



SEATON
COVID-19
COMMUNITY SUPPORT



The Town Council are working with members of the local church, individuals and volunteers to support everyone in the Seaton area in these difficult times.

While this is an unprecedented time of isolation and distancing, it too is a time for collaboration and partnership. To ensure the needs of our most vulnerable are met, the community group has been established to form a support network of volunteers in the community. As a community we can provide help to those who need it, check on neighbours or people living alone, and provide help where needed.



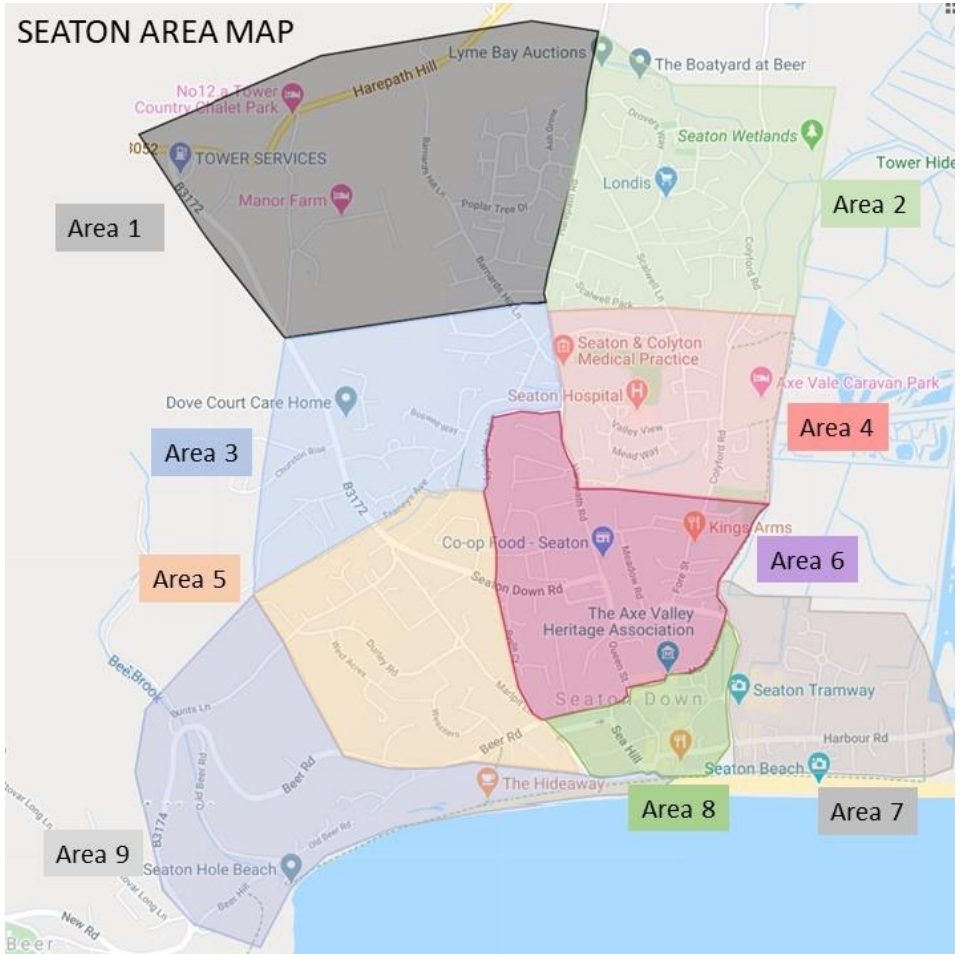
If you would like to **volunteer or help or are self-isolating and need help with shopping, collecting medication, posting mail or would just appreciate a friendly phone call**, then please read the information enclosed in this booklet:

Tel: 07391 214 268

Email: seaton.corona.help@gmail.com

NOTE: by supplying your information, you consent to it being shared with other volunteers, co-ordinators of this initiative and those requiring help.

Seaton has been divided up into **9 areas** and there are currently over 130 volunteers assisting the community in a variety of ways.



Each Area of Seaton has a fantastic Coordinator and an amazing pool of volunteers, who are focused on making a positive, practical difference in Seaton during this pandemic.

Hopefully you will have received a helpful 'Hello' leaflet already through your door. If you have then please contact them if you need assistance. Don't worry if you have not received this leaflet, you can still make contact via the telephone/email detailed on the cover.

