then recycle us We support recycling. The recycled paper content of UK newspapers in 2018 was 69.2%



Hospitals ban visitors to cut infection risk

By Hannah Hastings

THE Princess Alexandra Hospital and three other Essex hospitals have banned visits to prevent the spread of coronavirus.

Southend Hospital, Basildon University Hospital and Broomfield Hospital have also brought in restrictions to "minimise the impact" of the outbreak.

Visitors, including those for patients at the end of their lives, will only be allowed under exceptional circumstances.

Women who are due to attend the maternity ward are only allowed one birthing partner and no visitors during their stay.

The Harlow-based hospital also announced car parking fees will be temporarily scrapped from Wednesday, April 1.

Anyone who does visit the hospital is advised to draw to bed curtain round half way to minimise the possibility of spreading coronavirus.

Anyone who does visit a hospital is advised that:

- All visitors must wash their hands before and after visiting relatives
- Visitors must be over the age of 16 – children are not allowed
- Please do not enter the hospital if you feel unwell
- If you have a high temperature or new cough please return home and self-isolate
- Please only visit the areas of the hospital where your relative or friend is staying
- The hospital restaurant is currently closed to visitors to give our staff a place to be with

each other and take some time to rest

● Drinks and snacks continue to be available from the onsite Costa and M&S. Please use this as a take-away facility

The following appointment guidance issued by The Princess Alexandra Hospital

A statement on PAHT's website says: "We know how important visitors are to our patients and we are pleased to welcome you however at this time as we manage the demands of coronavirus (COVID-19) we have made the decision to introduce restricted visiting to patients we are currently caring for.

"If you are concerned you may have coronavirus (COVID-19), do not come to our hospitals or visit the emergency department. Instead, please call NHS 111."

Family believes that taxi driver caught coronavirus from infected passenger

THE daughter of a taxi driver has paid tribute to her 'Spurs mad' loving father after he passed away from coronavirus.

Spencer Kurash, from Chigwell, bravely took the decision to continue working as a black cab driver in London following the outbreak.

However, his family believed

the Tottenham Hotspur season ticket holder caught the deadly disease while working.

On March 18, the 56-year-old, who had worked as a cab driver for 22 years, developed Covid-19 symptoms and self-isolated.

His daughter, Natasha, 18, told The Mirror: "It could have been an infected passenger who hand-

ed over money. It's just devastating."

On Wednesday, March 25, Spencer's health went into decline. His wife, Esther, tried to resuscitate him at their Chigwell home.

Emergency services rushed to his home after his family dialled 999, but could not save his life.