If you would like to volunteer there are many ways that you could offer support:

- 👉 Make contact with people who are isolated, providing practical help with food, deliveries or supporting responding to queries.
- 👉 A friendly phone call, to or from, an isolated or vulnerable person.
- 👉 If you are concerned about anyone who may not have a support network around them then please let others know and post on the community facebook sites.
- 👉 Let your neighbours, who might not have access to the internet or facebook, know that there is help available in our town and let them know how to ask for it.
- 👉 As a business, let the community know what offers or services you can provide to help via social media.

If you have access to a computer/smart phone/tablet and are online then please view the following sites for important up to date information:

SEATON

Facebook pages

Seaton Town Council

Seaton Coronavirus Community Group

East Devon District Council

EAST DEVON

www.devon.gov.uk

www.eastdevon.gov.uk/coronavirus-covid-19

Search: Community contacts in East Devon Towns

NATIONAL

www.gov.uk/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19

www.businesssupport.gov.uk/coronavirus-business-support

Keeping safe

Whether you choose to volunteer or offer help to your neighbours informally, or both, it's essential that you keep safe and well, and that the safety and wellbeing of others is ensured.

Official ID Cards - Their Purpose & Advice for Volunteers

- ID cards are issued by a Seaton Town Council initiative, only to volunteers aiding the self-isolating and vulnerable during the pandemic.
- They allow the volunteer to shop for multiple people/households at once at any Seaton supermarket. The restrictions on the number of items you can buy during 1 visit may be relaxed when you show your ID card.
- You should not need and will therefore not be eligible for a Volunteer ID card if you are simply shopping for friends/family/neighbours.
- If you are required to shop for more than one household, please follow the directives from the supermarkets, and if you need further assistance please contact our Volunteer scheme.
- To use your ID card, simply show it to a member of staff upon entry and at the checkout, then proceed to shop as usual.
- Please follow the supermarkets guidelines as much as possible.

Handling Information

All requests are kept safe and confidential, both for legal reasons around data management and also to safeguard the most vulnerable.

Be careful to avoid

Giving medical or legal advice! Please do not share specific medical or legal advice - leave that to the professionals!

Reduce contamination risks for the most vulnerable by:

- Phoning for someone to open their door when delivering / collecting anything to reduce touching handles / bells.
- Leaving double-bagged items on doorstep (new or disinfected bags) or equivalent, so a resident can take the inner bag.
- Keeping 2m apart when collecting or delivering.
- Handwashing before and after different contacts.

If you come across a difficult situation, signpost to the appropriate service – see useful numbers in this booklet.

Remember to look after yourself – it can be stressful to support others, especially if they are worried or anxious.

Local Food Suppliers/Services

Carmel's Kitchen (07835 874 897 / meals@carmelskitchen.co.uk) -Delivering hot meals to elderly and vulnerable people, as long as supplies are available. Pretty full but taking new referrals and enquiries daily and pointing people in the direction of local businesses who have now set up home delivery services.

The Clock Tower, Sidmouth (01395 515319 / hello@clocktowersidmouth.com)

Delivered to your door for FREE (orders over £25/£5 charge if under £25)

Deliveries are local Monday to Saturday, with orders being taken Monday to Friday office hours. 48 hours' notice min required. Within Sidmouth, Honiton, Ottery, Seaton postcodes and maybe a little further!

The Farm Shop, Tytherleigh (07773 780296 / via facebook) - Doing delivery only. Pay over the phone on the day of delivery. They can do fruit and veg boxes for £20, various different meats, eggs, cheese, milk, yogurts, bread, pasta, tea bags etc are also available. Delivery is anywhere from Chard - Seaton (inc. Lyme)

J&R Food Service (01392 445510 / www.jrfoodservice.co.uk) – Transformed their wholesale catering business into a home delivery service, offering Chilled, Frozen and Non-Food products to customers. Delivery up to 6 days a week, Monday to Saturday. Order by midnight for next day delivery.

Lyme Bay Fish Shack, Millers Farm Shop, Kilmington (07739 374614) - Open Mon to Sat 9am to 3pm. They have a daily supply of fresh fish from local fishing boats and also Brixham Fish Market and a fully stocked counter and freezer selection every day. Offering anyone who works for the NHS a 25% discount on all Fish (ID required). A FREE fish delivery service to all local surrounding areas.

My Own Back Yard (01297 680680) – Available from 10th April. Pre-order fresh local produce from www.inmybackyard.com or by phone. Local deliveries available, collect from Natural Worx in Seaton, on Fridays 12pm-3pm.

Old Inn Kilmington (01297 32096) – Free delivery on orders over £35, £5 delivery charge over £35. Call or visit their facebook site for menu.

The Ship Inn, Axmouth (01297 21838) – Offering delivery to the local area (Free for orders over £20). Menu available on their facebook page or www.shipinnaxmouth.com

Squirrel (facebook: Squirrel Veg Bag / Web: www.squirrelseaton.co.uk) - Get a fresh bag of fruit and veg (plus other supplies to be confirmed) delivered to your door. Delivery will be FREE. Delivery days will be Tuesday and Friday

Tower Services (01297 22026) – Offering a call and collect service. They will pick up and take payment for your shopping list over the phone, and will bring outside the shop on your arrival for you to pick up. Open from 7am-8pm.

Local Business Information

Amber Home Of Colour – Taking orders at www.amberhomeofcolour.co.uk. Purchases can be made online. FREE home delivery to: - EX9, EX10, EX12, EX24 & DT7. Normal postage costs apply outside this area.

Animal Botanical (01297 20404) – Open Monday to Saturday from 9am-4pm offering FREE daily delivery over £10 to Seaton, Beer & Colyton. 1 per person per time in store and contactless is preferable.

Central Convenience – Open Monday to Saturday from 6.30am-8pm and Sunday 7am-8pm, until further notice. Maximum purchase restriction of 2 items per day of any 1 product. Any 1x multi-buy deal above 2 items will still be honoured. Other restrictions on various essential items may apply in store.

Coastal Craft Collective – Offering a FREE local delivery service - EX9, EX10, EX12, EX24 & DT7 on Tuesdays, Thursdays & Saturdays - and continuing to post items further afield. Order on facebook or at www.coastcraftcollective.co.uk (entering FREELOCAL at checkout if you're local). A new WhatsApp group - Coastal Crafting Hub has been set up to share crafting makes and ideas. Please email your name and mobile number to hello@coastalcraftcollective.co.uk.

Colyford Post Office (01297 552386) – Open Monday to Friday from 6am-5pm and Saturday 6am-2pm. Limited purchases apply on toilet rolls, pasta and some other items. Collection only.

The Hat (07912 242 385) – Offering a daily home delivery of freshly poured small produced West Country real Ale and Cider on a "milk" delivery style. The deliveries are done in controlled conditions to avoid cross contamination. Text your Vcard with mobile number, email and delivery address and they will email an attachment with details.

Imagine Design Create, Devon Art Supplies & The Hobby Shop (01297 624246) - Offering FREE local delivery (to Seaton & surrounding areas) of all arts, crafts & hobbies supplies. Orders can be taken via Facebook, email, telephone or www.imaginedesigncreate.co.uk

Launderama – Open Monday to Sunday from 7am-7pm. This service is unmanned so please use your own judgement if using and be aware of others and keep at a safe distance.

Lloyds Bank – Monday to Friday from 10am-2pm

Londis, Primrose Way (01297 21158) – Opening Hours: Mon 8am-7pm, Tues, Wed, Fri 7am-7pm, Thurs 7am-3pm, Sat 7am-8pm, Sun 9am-6pm. Allowing 2 people in the shop at any one time.

Monsoon Indian Restaurant (01297 23338) – Open Friday to Sunday from 5pm-9pm (10pm if demand is high) for collection and deliveries until further notice. Cash and card payments accepted.

Owl & Pyramid Bookshop (owl.pyramid@yahoo.com) - Can post books that are currently in stock. Can do doorstep delivery as part of my government approved walk within Seaton only. Contact via email to check availability and for payment methods.

Paul's Bakery (01297 23439 / paulsbakeryenquiries@hotmail.co.uk) – Open from Monday to Saturday 8am-1pm. Operating as usual with restrictions on 1 customer in the shop at a time.

Pebble Moon (07834 954993) - Offering telephone or counselling appointments as a massage therapist; and any GP or Charity referrals can continue with their appointments via skype or phone.

R Norman Butchers (01297 20915) – Open Monday to Saturday from 7am. Closes 4pm Monday & Saturday, 4.30pm Tuesday-Friday. Only 2 customers at in the shop at once and protective screening has been put in place as a safety measure. Call in the PM to order meat and delivery can be next day for a payment, or arrange to collect or delivery with a local volunteer.

Seaton Computers (01297 625743 / 07966 444321 – Offering assistance to the elderly for the foreseeable future. providing FREE support if you are having issues with online shopping etc. Primarily for Seaton and surrounding areas (Beer, Colyton, Colyford, Axmouth, Axminster, Branscombe)

Trotters Café (01297 21411) – Offering a collection or delivery service of meals for a set cost of £7. Delivery in Seaton is included. Available Wednesday to Sunday, until 9pm on Fridays and Saturdays.

WHSmith/Post Office (01297 21713) - Shop & Post Office Mon-Fri 7.30am-2pm, Saturday 7.30am-1pm. Closed all day Sunday.

Mail is collected at 1.30pm Mon-Fri and 12.30 on Sat. Introduced social distancing measures instore and will be installing Perspex screens on counters. Newspaper delivering 7 days a week. Subject to change.

Other services are regularly becoming available so please keep a look out on social media and share the information with your neighbours.

NOTE: Information accurate and correct at time of publication

Important Local Information

Lloyds Pharmacy – No longer taking paper repeat prescription requests, please order your future medicines online. This can be done via your surgery website. If you do not have the facilities or are unsure how to do that, please ask a relative or neighbour to help you, or telephone your surgery for assistance.

Lloyds Pharmacy – Queen St - 01297 21898

Lloyds Pharmacy – Harepath Road- 01297 20414

Tesco Supermarket

- Please DO NOT panic buy
- Please limit your visit to Tesco to once or maximum twice per week
- Please only buy what you need
- Prioritise essential items
- 1 Trolley allowed per household
- There is a 3-product limit per shop – No more than 3 of any one product type, per customer or per trolley, can be purchased
- Tesco Seaton have implemented a one-way system so please respect this and abide by the guidance in store
- Deliveries are daily so please do not panic buy and spread your visit to non-peak times
- The busiest times for shoppers are 8am-1pm (Mon-Sat). Please spread your visit throughout the day to help relieve queues and pressure on staff
- Priority slots/hours have been allocated to:
 - Elderly & Vulnerable – 9am to 10am – Monday, Wednesday & Friday
 - NHS Workers – 9am to 10am – Sunday, Tuesday & Thursday
- Queues outside and inside the store are likely so please be patient and respectful
- The use of smaller trolleys is encouraged however should you require a large trolley then please speak to Customer Services who are there to assist

Tesco Pharmacy – 01392 501093

Seaton Foodbank

Number One, Harepath Road

07598 927997 / foodbankseaton@gmail.com

Open on Wednesdays between 2pm and 4pm

Usual criteria apply – see citizens advice online for more information

Co-Op Supermarket

Underfleet Way Store

The Opening Hours have changed to ensure they remain well stocked and ready to serve the community:

7am-8pm Monday-Saturday

10am-4pm Sunday

• Priority Shopping Hours for vulnerable customers and their carers:

8am-9am Monday-Saturday

10am-11am Sunday

- Maximum 40 customers allowed in store at any one time
- ONLY 1 item per customer of Bread or Eggs
- ONLY 2 items per customer of everything else including Paracetamol
- No delivery service available
- No payment service via telephone

Harepath Road Store

The Opening Hours have changed to ensure they remain well stocked and ready to serve the community:

7am-8pm Monday-Sunday

- Maximum 7 customers allowed in store at any one time
- They are operating a 1 in 1 out system with staff on the door
- ONLY 1 item per customer of Bread or Eggs
- ONLY 2 items per customer of everything else including Paracetamol
- No delivery service available
- No payment service via telephone

They have marked the floor to show customers where to queue which will help safeguard your safety and that of everyone around you.

Here are some top tips to help get the essentials you need:

Make a list of the things you need day-to-day, including food, household essentials and medication.

There is no need to stockpile. Shops and pharmacies will keep refreshing their supplies and many have introduced measures to reduce stockpiling.

Don't forget to think about the things you may want to keep going with hobbies and interests at home.

NOTE: Information accurate and correct at time of publication

Scams advice during coronavirus outbreak

Below is some helpful advice from National Trading Standards on how you can access support and safeguard yourself against scams.

Please be aware that not everyone out there is trustworthy and some people will take advantage of this unusual situation our society is facing.

Social Media and WhatsApp can be great ways of staying in touch with those around you, however it can be difficult to know who to trust.

Here are just some of the scams we are aware of, but please note that criminals come in all shapes and sizes and can contact you at the door, by phone, post or online:

- Be aware of people offering miracle cures or vaccines for coronavirus – there is no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.
- Home cleaning services
- People impersonating healthcare workers, claiming to be offering ‘home-testing’ for coronavirus – this is a scam and these kits are not currently available to buy.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and bank details.
- There are lots of fake products available to buy online that say they can protect you or cure coronavirus. These will not help and are designed to take your money.
- There are new mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom.
- Your bank or the police will never ask for your bank details over the phone.
- People offering to do your shopping or collecting medication and asking for money upfront and then disappearing.
- If you get a phone call you didn’t expect from someone who says there’s a problem with your computer, hang up. Legitimate tech companies won’t contact you by phone, email or text message to tell you there’s a problem with your computer.
- If someone calls to offer you a refund for tech support services you paid for, it’s likely a fake refund scam.

Contact information:

- If you think you’ve been scammed report it to Action Fraud on **0300 123 2040**.
- For advice, call the Citizens Advice Consumer Helpline on **0808 223 1133**.
- If you are in immediate danger, contact the police on **999**.
- Contact your bank if you think you have been scammed.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures – there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend,
help to protect
your family, friends
and neighbours
from scams.

**Read it.
Share it.
Prevent it.**

#Coronavirus
#ScamAware



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

Tips to avoid being scammed:

- Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door.
- Take your time. Don't be rushed. Don't feel pressured to accept help.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts you into accepting a service, they are unlikely to be genuine. Check with family and friends before accepting offers of helps if you are unsure.
- If you are online, be aware of fake news and use trusted sources such as .gov.uk or NHS.uk websites. Make sure you type the addresses in and don't click on links in emails.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Know who you're dealing with - if you need help, talk to someone you know or get in touch with the local Council.

COVID-19

If you have symptoms of coronavirus, **DO NOT** visit your GP surgery or hospital.

The most common symptoms include:

a persistent, dry cough / a high temperature - 37.7°C or above / shortness of breath.

If you have any of these symptoms, however mild, you must stay at home for at least 7 days. It is also important that you stay at home and for at least 7 days if you have a new, continuous cough or high temperature, even if you're feeling OK.

Stay at home for at least 14 days if you live with other people and you or they develop a new, continuous cough or high temperature. Everyone in the household needs to stay at home for at least 14 days or until they develop symptoms, after which time they must stay at home for a further 7 days (even if this is longer than 14 days in total).

If someone you live with has any of these symptoms, everyone in the household needs to stay at home for 14 days.

Other symptoms people are reporting include:

a sore throat / a blocked or runny nose / stomach discomfort and diarrhoea.

If you have been identified as someone who is extremely vulnerable, and you develop a high temperature or a new, continuous cough you should seek clinical advice and call **NHS 111**.

You should also get in touch with the NHS by calling 111, or online if:

you don't feel better after 7 days

your symptoms are getting worse

you feel you can't cope with your symptoms at home.

Do not go to your doctor's surgery or to hospital.

Self-Care Tips

It's very important to take care of yourself and each other. Here are some tips from UHS counselors on different areas of self-care and wellbeing.

Mental Wellbeing

-  LIMIT your exposure to news/media coverage - try to just get the FACTS.
-  Focus on what is within your control and avoid excessive worrying
 - Schedule time to worry
 - Write down your worries & cross off what is not within your control
 - Create a to-do list
 - Speed clean your workspace
-  UNPLUG. Take a break from scrolling - log off, & do something FOR YOU:
 - Something that nourishes your soul
 - A self-soothing practice that will bring you back to a baseline of feeling more neutral and calm
-  Journaling
 - Make a list of 5 things you are grateful for
 - Write down one thing that went well today and what was your role in it.





Emotional Wellbeing

-  Practice self check-ins
 - What do I feel?
 - Where do I feel it in my body?Accept all the feelings and emotions that are ebbing and flowing
 - Fear, anxiety, overwhelm are common/normal reactions to COVID-19
 - Naming/acknowledging our feelings with compassion reduces the intensity and negative impact
-  Write a list of positive self-affirmations
 - I am doing my best to focus on what is within my control
 - I can be strong and still need support from others
-  Do something fun or good for the soul
 - Arts & crafts or make music, sing
 - Watch/create a funny meme or tik tok
 - Listen to your favorite song, read a book
 - Play board games, do puzzles

Physical Wellbeing

-  Practice self check-ins
 - Am I hungry?
 - Sleep deprived?
 - Dehydrated?
 - Am I tense & need to move my body?
-  Strengthen your personal & sleep hygiene
 - Wash your hands often
 - Create a bedtime routine consisting of a relaxing/calming activity and no electronics 30 minutes before bed
-  MOVE! Movement gives us an instant boost and brings our attention to where we are
 - Go for a walk (preferably outdoors but avoid the crowds)
 - Stretch your body
-  Mindfulness techniques for calming and self-soothing
 - Shift your full attention to your breath and practice deep belly breaths
 - Practice grounding using your five senses - name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

Social Wellbeing

-  Stay connected with friends and loved ones via phone calls/texts/social media/video calls
-  Send a gratitude letter or words of affirmation to a loved one
-  Do random acts of kindness
 - Post positive notes around your community
 - Give a compliment
-  Share your own coping skills with others

Questions or require additional resources? Contact Cynthia Medina, PhD, in CAPS, at c.medina@berkeley.edu





- The NHS are trying to reduce the number of people visiting hospitals and GPs. This is to stop the spread of coronavirus and to protect the NHS.
- Cancer treatment and clinically urgent care will still be treated as a priority, but your treatment plan might be reviewed. They'll consider whether the risks of your treatment have changed as a result of coronavirus. Your clinical team will talk to you and answer questions you may have about any changes to your treatment or appointments.
- There's going to be some changes to outpatient appointments. Some people will be asked to have their appointment over the phone or by online video consultation. Other patients will find their appointment has been rearranged or cancelled for now.
- Patients who need to have their appointments face-to-face will be asked not to bring a friend or relative with them, unless completely necessary.
- Most hospitals will contact patients with changes to their appointments, but if you haven't heard you could look at the hospital's website for guidance.
- All non-emergency operations are being suspended for at least three months. Your GP may also postpone routine appointments, such as medicine reviews, check-ups and annual health checks, or try to hold appointments over the phone or on video chat.
- If you normally receive care and support in your own home this should continue even if you become unwell and are advised to self-isolate.
- Care staff have received additional information and guidance about how to look after people and ensure the virus doesn't spread.
- If you have concerns or are experiencing difficulties getting the help you need, contact your care provider and/or your local council for help.
- It is expected that care services will be busier than usual over the coming weeks and months and as such you may have to wait longer than usual to get support. As a result, you might experience changes to your normal services such as seeing different care workers or receiving visits at different times of day.
- It's important to note that it may take longer than usual to receive deliveries to your home so do plan ahead, particularly if you have your usual prescriptions delivered.
- If you're considered in an 'at risk' group you should have received a letter from the NHS which provides you with more information on how the Government will support you to stay at home and not leave the house. This includes information on how to let them know if you need help getting food supplies and medication. If you have not received this letter and think you should, then contact your GP or specialist.

STAY SAFE

We would like to re-iterate the government and NHS guidelines about maintaining good hygiene; only go outside for food, health reasons or essential work, and stay two metres away from other people outside of your household.


It is particularly important for people who are over 70 and/or have an underlying health condition.




Coronavirus

Wash your hands with soap and water more often for 20 seconds


Use a tissue to turn off the tap.
Dry hands thoroughly.




1 Palm to palm




2 The backs of hands




3 In between the fingers




4 The back of the fingers



5 The thumbs



6 The tips of the fingers





STAY AT HOME

PROTECT THE NHS

save lives

Useful Contact Numbers:

999 – in an emergency

111 - If you need medical help fast, but it is not an emergency

101 – for police response or awareness when it is not an emergency

Devon County Council (including Social Services) - 0345 155 1007

East Devon District Council - 01395 516551

Samaritans - 116 123 (respond within 24 hrs)

Devon Carers Helpline - 03456 434 435

Age UK Devon - 0333 241 2340

Beer Pharmacy – 01297 21823

Townsend House Medical Centre - 01297 20616

www.townsendhousesurgery.co.uk

Seaton & Colyton Medical Practice - 01297 20877

www.seatonandcolytonmedicalpractice.nhs.uk

Church/Minister Details

St Gregory's Church Seaton - Jeremy Trew - 01297 20391 - coastalbsb@icloud.com

Seaton Baptist Church - Ben Tucker - 07771 520311 -ben@seatonbaptistchurch.co.uk

Seaton Methodist Church - Becky Lovatt - 01297 21818 - deaconbecky@outlook.com

Crossroads Church - Jon Sibley - contact@crossroad.org.uk

Seaton URC - Sue Carter - 01297 20148 - susan.carter869@gmail.com

St Augustine's Catholic Church - Father Anthony - 01297 32135

With the restrictions and disruptions to all our daily routine and lives during these challenging times please remember to be courteous, respectful and work together as a community and assist the essential workers.

Thank you in advance for the support and effort of everyone in the community.

